



2005 AGM Report

Submitted by: Glen Peters and Gary Pallett

Our Mission:

To develop elite athletes and coaches for major international games, world championships, and national championships, by providing a holistic approach to sport.

Our Performance Enhancement Team:

Head Coach – Gary Pallett
Sport Psychologist – Tom Patrick
Sport Physiologist – Dr. Greg Gannon
Sport Medicine Coordinator – Dr. Glen Bergeron
Strength and Conditioning Specialist – Kari Schneider
Nutritionist – Rennie Benedict

Our Partners:

Triathlon Manitoba
Sport Manitoba

Canadian Sport Centre – Manitoba
Triathlon Canada

Our Program:

- The MNTC has been in operation for five years. We have been able to make a tremendous amount of progress in the establishment of an elite development system for the sport of triathlon in Manitoba.
- As the performance level of athletes on the team increases the individual attention they require in terms of program design, performance enhancement team services and performance monitoring has increased exponentially. The performance enhancement team continues to let the individual athlete lead the rate at which personal development occurs.
- The program was able to attend more National and International events allowing the athletes to race in more competitive events.
- The MNTC website (<http://mntcnews.myblogsite.com/>) has recently changed administrators and is currently being updated by Gary Pallett.
- In February 2005, Triathlon Canada approved MNTC's new designation as a "National Triathlon Centre specializing in Triathlon Specific Coach Education and Sport Science Service Delivery

Our Athletes:

- The Manitoba National Triathlon Centre (MNTC) membership during the season ranged from 7 to 8 athletes.
- MNTC athletes competed in a tremendous number of provincial, national and international competitions over the time period from October 2004 and September of 2005.
- All 8 MNTC athletes improved swim, bike and run times on performance testing for the 2005 season.

Our 2005 Results:

Events	Athlete Results
2005 Triathlon Worlds- Sept 10 th , Japan	<ul style="list-style-type: none"> • Amy Briscoe, 45/54 junior female
Texas State Sprint Triathlon, March 2005 (in conjunction with Spring camp)	<ul style="list-style-type: none"> • Teresa Samek (1st), Amy (2nd) – junior female • Willie Bell (1st), Blair Peters (3rd) – junior male
Duathlon Nationals, June 18 th , Ottawa	<ul style="list-style-type: none"> • Blair (1st), Willie (3rd) – jr • Amy (1st)-jr, 5th year MNTC has won the category • Erin (1st – U23) and Jacques Marcoux (6th-U23)
St Malo – Canadian Junior/U23 Series Event #1 – June 26 th	<ul style="list-style-type: none"> • Amy (2nd), Jill Dobrinsky (8th), Jenna Wilson (9th) – jr • Erin (3rdU23) and Jacques (4th – U23) • Willie (5th) and Blair (8th) – jr
Trois Rivieres - Canadian Junior/U23 Event #2 – July 2 nd	<ul style="list-style-type: none"> • Amy (3rd) – jr, Jacques (2nd) – U23
Canada – USA Challenge Race Event #3 – Edmonton, July 23 rd	<ul style="list-style-type: none"> • Amy (5th overall / 3rd Canadian), Jill (9th overall / 6th Cdn) • Blair (8th overall / 5th Cdn), Willie (12th overall / 7th Cdn) • Erin (1st – U23)
Canadian Junior Triathlon Championships Caledon, ON, July 31 st	<ul style="list-style-type: none"> • Amy (10th), Willie (7th) • Erin (5th – U23 event)
Canadian Elite Triathlon Championships Kelowna, BC, August 21 st	<ul style="list-style-type: none"> • Erin (6th)
Canadian Junior & U23 Triathlon Series 2005 Overall series placings	<ul style="list-style-type: none"> • Amy (4th), Jill (13th), Jenna (20th), Teresa (22nd) of 51 athletes • Willie (7th), Blair (13th) of 69 athletes • Erin (3rd) of 13 U23 athletes • Jacques (9th) of 22 U23 athletes

Coaching Team Initiatives:

- Gary continues his involvement with Triathlon Canada working with the High Performance, Coaching and Kids of Steel committees.
- The Performance Enhancement Team has been able to incorporate more individual laboratory testing and individualized training programs, which is resulting in improved program results.
- MNTC conducted a very successful two-week training camp in Texas in March 2005.

Opportunity:

- We need to put greater emphasis on marketing the program to potential athletes and sponsors.
- New high performance dollars coming into Triathlon Manitoba, through Sport Manitoba directed funding and otherwise, (most of which is directly attributable to MNTC athlete results) must be made available to elite MNTC athletes to maximize performance results

Ongoing Challenges:

- Acquiring pool space at appropriate times and locations is always a major concern for the program.
- Recruiting talented athletes into the program at a young age. Due to the lack of a youth high performance development program in the province that works with athletes on a yearly basis, youth athletes are not prepared for a jump into a program like MNTC. As a result, there is a large talent gap between our current athletes and potential new recruits. This problem makes the creation of a suitable program very important and the MNTC would like to contribute to the development of a program over the next year.
- Another difficulty with athlete recruitment into the program is that the athletes we want to recruit are the ones performing well in the sports of running and swimming. Seeing that successful runners and swimmers can get university scholarships in these sports but not in triathlon makes promoting the successes of our program and the availability of high performance financial assistance critical for athlete recruitment to our sport.