



2009 AGM Report

Submitted by: Nancy Drad and Gary Pallett

Our Mission:

To develop elite athletes and coaches for major international games, world championships, national championships, and major national games 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 Nancy Drad is stepping down from this role at the end of this season. MNTC would like to thank Nancy for all the work she has done in directing the program during this season.
- MNTC would like to thank Dave Bell for serving in the role of High Performance Director. He has contributed greatly to the success of the program.
- The MNTC has been in operation for nine 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 integrated support team continues to let the individual athlete lead the rate at which personal development occurs.
- The program was able to attend many National and International events this year allowing the athletes to race in more competitive events.
- The Integrated Support Team (IST) all having been together for a couple of years were able to better coordinate the services delivered to the athletes than the prior year when many new IST members were introduced to the team.
- Priority emphasis for the 2009 season was performing at our best at the Canada Games.

Our Athletes:

- The Manitoba National Triathlon Centre (MNTC) membership during the season was at maximum capacity of 10 athletes.
- MNTC had 3 new members during the 2008 – 2009 season.
- MNTC athletes competed in a tremendous number of provincial, national and international competitions over the time period from October 2008 and August of 2009.
- All MNTC athletes improved swim, bike and run times on performance testing for the 2009 season.
- 2008 - 2009 was a performance emphasis season for the MNTC program. There was very little change in program numbers or team members as priority emphasis was placed on our team performance at the 2009 Canada Games.
- Sarah Anne Brault won a Silver Medal at the 2009 Canada Games in the Individual race.
- The Manitoba Female Team (Sarah Anne Brault, Stevie Moore and Rachael Edwards) won the silver medal in the team relay at the Canada Games.
- The Manitoba Male Team (Joshua Drad, Mark Okany and Riley MacCharles) won the bronze medal in the team relay at the Canada Games.
- The Manitoba female team placed 2nd overall and the men's team 3rd overall at the Canada Games.
- The Manitoba team results at the game ranked us as Manitoba's top performing sport on the basis of Flag Points at the Games.
- MNTC had 5 athletes represent Canada at the 2009 Pan American Junior Championships, these athletes included Mark Okany, Josh Drad, Stevie Moore, Marita Malo and Rachael Edwards. 4 of these athletes finished with top 20 performances.
- 3 MNTC athletes placed in the top 10 in the National Junior series rankings, we also managed to have 6 athletes place in the top 25 of the rankings.
- Mark Okany placed 2nd at the Western Canadian Championships.

Coaching Team Initiatives:

Opportunity:

- Now that the 2009 Canada Games are completed the MNTC program will expand its program from 10 – 15 athletes. The reason for this expansion is we want to continue our primary goal of developing athletes to compete at national and international events while we now have a secondary goal of developing a team to represent Triathlon Manitoba at the 2011 Western Canada Games and the 2013 Canada Games.
- We need to promote to parents of youth athletes the importance of learning to swim at a young age and encourage children aged 7 – 15 to become involved with a swim club if an athlete wants to increase their chances of being 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 2009 Results:

Events	Athlete Results
Pan American (PATCO) Championships May 16th , Oklahoma, USA	<ul style="list-style-type: none"> • Rachael Edwards (4th) , Marita Malo (14th) , Stevie Moore (18th) – jr. elite female • Josh Drad (18th), Mark Okany (dnf) – jr. elite male
Western Canadian Championships June 7 th , Birds Hill Park, Manitoba (Canadian Junior Series Race # 1)	<ul style="list-style-type: none"> • Sarah Anne Brault (3rd), Stevie Moore (7th), Rachael Edwards (9th), junior elite female • Mark Okany (3rd), Josh Drad (18th), Riley MacCharles (19th), • Trevor Penner (22nd) – jr elite male
Coteau – du - Lac Triathlon June 20 th , Coteau – du - Lac, Quebec (Canadian Junior Series Race # 2)	<ul style="list-style-type: none"> • Rachael Edwards (8th), Stevie Moore (10th), - junior elite female • Mark Okany (11th), Riley MacCharles (24th), Trevor Penner (27th), Josh Drad (30th) – jr elite male • Roseria Malo (1st), 14 – 15 female
Coteau – du - Lac Continental Cup June 20 th , Coteau – du - Lac, Quebec	<ul style="list-style-type: none"> • Sarah Anne Brault (11th) – elite female
Hy – Vee ITU Triathlon Team World Championships, June 28 th , Des Moines Iowa, USA	<ul style="list-style-type: none"> • Sarah Anne Brault (7th) – elite female relay leg, 13th overall team
Junior Nationals Championship Triathlon July 11 th , Gatineau, Quebec (Canadian Junior Series Race # 3)	<ul style="list-style-type: none"> • Rachael Edwards (10th), Stevie Moore (11th), - junior elite female • Josh Drad (16th), Trevor Penner (28th), Charles Brault (33rd) • Mark Okany (dnf), Riley MacCharles (dnf), – jr elite male
Manitoba – Saskatchewan Youth Regional Championships July 26 th , Duck Mountain, Saskatchewan	<ul style="list-style-type: none"> • Roseria Malo (2nd) - 14 – 15 female • Shayna Staerk (1st) - 12 – 13 female
Canada Games Individual Event August 18 th , Summerville, PEI (Canada Games)	<ul style="list-style-type: none"> • Sarah Anne Brault (2nd), Stevie Moore (7th), Rachael Edwards (10th) - female • Josh Drad (7th), Mark Okany (8th), Riley MacCharles (16th) - male
Canada Games Relay Event August 21 st , Summerville, PEI (Canada Games)	<ul style="list-style-type: none"> • Female Relay Team (Silver medal) • Male Relay Team (Bronze medal)
Triathlon World Championships September 13 th , Gold Coast, Australia	<ul style="list-style-type: none"> • Rachael Edwards (31st) – jr. elite female