

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 Saskatchewan) as well as the USports National Championships (Winnipeg). These athletes competed very well and brought home a ton of hardware and awards to Saskatchewan. Congratulations to all those that competed. Of note during the indoor season Haile Woodhouse broke the Canadian U20 record in the 300m (37.92s), and the U of S Women's 4x200m team (Hailee Woodhouse, Emma Egert, Selena Keyowski, and Grace Igbiki) broke the U23 and SR Canadian Record (1:35.24). Avery Pearson qualified for the World Indoor Championships in Poland in the 800m, placing 23rd.

Multiple coaches within the province have also been named to National Teams. Jason Reindl has been named as team staff for the NextGen European Tour (July 1-12, 2026: Stuttgart, GER), Carla Nicholls has been named as Para Team Lead for the NextGen European Tour (July 1-12, 2026: Stuttgart, GER), and Commonwealth Games (July 23-Aug 2, 2026: Glasgow, UK), and Jamie Epp has been named Team Staff for World Road Running Championships (Sept 19-20, 2026: Copenhagen, DEN)

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.

I have reached out to every athlete on athlete assistance to let them know about the upcoming summer meets, events needing to be sanctioned (especially the NCAA athletes, as only some of their events are sanctioned) to qualify for rankings and funding, and for national team qualifying. I also reached out to any U20 athlete that was within 5% of the standard to qualify for World U20's this summer. These athlete's and coaches are typically younger and have never had to go through the declaration process, etc. I have offered my knowledge to any of these athlete's and coaches that may need help with this process.

I have started to organize a 1-day coach symposium in Regina to take place on November 21, 2026. I am just trying to finalize a location and topics, but I want to focus a lot on coach mental health, and burnout, and how healthy coaches are better equipped to keep athletes healthy. I have also been working on a few more things for our 2027 Coach Summit (featuring keynote speaker: Laurent Meuwly; Dutch team lead for sprints, hurdles and relays, and personal coach to Femke Bol). This is still in early planning, but will be a very interested summit that coaches will not want to miss.

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 2026 with events all across the country. U20/SR nationals are earlier than normal this year (June 17-21), because of Commonwealth Games deadlines. There are also a few other national team opportunities this summer with any of our athletes looking to qualify for these (Of note; Maitlan Knoke has already been named to the Commonwealth Games team for the Seated Shotput, and Savannah Sutherland has been named to the World Relays team for Women's and Mixed 4x400m). We are also looking forward to hosting the Legion (U16/U18) national championships in Regina this summer (Aug 7-9) 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.