



# RUNDEZ-VOUS

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## Old to New NCCP Transition - An important Deadline Approaching

Another reminder to coaches that the old NCCP programme will be phased out on April 1, 2010. To allow enough time to process the course registers we'll need to receive the claims by March 30. Coaches who are in the following situations should try to attempt to complete their certifications by that date:

1. Have credits shown for Level 1, 2 or 3 Technical and Theory but not for the Practical at the same level.
2. Had taken a Level 2 Technical course but was not credited for same due to not having the pre-requisite Technical and Practical at the level below.
3. Had taken a Level 2 Technical course but had not completed the take-home assignment
4. Had completed Level 3 Technical but was not credited due to not having been registered as a coach with OTFA/AO

Old NCCP credits on the NCCP database will still be recognized as equivalents in the New NCCP but where a level has not been already been completed in the old system by April 1 it will have to be completed using New NCCP equivalents. In some cases this will mean repeating some work - elements of the two systems aren't exactly equal in terms of content, time required or fees to be paid.

Since each case is different coaches are urged to contact Roman Olszewski as soon as possible so that the best way to proceed can be determined while there is still time. Roman can be reached at 905-732-9955 or [roman.otfa@cogeco.ca](mailto:roman.otfa@cogeco.ca)

For detailed information on the old NCCP to new NCCP transition in our

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sport please follow these instructions:

Go to the AC website [www.athleticscanada.ca](http://www.athleticscanada.ca)

Click "search": on the left menu.

Type "Coaching certification" in the box.

Select the 5th item on the menu - "Coaching"

(Not the first item, which is dated).

## **New Policies to be Applied at upcoming AO Championships**

Coaches and athletes entered in provincial championships or Prep meets should note that in track events all athletes must check in for each event at the designated area no sooner than 60 minutes and no later than 30 minutes prior to the published or revised start time. Athletes not checked during the required time frame will not be allowed to compete in the event. The intent of this rule is ensure that qualifying heats or timed sections are full and fairly seeded.

In relay events run as Provincial Championships all athletes on a team must wear identical club tops. Coaches and managers should have spare tops at the meet in case of an emergency. Relay teams and all possible runners must now be entered on the Sunday evening of the week prior to the competition. The names of the four runners and their running order, however, need not be submitted until one hour before the event start time.

Seed times from both the current indoor season and 2009 outdoor season may be submitted. In the case of the latter, these will only be used where the athlete hasn't achieved an indoor time in the event or an equivalent event this season. Our hope is to use AO's Hy-Tek result and ranking system to verify and in some cases provide seed times. Estimated times will

no longer be accepted. Athletes without a performance at all in an event will not be placed in any of the top sections.

To be on the safe side, coaches are urged to plan carefully so as to ensure that their athletes have at least one opportunity to achieve a good indoor seed time prior to the major championships.

In all track events bib numbers will be worn on the front.

The 2010 edition of Policies and Procedures for the Staging of Provincial Championships is now available at the AO website.

## **AO Membership and Insurance**

Have all of your athletes, coaches, officials and administrators register with Athletics Ontario now, before they begin the training and/or participation in competition. Athletes, coaches, officials and club administrators are only insured under the Liability and Accident program if they are registered with AO and are members in good standing. (Additionally, performances by unregistered athletes will not count for provincial/national rankings or for national team selection).

Important to note is that if there are any participants in any of your club's activities who are not registered with Athletics Ontario, the insurance coverage will not respond. We strongly advise that everyone participating in a club's activities be registered with Athletics Ontario, including athletes who are "trying out" with the club or visiting your group from another club. For these cases, an athlete can join as a "Recreational" athlete for \$15. Please

ensure that the proper form is completed and signed by the athlete or parent/guardian as required. The registration forms can be found at:

[www.athleticsontario.ca/Content/Membership and Registration/Forms.asp](http://www.athleticsontario.ca/Content/Membership%20and%20Registration/Forms.asp)

Thank you very much for your assistance. Should you have any questions or concerns regarding insurance, please contact Wendy Lee at 416-426-7217 or by email at [wendylee@eol.ca](mailto:wendylee@eol.ca)

### **Facility Access during Provincial Championships**

Coaches will be able to gain entry to the track and field facilities during Athletics Ontario Provincial Championships only if they are registered with Athletics Ontario for the current season.

### **Free SIRC Membership**



Athletics Ontario is also pleased to let you know that we have a new benefit for all coaches, officials, associates and administrators registered with Athletics Ontario. Through a partnership with SIRC (Sport Information Resource Centre), all Athletics Ontario coaches, officials, associates and administrators will be given a complimentary SIRC Membership and will be able to access the world leading sport database, SportDiscus™, free of charge. This is a comprehensive library containing everything from coaching and training to sport medicine material. There are other benefits including: “Ask a Librarian”, “Search the SIRC Collection” and “Receive your Articles” Services. All Coaches, officials, associates and administrators registered with Athletics Ontario in 2010,

will be receiving a promo code shortly to access this incredible on-line resource.

If you did not receive an email from Athletics Ontario regarding this program, it may mean that you have not registered with Athletics Ontario for 2010. If you have any questions or concerns, please contact Wendy Lee at 416-426-7217 or by email at [wendylee@eol.ca](mailto:wendylee@eol.ca)

### **2010 IAAF World Juniors Coaching Staff – Call for Expression of Interest Letters**

The 2010 IAAF World Junior Championships will be taking place in Moncton, NB from July 19 to 25, 2010. Team Canada will descend upon Moncton from July 16 to 26, 2010. The 2010 Canadian Junior National Championships (also in Moncton) will serve as the selection trials for this event.

### **Volunteer Team Coaching Staff**

Team coaching staff will be selected through this expression-of-interest process and will work alongside Athletics Canada’s professional staff.

Expression of Interest Letters for the volunteer team coaching staff positions are due to Melissa Dowling ([mdowling@athletics.ca](mailto:mdowling@athletics.ca)) by February 22, 2010. Selected coaches will be expected to attend the 2010 Canadian Junior National Championships in Moncton at their own cost.

Please include the following details in your letter:

-Coaches of Canada membership number – all national team coaches must be members in

good standing with Coaches of Canada and must have completed a background check as part of the membership application;

- Confirmation of Level 3 NCCP certification;
- Detailed coaching resume;
- Previous national/provincial coaching experience;
- languages spoken
- Any additional information that will assist us in our selection.

Successful candidates will be contacted upon selection.

Should you have any questions, please don't hesitate to contact Martin Goulet Chief High Performance Officer

## **Athletics Canada Hosting Of Championship Events**

### REQUEST FOR LETTERS OF INTENT

#### BACKGROUND

Athletics Canada is the national sport governing body for track and field, cross country, road running and road racing in Canada. Our purpose is to provide leadership, development and competition that ensure world-level performance in athletics. Our key event properties are the best opportunity to showcase our sport and raise awareness and interest in our programs and services, and therefore must be planned and presented in a professional manner. The organizers selected to host the events must be willing to work in close partnership with Athletics Canada to meet and exceed expectations in this regard.

#### PROJECT OVERVIEW

We currently seek suitable host organizations for the following Athletics Canada Championships Series events:

2011-2012-2013-2014 Canadian Junior Track and Field Championships

2011-2012-2013-2014 Canadian Track and Field Championships (including AWD's)

2011-2012-2013-2014 Canadian Half Marathon Championships

2011-2012-2013-2014 Canadian Marathon Championships (including wheelchair component)

2011-2012-2013-2014 Canadian Cross Country Championships

2011-2012-2013-2014 Canadian 10km Road Race Championships (including wheelchair component)

### LETTER OF INTENT AND SUPPORTING DOCUMENTATION

Athletics Canada invites interested parties to submit a Letter of Intent to host a championship event listed above. All Letters of Intent must be submitted with the following information:

- Championship event to be hosted;
- Name and location of facility/event;
- Name(s) and position(s) of key event organizer(s) including Meet Director;
- Commitment in principle to work in close partnership with Athletics Canada and its corporate and funding partners in hosting and presenting all aspects of the event;
- Summary of previous experience in hosting similar events;
- Provincial branch endorsement;
- Host facility endorsement (if applicable).

### SUBMISSION DEADLINE AND ADDRESS

The Letter of Intent to advise Athletics Canada of interest in hosting any of these

championships must be received by Athletics Canada no later than February 26, 2010.

Letters of Intent along with all required supporting documentation must be submitted either by mail or by e-mail to:

Mathieu Gentès  
Director,  
Public Relations and Corporate Services  
Athletics Canada  
Suite B1-110 2445 St-Laurent Blvd.  
Ottawa (Ontario) K1G 6C3  
[mgentes@athletics.ca](mailto:mgentes@athletics.ca)

#### TIMELINES

To ensure that applicants have sufficient time to prepare their submission and Athletics Canada has the time required to properly review the applications, the following timelines have been established;

Athletics Canada to send Bid Documents to all those having submitted a Letter of Intent to host an Athletics Canada championship - by March 19, 2010  
Completed Bid Applications submitted to Athletics Canada - by April 9, 2010  
Notification of successful candidates - April 30, 2010

#### **Clarification re: Athletics Canada Requests for Letters of intent – Championship hosting**

Athletics Canada would like to clarify that letters of intent for the hosting of Championship events are sought for the following events:

- Canadian Junior Track and Field Championships**
- Canadian Track and Field Championships**  
(including AWD's)
- Canadian Half Marathon Championships**
- Canadian Marathon Championships**

(including wheelchair component)

#### **Canadian Cross Country Championships**

#### **Canadian 10km Road Race Championships**

(including wheelchair component)

Applications are being sought for 2011 through to 2014 (4 Championships) or 2011 and 2012 (2 Championships) or 2013 and 2014 (2 Championships).

Please contact Mathieu Gentès for further questions or clarifications.

#### Road Warrior Winners



Ten people 'ran' away with \$2000 in running apparel and shoes for finishing as the top 10 point getters in the Road Warrior program in 2009. The beauty of the Road Warrior program is that the people winning prizes in this category are not the fastest runners but rather those who have improved from when they first signed up to be Road Warriors. So any runner involved with coaching or speedwork or just generally improving and getting fitter has a chance to do well in the Road Warrior category. Half the prize winners and half the Road Warriors in general are female so it doesn't matter gender or genes... it's about improving. Become a Road Warrior and get in on a fun competition and cool prizing. Over 120 races are involved this year so lots of opportunities to earn prizes and series points. [www.roadwarriorrunning.com](http://www.roadwarriorrunning.com)

#### **Ontario Masters Athletics News**

On Jan. 23, Ontario Masters runners did very well at the Hartshorne Mile at Cornell University in Ithaca, NY. This is an annual popular and premiere event for Masters

milers from across North America. Jerry Kooymans, M54, was 7th in Age Graded results, with his 4:53.67. Mike Sherar, M46, ran 4:38.98 for 10th in AG results, and Vince Friel, M47, ran 4:44.74 for 15th in AG results.

Our final Mini-meet of the 2010 indoor season was held on Jan.24 at York. As usual, it was a well-run meet, with friendly competition as well as record breaking results. Earl Fee broke a world record for M80-85 in the 800 metres finishing in 2:54.24, breaking the old WR of 3:07 and smashing the Canadian record, held by Robert Comber, by 46 seconds.

This meet was also the Ontario Masters Indoor Pentathlon Championships. Gold medallists were Jordan Rosenberg in M40, Ralph Cilevitz in M55, Don Ritchie in M45, and Kevin Sanjari in M50.

Check out <http://www.ontariomasters.ca> for further news, results, and photos! Some of these Ontario athletes will be competing in the World Masters Championships in Kamloops in early March, and are training for even better results..

The 41st Annual Ontario Masters Indoor Championships will be held at York on February 14th. This meet is open to all athletes aged 30 plus! Enter at [www.ontariomasters.ca/competition\\_schedule.php](http://www.ontariomasters.ca/competition_schedule.php)

If you wish to join us in Masters track and field, road racing, cross-country, or race-walking, go to [www.ontariomasters.ca/joinus.php](http://www.ontariomasters.ca/joinus.php) for information and a warm welcome!

## Athletics Ontario in Action



- Good News for February

In the first part of 2010, and in addition to our daily activities, Athletics Ontario:

- Developed strategies for accessing Coaching Education grants
- Planned, with the Canadian Sports Centre, for the testing of identified High Performance Ontario athletes
- Confirmed the details of the 2010 Ontario Summer Games and 1st Ontario Espoir Championships, coming to Sudbury in August 2010
- Received support for our AO Championships through Toronto Tourism which has supplied gift cards, bottled water for officials and volunteers and coaches ID passes for 2010.
- Launched the 2010 Ontario TIMEX Road Race Series.
- Initiated a free membership to the Sport Information Resource Centre (SIRC) for all our coaches, officials and administrators. SIRC is a vast online source of sport related research and information now available as a privilege of membership in Athletics Ontario. If you are a member of Athletics Ontario and don't know how to access this huge library, please contact us.
- Initiated a new partnership between the University of Toronto, the Canadian Sports Centre Ontario, Athletics Ontario and Athletics Canada
- Formed a Marketing Committee – with people from several different communities – to help align Athletics Ontario in strategic partnerships and begin marketing the Association in a meaningful manner.