



2008 AGM Report

Submitted by: Dave Bell 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 Scientist Testing– Daryl Hurrie
Sport Psychology – Adrienne Toogood
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:

- MNTC Chairman Glen Peters is stepping down from this role at the end of this season and Nancy Drad will be stepping into this position. MNTC would like to thank Glen for all the work he has done in directing the program for the last 4 years and wants to thank Nancy for accepting the new position.
- The MNTC has been in operation for eight 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.
- Sport Psychology consultant Adrienne Toogood was a strong addition to our program this season. The MNTC program had operated for the past 18 months without any one in this position and the athletes benefitted greatly in having someone fill this role.
- With great changes to the PET over the past 2 years, the program is going through some changes as new people are brought into existing roles.

Our Athletes:

- The Manitoba National Triathlon Centre (MNTC) membership during the season was at maximum capacity of 10 athletes.
- MNTC had 5 new members during the 2007 – 2008 season.
- MNTC athletes competed in a tremendous number of provincial, national and international competitions over the time period from October 2007 and August of 2008.
- Most MNTC athletes improved swim, bike and run times on performance testing for the 2008 season.
- 2007 - 2008 was a transition season for the MNTC program. A number of long time MNTC athletes left the program following the 2007 season. To fill these open spots a number of new athletes were allowed into the program who did not meet the minimum entrance time standards.
- Most of these athletes responded to the program by having huge performance improvements over the year in swim, bike, run performance times as well as race results in junior season events.
- Sarah Anne Brault finished 1st at the Pan American (PATCO) Championships. Sarah's other best race results included placing 25th at the World Junior Triathlon Championships in Vancouver Canada, placing 4th in the Elite Continental Cup Triathlon in Geneva, placing 4th at the Canadian Elite Triathlon Championships and 3rd at the Canadian U23 Championships.
- Sarah Anne Brault was named to the Triathlon Canada National Development Team. Sarah also received a Sport Canada Development Card which gave her financial support of \$900 per month during 2008. Sarah was the first junior triathlete in Canada to qualify for this carding. She was also the first Manitoban triathlete to qualify for this funding.
- Stevie Moore finished first in the 16 – 19 age group category at the 2008 Triathlon World Championships in Vancouver Canada.
- Mark Okany had the top MNTC placing at Junior Nationals in Kelowna placing 5th.
- Several MNTC athletes placed in the top 10 in the National Junior series rankings, these athletes included Sarah Anne Brault, Mark Okany, Stevie Moore and Josh Drad.

Coaching Team Initiatives:

Opportunity:

- In 2009 Triathlon will be included in the Canada Games for the first time. This program will increase funding and racing opportunities for athletes in the program. This program will result in a larger number of athletes traveling to some events than we have sent over the past few years and will also create some administration issues we haven't previously experienced.
- Triathlon Canada has now published its Long Term Development Model. We need to promote to parents of youth athletes the principles in this document. Of particular importance is the need to inform parents of children aged 7 – 15 that involvement with a swim club is critical if an athlete wants to be able to be competitive at the junior elite level.
- With the importance of being able to swim fast becoming more important to junior elite racing MNTC is now looking at developing younger athletes who are viewed as potential athletes to represent Manitoba in the future.

Ongoing Challenges:

- Acquiring pool space at appropriate times and locations is always a major concern for the program along with the additional expense of the new life-guarding requirements.
- Triathlon Canada is primarily interested in funding centers that are developing Olympic caliber triathletes. Intense recruitment of extremely talented developing athletes is critical to maintaining and/or increasing National funding for the program.

- The Centre is operating at near maximal numbers this creates a situation where more athletes are contesting for spots in the training centre. The program needs to develop a more structured system for removal of athletes who are not performing to allow the addition of new developing athletes into the program.

Our 2008 Results:

Events	Athlete Results
Pan American (PATCO) Championships April 19th , Mazatlan, Mexico	<ul style="list-style-type: none"> • Sarah Anne Brault (1st) – jr. elite female • Mark Okany (39th) – jr. elite male
Triathlon World Championships June 5 th and 6 th , Vancouver, Canada	<ul style="list-style-type: none"> • Sarah Anne Brault (26th) – jr. elite female • Stevie Moore (1st) – 16 – 19 Age Group Sprint Championship
Pinawa Triathlon July 6 th , Pinawa, Manitoba (Canadian Junior Series Race # 1)	<ul style="list-style-type: none"> • Sarah Anne Brault (1st), Stevie Moore (5th), Marita Malo (10th), Richelle Ready (10th), – jr elite female • Mark Okany (1st), Josh Drad (4th), Trevor Penner (6th) Cameron Bushell (11th) – jr elite male
Gatineau Triathlon July 12 th , Gatineau, Quebec (Canadian Junior Series Race # 2)	<ul style="list-style-type: none"> • Marita Malo (10th), Stevie Moore (12th) – jr elite female • Mark Okany (7th), Josh Drad (11th), Trevor Penner (24th) – jr elite male
Geneva Continental Cup July 12 th , Geneva, New York	<ul style="list-style-type: none"> • Sarah Anne Brault (4th) – elite female
Quebec – Ontario Youth Regional Championships July 12 th , Gatineau, Quebec	<ul style="list-style-type: none"> • Riley MacCharles (1st) - 14 – 15 male
Manitoba – Saskatchewan Youth Regional Championships July 27 th , Stonewall, Manitoba	<ul style="list-style-type: none"> • Roseria Malo (2nd) - 14 – 15 female • Riley MacCharles (1st) - 14 – 15 male
Canada Games Test Event August 3 rd , Summerville, PEI (Canadian Junior Series Race # 3)	<ul style="list-style-type: none"> • Sarah Anne Brault (1st), Stevie Moore (7th) – jr elite female • Josh Drad (9th), Mark Okany (11th) – jr elite male
Canadian Junior Championships August 16 th , Kelowna, BC (Canadian Junior Series Race # 4)	<ul style="list-style-type: none"> • Stevie Moore (11th), Marita Malo (15th), Richelle Ready (26th), –jr elite female • Mark Okany (5th), Josh Drad (11th), Trevor Penner (22nd) Cameron Bushell (30th) – jr elite male
Canadian Elite and U23 Championships Kelowna, Continental Cup August 17 th , Kelowna, BC	<ul style="list-style-type: none"> • Sarah Anne Brault (4th) – elite female overall, 4th elite Canadian , 3rd Canadian U23 category
Alberta – BC Youth Regional Championships August 16 th , Kelowna, BC	<ul style="list-style-type: none"> • Riley MacCharles (1st) - 14 – 15 male