



RUNDEZ-VOUS

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Team Ontario wins overall title at the Canada Summer Games

Athletes all agree that the 2009 Canada Summer Games was a tremendous experience and one that they will never forget. After the final day of competition the men's team came away with the most points overall while the women's team lost by a small margin to team Quebec. Team Ontario had the strongest team winning the overall team title.

Team captain, Jen Cotten, noted that she was particularly inspired by how the athletes stepped up to the plate to fill in for injured teammates or just to be there to show support during competition. Going into the last day of competition both men's and women's team knew it would be a close battle win both the team titles; women would have to push hard to steal the first place position from Quebec who had a 97 point lead at the end of Thursday's competition. Men would have to perform at their best to ensure no points were lost to maintain their first place standing. Both sides performed well and came out with great results.

After a week of tough competition, great memories and new friendships the team is sad to leave PEI but grateful for the experience. On behalf of Team Ontario thank you to all the coaches, mission staff and officials who made this trip the wonderful experience that it was. The results of Team Ontario athletes can be found on pages 7 - 8.

Reminder: Quest for Gold applications due September 11

Applications for the Quest for Gold program for 2009-2010 are due September 11, 2009. The Ontario Athlete Assistance program 2009-2010 Athlete Selection Criteria Template and the Junior and Espoir Conversion Factors documents can be found on pages 9 - 12 and on the Athletics Ontario Quest for Gold web page at:the following link: [www.athleticsontario.ca/Content/Quest For Gold/QFG.asp](http://www.athleticsontario.ca/Content/Quest%20For%20Gold/QFG.asp)

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2009-2010 AAP (carding) applications due September 20

Attention Athletes & Coaches - This is a reminder that the 2009-2010 AAP (carding) applications are due Sunday, September 20, 2009. The information is available on the web:
- <http://www.athletics.ca/page.asp?id=155>

Technical Package now available

The Technical/Registration package for the **2009 Ontario 20km Walk Championships** in Welland, Ontario on September 20 is now available. The package can be found on pages 13 - 18.

GM's Making Dreams Possible Club Coaching Grants

The Coaching Association of Canada is now accepting applications for the next wave of GMs Making Dreams Possible Club Coaching Grants with the deadline of applications being September 21, 2009. Applications for GMs High Performance Coach Grants are also being accepted now, and the application deadline is January 18, 2010.

Since 2007, General Motors (GM), in partnership with the Coaching Association of Canada (CAC), has awarded 274 \$2,000 grants to community sport organizations and 30 \$10,000 grants to high performance coaches and athletes across Canada through the Making Dreams Possible program. Thus far, these grants have provided funds for training and development to over 15,000 coaches, and impacted nearly 170,000 Canadian athletes in 155 communities across the country. The goal of the Making Dreams Possible program is to enhance the sport experience for our Canadian athletes at all levels through coaching excellence. However, the program would not

be a success without continued support from our national, provincial and territorial partners in spreading the word to local community clubs and sport organizations.

For more information, please visit:
www.coach.ca/makingdreamspossible/index.htm

UWO to offer coaching clinics in September

The University of Western Ontario (London) is offering a large range of coaching courses on the September 18-20 weekend. Included are NCCP Sport Coach, Club Coach - Throws and Club Coach - Endurance (Distances) ; Run Jump Throw for both Community Coaches and Teachers; and a non-NCCP Sport Psychology Seminar by prolific sports author and pole vaulting expert Brian Risk. For more information and the registration form please click on pages 19 - 20.

RJT Course October 31- November 1 in Hamilton

Stoney Creek Athletics will be hosting a Run Jump Throw certification course at the Riverdale Community Centre in Hamilton on Saturday October 31 to Sunday November 1. The course will be conducted by Val Sarjeant and Kelly Bethune. More information including registration details will be available shortly on our web site at www.athleticsontario.ca

Almost a clean sweep for Ottawa Lions

The Ottawa Lions easily won it's 5th Outdoor Overall Club title in a row while winning 4 out of 5 age group championships.

The Lions amassed 1067.5 points to easily outdistance Laurel Creek, which scored an even 500 points. For Laurel Creek, it was the first time ever that they finished amongst the top 3 clubs

overall in the outdoor competition. They were the only club to break Ottawa's stranglehold on the age group championships, winning the Bantam title 129 points over Ottawa's 92.

It was a close race for 3rd place, with South Simcoe/Dufferin edging out London Legion Alliance for third place, 372 points to 353 points. Not far behind was Windsor Legion with 326 points. York University Track Club rounded out the top 6 with 249 points.

For the first time, scores for athletes who had not achieved the minimum standard for scoring were deducted from the totals. For the complete scoring overall and in the age divisions please see pages 21-22

Priscilla Lopes-Schliep wins Silver

Priscilla Lopes-Schliep of Whitby, ON won the silver medal in the 100m hurdles at the IAAF World Championships in Athletics in Berlin, Germany.

In a very close race Lopes-Schliep captured the Silver medal with a time of 12.54 seconds. The Gold and Bronze medal were won by Jamaicans Brigitte Foster-Hylton and Delloreen Ennis-London in 12.51 and 12.55 seconds respectively; both were seasonal best performances.

Athletics Ontario in Action



Some of the things we have done recently:

- Began processing Quest for Gold applications
- Convened a Disciplinary Committee meeting
- Supported the bid by the Ontario Deaf Sport Association to bring the World Deaf Athletics Championships to Toronto in 2012 (the bid was successful!)
- Held a Board of Directors meeting
- Began work on a schedule of competitions for 2010
- Met with the representatives of Ontario Masters Athletics to strengthen our partnership
- Announced the new Athletics Ontario Hall of Fame
- Reported first hand from the IAAF World Championships in Berlin in which 15 Ontario athletes competed
- Contacted runners who may represent Ontario at the Timex Roadrunning Series final
- Acted as Meet Director for the Asian Community Games
- Published the Hall of Fame Nomination form and posted it on our web site
- Created profiles and daily updates for Team Ontario athletes participating at the Canada Summer Games to post on our web site

