

PRESIDENT'S MESSAGE

As we move quickly into the 2018 outdoor Track and Field season I am honored to be starting my first term as the new President of Saskatchewan Athletics. Having been involved with Saskatchewan Athletics as a club president and manager, an athlete and Board Member I can easily say I am excited to be a part of Saskatchewan Athletics in my new role.

Track and Field in Saskatchewan continues to grow at an amazing rate. This is due, in a large part to the hard work and dedication of Saskatchewan Athletics staff and members including coaches, officials and volunteers. I would like to personally congratulate the staff of Saskatchewan Athletics for their hard work and dedication over the last year towards the sport of Track and Field. Without their commitment to outstanding service in this area Track and Field in Saskatchewan would certainly not be where it is today.

With the continued growth of Track and Field athletes in Saskatchewan there is a need for Coaches and Officials within the sport. Saskatchewan Athletics staff have and continue to work hard at dedicating programs and processes that allow for individuals to not only become involved but improve their knowledge and skills in these areas. This in turn benefits the athletes and the sport overall. Based on the ongoing work in this area that Saskatchewan Athletics provides I see only continued growth in this area as we move through 2018 and into next year.

Information about the programs, competitions, results, rankings and much more can be found on the Sask Athletics website at <http://saskathletics.ca/>. Sask Athletics information and highlights can also be found on Twitter.

I would personally like to wish all Saskatchewan Athletics athletes, coaches, staff, officials and families all the best in 2018 and offer my thanks for their hard work dedication to the sport of Track and Field within Saskatchewan.

EXECUTIVE DIRECTOR

Saskatchewan Athletics continues to offer programs for the development of athletes, coaches and officials. This is largely due to stable funding from Sask Sport and the support we receive from our sponsors such as Brainsport, Jones-Konihowski Enterprises, Track and Trail along with a number of self-help initiatives.

Jill George continues to reach out to you as our Program Coordinator. Whether it is about coaching, clinics or information on camps please give her a call. Right now, she is looking for staff for our provincial teams. Sarah Junkin, RJTW Coordinator is working hard setting up clinics and school visits. We recently conducted RJTW Instructor training and certified additional instructors so they may be called upon when needed to conduct clinics for Saskatchewan Athletics.

You will see starting in the Outdoor season new Membership names. We are following Athletics Canada and the World by getting in line with the new categories so please follow these new names U12, U14, U16, U18, U20, Senior and Masters.

The Annual Legion Track and Field Camp will be held in Saskatoon, July 3-7 with the National U16/U18 Championships scheduled in Brandon, MB, Aug 10-12. Again, as we did last year we established a funding standard to these Championships just like the U20/Senior program that assists athletes to travel to Nationals. We are still committed to supporting the provincial camp but want to make sure that all athletes have some way of attending nationals if they cannot attend the camp.

Our Road Race Series gets under way on May 12, in Regina. Our Provincial series ends in Saskatoon, September 30. The Provincial 10km Road Championships will be in Saskatoon at the River Run. All members who have a full membership that take part in the Road Race Series will earn points towards the overall Series or accumulate points toward their age group. Please check our web site for the rules and more information on this program. The road race calendars are out in the community now.

The Officials continue to recruit and train new officials. We support this process and if necessary assist with their travel within Canada for upgrading or mentoring. Many of our officials will be busy this summer helping out in Manitoba. Our recognition program for Saskatchewan Athletics Officials is a success and it is just a small way of saying thank you. If you wish to get involved please contact the office or if you have any questions, please contact the SOC chair, Brenda O'Connor.

The passing of Lyle Sanderson. Lyle was a friend, coach, mentor and a source of wisdom and guidance to all that knew him. His welcoming greetings, kindness, thoughtfulness, humour and humble nature will be missed around here and across Canada. He influenced, inspired and guided many athletes, coaches, officials and administrators – and we are much better for that. He will be missed by all that knew him.

As we prepare for the summer, I would like to wish good luck to all our Saskatchewan Athletes as they prepare for the National Championship. Congratulations if you are selected to a national team this summer.

PROGRAM COORDINATOR

Saskatchewan Athletics continues the annual clinic delivery program for middle-year and high school aged athletes. Requests are usually booked for the months of April and May, to align with the Saskatchewan High School track & field season. The invitation to start booking clinics was sent out to last year's schools in January. Currently there are 19 schools booked. The delivery model allows schools to book half day or full day clinics, schools can book a one-time clinic or book multiple clinics. Clinics provide an opportunity for mentorship for local coaches, teachers, and community leaders. They also provide quality technical instruction in urban, rural, and northern regions of the province.

Saskatchewan Athletics was able to partner with Saskatchewan Aboriginal Track & Field, a not-for-profit organization, to deliver seven community track & field skills clinics across the province. The clinics took place from November 2017 to March 2018. Clinics were hosted in Yorkton, Regina, Saskatoon, Prince Albert, Meadow Lake, La Ronge and Ile a la Crosse.

Invitations were sent out to 96 athletes in October for the Sask Excellence Program. The top three athletes were identified from each event in each age class from the 2017 indoor/outdoor rankings. A total of 76 athletes, 32 U16 and 44 U18, joined the 2018 program. Athletes that joined the program received a bag, t-shirt, certificate, a discount to attend Spring Camp and an invitation to join the Provincial U16/U18 Team. The purpose of this program is to identify younger athletes and give them opportunities that help nourish their development in the sport.

The annual Spring Camp was held April 7-8, 2018 in Saskatoon. Registered athletes enjoyed four training sessions at the Field House and a Sport Medicine & Science session at the Park Town Hotel. The camp fee included all meals during camp, travel between training sessions and hotel accommodation. Spring Camp is intended for athletes in grades 9-12 that reside in rural communities. 31 athletes took part in this year's camp.

The 2018 Provincial U16 and U18 teams will be confirmed by June 15, 2018. Saskatchewan Athletics will send two full teams for U16/U18 to the Western Canadian Tri-Province Championship. The championship will take place in Sherwood Park, Alberta from July 27-29, 2018. Most of the team will be made up of Sask Excellence athletes that declare their intentions and pay the trip fees prior to the deadline. The rest of the team will be selected at the Saskatchewan Athletics Provincial Championship on June 9-10, 2018 in Regina.

Coach development remains to be a priority at Saskatchewan Athletics. Two Sport Coach Courses took place December 8-10, 2017 in Saskatoon with 12 participants attending and December 15-17, 2017 in Regina with six participants attending. A Club Coach Course is planned for April 20-22, 2018 in Regina. Information on upcoming coaching courses is posted on the Sask Athletics website, newsletters, social media outlets and emails to club contacts.

For more information about these programs, contact Saskatchewan Athletics.

RUN JUMP THROW WHEEL COORDINATOR

Program Description

Athletics Canada Introduction to Athletics predominantly serviced via the Run Jump Throw Wheel (RTJW) program continues the objective to engage 350,000 kids (focussed on ages 6-12) annually in Athletics related events and programs. Regionally, Saskatchewan Athletics has successfully delivered the program for more than a decade. Based on current distribution of youth populations in Canada, the target for Saskatchewan will be 20,000 participants in the year 2020 and given current reality of building towards that goal over the next several years, 2017 interim target was 12,000 kids and will increase accordingly for established 2018 target and beyond. While Run Jump Throw Wheel (RJTW) remains the primary vehicle through a network of delivery partners for Introduction to Athletics Programming, the goal is to connect with any opportunity to introduce children and youth to the sport of Athletics.

In 2018, continued programming along with several new and restructured initiatives are underway. Clinic delivery program continues with RJTW spring clinics booked in Beechy, Dinsmore, Kinistino, Kyle, Maymont, Saskatoon and Regina. Additional clinic delivery anticipated including the towns of Rosthern and Langenburg.

The enhanced 2018 RJTW Spring School Program delivery seeks engagement with 30 elementary schools in Regina (15) and Saskatoon (15) providing instruction to estimated 4,500 elementary students by way of 3 program visits: RUN (choose from sprint basics, acceleration, hurdles, relays); JUMP (choose from long jump, triple jump, high jump) and THROW (choose from shot put, discus, javelin-on-rope), led by hired and trained program leaders (4) from May 1-June 8, 2018. Annual Spring School RJTW programming is supported by the City of Regina and the City of Saskatoon grant fund acquisition and primarily serves Community/Dream Broker schools with demonstrated representation of Aboriginal people/economically disadvantaged/ newcomers and where need for affordable sport programming is most needed.

By comparison in 2017, 41 schools, Regina - 18 and Saskatoon – 23, booked the Ambassador Spring School program delivery model and reached 10,247 children/youth participants; Participating schools received a half-day school visit including a talk provided by a motivation speaker (Olympian/Paralympian/HP athlete), followed with hired RJTW instructors leading play-grid/obstacle course for participating classrooms for the remainder of the half-day booking (target grades 1-6).

Saskatchewan Athletics continues both sustenance as well as growth via partnership and at special events. Since October 2017, programing efforts and outreach include:

- Sask Sport Inc., Randi Keshane (Program Coordinator), Jumpstart Afterschool Program continuation providing RJTW NCCP training for program staff working within 7 core/community Saskatoon elementary schools from January-March 2018 offering subsidized afterschool sport, recreation, culture opportunities to over 220 children/youth.
- RJTW “Try-it” play-grids at: ‘Girls In Motion’ event hosted by the City of Saskatoon where four RJTW leaders were positioned to manage two RJTW stations and interact with 80 girls. Upcoming events include Erindale Arbor Creek

RUN JUMP THROW WHEEL COORDINATOR

Community Association (EACCA) in Saskatoon, and with Saskatoon Marathon via MaraFun and Queen City Marathon via the McDonalds Mini Marathon partnerships.

- Community Association (Lakeview & Varsity View) partnerships with RJTW fall, winter and/or spring RJTW programming in Saskatoon.
- Tradeshow booth at Saskatoon May SPEA Conference in Regina
- Partnership continuing with Denise Gress, Executive Director, Saskatchewan Choral Federation for 2018 Summer Music Camps (SMA) that are expanding from 5 to 7 camps and will include RJTW leader/instruction within the delivery. Story featured on **Active for Life** website to showcase the integration of physical literacy via RJTW within the 2017 SMA Summer Music Camp program delivery: <https://activeforlife.com/kids-enjoy-music-and-physical-activity-at-the-saskatchewan-music-camps/>
- Parent Engagement Prototype, Dr. Debbie Pushar (Educational Curriculum, College of Education) and Shannon de Bakker (Parent Connector) at Howard Coad school in Saskatoon expected to continue.
- Sask Sport Inc., Mitch Mecredi (Dream Broker Consultant), partnership with Saskatoon Public School Literacy Camps expected to continue.
- City of Saskatoon, Michelle Wolfe (Community Development), Inclusive physical literacy pilot program; RJTW invited to be part of the fall 2018 delivery model.
- Sask Sport Inc., Warren Proctor (Manager - Sport for Life), involvement with the Partners for Physical Literacy, rural community physical literacy multi-sport programming initiative in communities of Outlook, Martensville and Weyburn. Expected to commence Fall 2018.

NCCP RJTW instructor and teacher coaching course delivery continues to be offered. Since October 2017, courses have been delivered for Excel Athletika in Regina; for Saskatoon Track and Field Club in Saskatoon; for Prince Albert Athletics in Prince Albert; Jumpstart Sask Sport INC. Afterschool program continuation for leaders/mentors; at annual Saskatoon March delivery; to physical education teachers at My SPEA Conference in Regina. Spring/Summer course delivery is planned with One Arrow Band teachers and community leaders (Saint Isidore-de-Bellevue) in May; and for hired summer camp staff at both University of Saskatchewan and University of Regina programming in June.

Coach Developer (CD) capacity building continues with next steps within the CD pathway of Co-Delivery and Evaluation towards attaining certification for 3 RJTW leaders for roles of Learning Facilitator (LFs) and Coach Evaluator (CEs).