



2006 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

Triathlon Canada High Performance Director – Dr. Tom Patrick

Sport Scientist Testing– Daryl Hurrie

Strength and Conditioning Specialist – Kari Schneider

Assistant Swim Coach – Craig McCormick

Our Partners:

Triathlon Manitoba
Sport Manitoba

Canadian Sport Centre – Manitoba
Triathlon Canada

Our Program:

- The MNTC has been in operation for six 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 continues to increase 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 Performance Enhancement Team underwent some major changes as Dr. Tom Patrick and Dr. Greg Gannon have left the Province. Both were major contributors to past successes and development of the program and will be greatly missed.
- New members of the performance enhancement team now include Daryl Hurrie (Sport Science Testing), Craig McCormick (assistant swim coach) and Dr. Tom Patrick in a new role as High Performance Director for Triathlon Canada. There will be a short period of adaptation to the new PET but looking forward some change may allow continued growth of knowledge.

Our Athletes:

- The Manitoba National Triathlon Centre (MNTC) membership during the season was 8 athletes.
- MNTC athletes competed in a tremendous number of provincial, national and international competitions over the time period from October 2005 and September of 2006.

- All 8 MNTC athletes improved swim, bike and run times on performance testing for the 2006 season.
- MNTC performance results in 2006 greatly surpassed team performance in any previous season and 3 team members deserve special mention for some of their performances this year.
- Blair Peters became the first Manitoban athlete ever to win Junior Nationals and followed up this result by becoming the youngest male athlete to ever win the National Junior Series at the age of 17.
- Willie Bell placed 6th at the World Duathlon Championships which marked the best performance ever by a Manitoban male elite athlete at a Triathlon or Duathlon World Championship.
- Sarah Anne Brault finished 2nd at the National Junior Triathlon Championships to the eventual World Junior Champion in Triathlon. She then followed this performance up by placing 2nd at the Canadian Elite Sprint Triathlon Championships. Her performance in duathlon was even more impressive as she placed a very close 2nd at the Canadian Junior Duathlon Championships and then becoming the first Manitoba athlete to ever win an elite medal at a World Championship by placing 3rd at Duathlon Worlds.
- In terms of team results, the Manitoba juniors were able to win 3 of 6 medals at both the duathlon and triathlon National Championships. This result may possibly never be duplicated by a small Province.
- MNTC qualified more junior athletes (3) to the National Team to compete at Worlds than any other Province in Canada.
- MNTC had one athlete qualify to represent Canada at the FISU University Games.

Our 2006 Results:

Events	Athlete Results
Canadian National Duathlon Championships May 21 st , Ottawa Ontario	<ul style="list-style-type: none"> • Willie Bell (2nd), Blair Peters (3rd) – jr. male • Sarah Anne Brault (2nd) – jr. female • Erin Braun (2nd) – U23 female • Jacques Marcoux (dnf) – U23 male
St. Malo Triathlon June 25 th (Canadian Junior / U23 Series Race # 1)	<ul style="list-style-type: none"> • Sarah Anne Brault (dnf), Katie Wray (16th), Stevie Moore (18th) – jr. female • Blair Peters (1st), Willie Bell (4th), – jr. male • Erin Braun (3rd) – U23 female • Jacques Marcoux (1st) – U23 male
Canadian Elite Triathlon Championships Toronto Ontario, July 2 nd (Canadian U23 Series Race # 2)	<ul style="list-style-type: none"> • Erin Braun (4th) – U23
Canadian Junior Nationals Edmonton July 9 th (Canadian Junior Series Race # 2)	<ul style="list-style-type: none"> • Sarah Anne Brault (2nd), Katie Wray (30th), Stevie Moore (37th) – jr female • Blair Peters (1st), Willie Bell (3rd) – jr male
North American Triathlon Championships Edmonton July 9 th (Run with Junior National)	<ul style="list-style-type: none"> • Sarah Anne Brault (2nd) – jr. female • Blair Peters (2nd), Willie Bell (5th) – jr. male
Corner Brook Triathlon July 23 rd (Canadian Junior / U23 Series Race # 3)	<ul style="list-style-type: none"> • Blair Peters (2nd) jr. male
Duathlon World Championships July 30 th	<ul style="list-style-type: none"> • Willie Bell (6th), Blair Peters (12th) – junior male • Sarah Anne Brault (3rd) – junior female
Magog Quebec July 30 th (Canadian Junior / U23 Series Race # 4)	<ul style="list-style-type: none"> • Erin Braun (2nd) – U23 female
Canadian Sprint Triathlon Championships Drummondville Quebec, August 19 th	<ul style="list-style-type: none"> • Sarah Anne Brault (2nd) – elite female
2006 FISU University Triathlon Worlds- August 26 th , Lausanne, Switzerland	<ul style="list-style-type: none"> • Erin Braun (30th) - female
2006 Triathlon Worlds- September 2nd, Lausanne, Switzerland	<ul style="list-style-type: none"> • Blair Peters (44th), Willie Bell (dnf) – jr. male • Sarah Anne Brault (35th) – jr. female • Erin Braun (14th) – 20 – 24 age group

Opportunity and Initiatives:

- We need to continue to expand the marketing of the program to potential athletes and sponsors.
- MNTC is changing its structure to a 2 tier program, consisting of the MNTC elite group and a new Canada Games Development Team. This change is necessary to start to prepare Manitoba for the 2009 Canada Games and to assist Triathlon Manitoba in optimizing funding dollars available for the upcoming Canada Games. This change will be very minor initially; however, it will become greater in 2008 as expected increases in Canada Games directed funding should expand racing and development opportunities for athletes in this program. This program also addresses the issue of having a stepping stone program for athletes wanting to eventually qualify for the MNTC elite program.
- It is hoped the new youth program may be able to develop athletes to a stage where they can enter the new Canada Games training group and eventually some will progress into the MNTC program. This year we have at least 2 new athletes coming into the CG training group from the Youth Program.
- MNTC received a \$5000 Coaching Development Grant from Triathlon Canada to hire Craig McCormick on a 10 month term as an assistant swim coach.

Ongoing Challenges:

- Acquiring pool space at appropriate times and locations remains a major concern for the program.
- Triathlon Canada is primarily interested in funding centers that are developing Olympic caliber triathletes, intense recruitment of extremely talented developing athletes is critical to receiving greater National funding for the program.
- With the loss of Dr. Greg Gannon we lost the individual who understood how to operate our current blog site. Currently no one is either interested or has adequate computer skills to administer the site so updates are presently not occurring.