

HIGH PERFORMANCE COACH

Another very successful indoor season has now ended. Local meets were hosted in Regina and Saskatoon. The Canada West University Championships and the USports National University Championships both were held in Saskatoon hosted by the University of Saskatchewan, these were great events to be held in Saskatchewan as our local university athletes got to compete in front of home crowds, and your young athletes from all over the province got to see some of the best athletes in the country perform at their best. Of note from the indoor season; Savannah Sutherland (competing for Michigan in the NCAA) broke the Canadian Indoor 400m record running 51.60sec (The old record was 51.64).

The athlete assistance standards and the U20/SR national entry and funding standards have now been released. The 2nd year of our Sport Medicine and Science Speaker series has been planned, with 9 online zoom sessions planned from April to December. There will be many different topics including, nutrition, mental performance, strength and conditioning, and RED-S. Emails have been sent to all the clubs in Saskatchewan regarding organizing some club specific in person sessions as well. Many clubs have replied and we are in the planning process of this.

So far the Para Athletics Try It days have been very successful (3 have been completed and 1 more is planned for May). With the grant received through Athletics Canada we have been able to plan these days with the goal of reaching 2 or 3 new athletes, and train 4 or 5 new coaches (goals set by Athletics Canada). So far in our three sessions we have reached 6 new athletes (along with 9 family members), 18 coaches, 1 official, and 1 club board member. This has been a very successful and rewarding endeavour.,

Our bid for the National Coaches Speed Summit has been approved by Athletics Canada. This will occur November 17-19, 2023 in Saskatoon. I am currently working on a location and the presenter lineup for the Summit. More details will be out in the near future.

A busy outdoor season has already begun with some athletes racing south of the border. Many of our Saskatchewan athletes will be looking at racing provincially, nationally, and internationally. The National Track and Field Tour will occur for the 2nd year with many high-performance competitions all over the country. Upcoming national and international events that our Saskatchewan athletes will be looking at qualifying for are:

- Canadian 10,000m Championships- Langley, BC- June 23
- NACAC U18/U23 Championships-San Jose, CRC - July 21-23
- Canadian U20 + Senior Championships- Langley, BC- July 26-30
- Pan Am U20 Championships- Mayaguez, PUR- Aug 4-6
- Commonwealth Youth Games- Port of Spain, TTO- Aug 4 -11
- Canadian U16/U18 National Championships- Sherbrooke, Qc- Aug 11-13
- World Athletics World Championships- Budapest, HUN- Aug 19-27
- NACAC Mountain & Trail Running Championships- Sask Landing Provincial Park, SK- Sept 16
- WA Road Running Championships- Riga, LAT- Sept. 30 - Oct 1
- Pan Am Games- Santiago, CHI- Oct. 22- Nov 4
- Para Pan Am Games- Santiago, CHI- Nov 17 - 25