

## HIGH PERFORMANCE COACH

We have completed another successful indoor season with many local meets hosted in Saskatoon and Regina. A few athletes attended the U16/U18/U20/SR indoor nationals in Toronto and performed very well. Athletes from the University of Regina, and University of Saskatchewan competed at the Canada West Championships (Hosted by University of Regina) as well as the USports National Championships. These athletes competed very well and brought home a ton of hardware to Saskatchewan. Congratulations to all those that competed. Of note during the indoor season Savannah Sutherland broke the Canadian record in the 400m (51.23), and Michael Hussey broke the Canadian U20 record in the 600m (1:18.17).

Athlete assistance standards as well as the U20/SR national entry and funding standards have now been posted. Sport Medicine and Science sessions have been offered to all Saskatchewan clubs (group sessions) along with individual sessions for any athletes that are part of the Athlete Assistance program. We have also organized specific sessions for any top 8 prospects for Canada Summer Games.

We have continued to organize and promote Para-Athletics within the province and over the past few years we have seen membership grow. One of our most successful ways of promoting is through Para-Athletics Try It Days across the province.

Many preparations are under way for Canada Summer Games in Newfoundland (Aug 19-23). Information sessions in Saskatoon and Regina have been planned (sessions regarding how to make the team, who is eligible, and any other questions that athletes/coaches/parents may have).

I have reached out to every athlete who is on athlete assistance to let them know of the changes to the athlete assistance guidelines, as well as to talk to them all about their spring/summer racing and training plans. I have also let them all know of any additional funding they may be eligible for, along with other perks of the program. I have also made myself available to each and every one of them if they want to have a phone call, zoom session if they have any other questions, or for anything else they may require from me.

Outdoor season has begun and many athletes are busy looking forward to local and national races, as well as international races. The National Track and Field Tour will be taking place again in 2025 with events all across the country. U20/SR nationals are later than normal this year (July 30-Aug 3), because of World Championship deadlines. This makes a very long season, but I think with Canada Games being this year and even later, it creates a great competition leading into Canada Summer Games (for our athletes that take advantage of this). There are also a few other national team opportunities this summer with any of our athletes looking to qualify for these. This will be an exciting outdoor season, and I am looking forward to seeing all the performances. Good Luck to all of our athletes competing.