

RUNDEZ-VOUS

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OTFA has moved and is now "Athletics Ontario"

The Ontario Track and Field Association is excited to announce that it is in the process of changing its name to "Athletics Ontario" as a result of an approval of a motion at the Annual General Meeting on Saturday December 6. The change will officially take place at a later date upon completion of the legal process. Other changes including a new logo, revised vision and mission statements along with strategic planning discussions, will be announced shortly as well. All phone/fax numbers, email addresses and web site will remain the same for now but our new address is:

**3 Concorde Gate, Suite 211,
Toronto, ON, M3C 3N7**

Holidays

The Athletics Ontario Office will remain closed for the Holidays from December 25, 2008 to January 4, 2009 inclusive. The Office reopens on Monday January 5, 2009.

Best wishes for the holiday season and a Happy and Healthy New Year!

Awards Banquet a great success

Our First Annual Awards Banquet was a great success as the Ontario Track and Field Association welcomed and recognized over 40 athletes from across the province on Saturday, December 6, 2008. Olympic Bronze Medallist Priscilla Lopes-Schliep was on hand to congratulate all our winners and to accept the Athlete of the Year Award.

The Ontario Track and Field Association voted earlier in the day, at its Annual General Meeting, to change its name

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to Athletics Ontario. "This was a great beginning," said Athletics Ontario Chair Bill Stephens. "We are changing direction, bringing in new programs and being more accountable to our membership. This was a fabulous way to launch the new look of the Association."

For a complete list of award winners, please see page 13. To see more pictures, visit our Photo Gallery and if you have any pictures to add to our gallery, please send them to ontrack@eol.ca



Award winners from L-R: Jeremy Rae, Philip Hayle, Daniel Harper & Priscilla Lopes-Schliep



Athletics Ontario Athlete-of-the-Year, Priscilla Lopes-Schliep with AO President, Bill Stephens



Guest Speaker, Andy Higgins, addresses the attendees at the 1st Annual Awards Banquet



Award winners from L-R: Brooke Rowland, Jasmin Kerr, Deanna Brasz and Chanice Chase.



Athletics Ontario Board Member, Suzanne Leroux

Newmarket Huskies - Overall Cross Country Club Champion

Congratulations to Newmarket Huskies for winning the first ever Ontario Cross Country Overall Club Championship in Toronto on November 16. Newmarket amassed 100 points, almost double the score of the runner-up club, Windsor Legion (53). Niagara Olympic (47), Ottawa Lions (45), Speed River (38) and Physi-Kult Kingston (38) took the next 4 spots. For complete standings please go to page 14.

High Performance Coordinator

Athletics Ontario is pleased to announce that Sue Wise has accepted a position of High Performance Coordinator with the Association. With assistance from the Canadian Sports Centre – Ontario, Sue will develop and deliver athlete talent detection, identification and performance profiling initiatives amongst other responsibilities. Sue brings many qualifications to her new position. She has been a coach with the Commonwealth Games Team, the World Cup Trials, the World Student Games and the

Francophone Games. She has also been a Mentor Coach for Athletics Ontario, and she has taught track and field and coached at the University level for over 25 years. We hope you will join us in welcoming Sue to the position.

Warm-weather Training Camp

As part of the preparation of Team Ontario for the 2009 Canada Games, Athletics Ontario is pleased to announce that the following athletes (born in 1987 or later) have been invited to take part in the Warm Weather Training Camp January 3-11 in Clermont, Florida:

Shannon Kennedy, Rachel Aubry, Megan Beverley, Lindsay Carson, Jaclyn Rollins, Andrew Heaney, Aleks Kuternin, Andrew Nixon, Daniel Harper, Andre Hamilton, Stuart Pearson, Adam Johnson, Shauna Malek, Meghan Harris, Simone Martin, Akilah Blackman, Bianca Forbes, Chanice Chase, Curtis Peschier, Tyler Fawcett, Philip Hayle, Katie Klodnicki, Cynthia

Appiah, Kristin Obrochta, Suyi Georgewill, Wiley Collins, Brent Roubos, Patrick Arbour, Umar Khan, Brian Richards, O'Shane Allen, Jacob Zorzella, Alex Witmer, Aubrey Smith, Karleigh Parker, Emma Crombeen, Michelle Theophille, Mike Lopatowski, Rita Rudell

2009 Canada Games

The Athletics competition of the 2009 Canada Games are scheduled to take place in Charlottetown, PEI from August 22-29. Selection for this take will be based on performance at the Canada Games Trials (and Ontario Senior Championships) in Windsor July 3-5. Please note that participation in the Fall Testing Mini Camp and/or the Winter Warm-weather Training Camp are not requirements for selection, nor does it guarantee a spot on the Ontario Team. Selection criteria will be available at a later date.

Change in Scoring Tables for 80m Hurdles

Effective January 1, 2009 the current IAAF Tables, versus the 1971 IAAF Tables, will be used to score the 80m Hurdles event in Bantam Boys and Girls and Midget Girls Combined Events Competitions. Ontario Records will be re-scored.

New: Ontario Espoir Championships

Athletics Ontario will be conducting Invitational Espoir (23 and Under) Championships commencing in 2010. This meet will be held every two years in conjunction with the Ontario Summer Games. The inaugural meet will be held in Sudbury.

Junior Men's and Women's 4x1500m

Junior Men's and Women's 4x1500m events have been added to the Ontario Championship programme beginning in 2009. These events will be run with the Senior 4x1500m relays at a date and place to be announced.

On-Line Registration

We had a successful year using ACDirect on-line registration and starting in 2009 we require all clubs to go on-line to process their 2009 registrations. Full instructions and forms now are available on our website. If you have any difficulty, please call the Athletics Ontario office at 416 426-7217. Please note: Athletics Ontario no longer accepts registration forms from athletes and coaches belonging to a club. You must submit your completed registration form and payment to **your club registrar** for processing electronically. Athletics Ontario only accepts membership forms from Unattached athletes and coaches. For 2009, Officials will have **no fee** when registering with Athletics Ontario but will be required to send their forms to Enrico Toscano (not to the AO office) for processing electronically.

Athletics Canada – Results Mgmt. and Athlete Registration

Starting this indoor season, Athletics Canada will only accept performances for ranking lists, standards, records, etc. achieved by athletes who were registered with their provincial branches/Athletics Canada at the time of the competition. Athletes who compete for universities in the USA or in Canada during the indoor season and early outdoor season should take note and register early if they want their performances to count.

Important Notification from Athletics Canada - Effective October 1, 2008

As a result of a motion presented and passed at the May 2008 Annual General meeting, starting October 1, 2008, only performances from REGISTERED members of the current year will be accepted for rankings or Canadian records. The revised rules read:

Rule 19

To be eligible for AC National team's selection, an athlete must hold a current Athletics Canada/Branch competitive Membership at the time the team selection criteria standard is achieved.

Rule 181

Canadian Records can only be claimed by athletes who have a valid membership at the time of the performance.

a) An athlete claiming a Canadian record must, at the time the performance is achieved, hold a current competitive Athletics Canada/Branch membership.

There will be no retroactive acceptance of performances; athletes must hold a current valid full year competitive membership at the time of achieving the results they are submitting for rankings.

Athletics Canada and its branch members would like to encourage all athletes, but mostly those living outside the country or participating in NCAA programs, to have their membership updated by January 1, 2009.

If you have any questions, please contact Nicole Clarke, Coordinator, Events/ Membership Services nclarke@athletics.ca 613-260-5580 ext. 3309.

AO Championship packages

The Technical Packages for the Athletics Ontario (AO) Indoor Championship events will be available very shortly on our web site at www.otfa.ca and will be included in the January edition of Runderz-Vous.

Venue change for Phoenix Meet

Please be advised that venue for the Phoenix Allcomers meet on January 18 has been changed. The meet will take place at the Toronto Track and Field Centre at York University (and not Variety Village as previously mentioned).

Loss of two Ontario long-time coaches

The Athletics community, in Ontario and across the country, mourns the passing away of two long-serving coaches. Condolences are extended to the family and friends of **Zoltan Tenke** of Guelph and **Dave Dorman** of Cornwall.

Information is subject to change. Please note that a meet's inclusion on this list does not imply that it is sanctioned. Check the status of the competition to the left of the competition name. Competitions for which we know applications for sanction will not be made will not be listed. Performances will also count for all out-of-province events provided they are sanctioned by the provincial sport organization or Athletics Canada.

S: Athletics Ontario Sanctioned

A: Athletics Ontario Approved (not AO Sanctioned but approved for competition by AO athletes)

AC: Athletics Canada sanctioned

Date	Status	Competition	Location	Contact
2008				
December 20		Dome Super Saturday Series	Ottawa	AM
2009				
January 3-11		Athletics Ontario Warm-weather Training Camp	Clermont, Florida	DC
January 10	A	Sharon Anderson Invitational	Toronto (UofT)	CG
January 16-17	A	University of Windsor Can-Am Meet	Windsor	DF
January 17		Dome Super Saturday Series	Ottawa	AM
January 17	S	Indoor Prospects Series Meet #2	London	RL
January 18	S	Phoenix Allcomers Meet	Toronto (TTFC)	BS
January 23-24	A	Fred Foot Pentathlon	Toronto (UofT)	CG
January 24		Dome Super Saturday Series	Ottawa	AM
January 24	A	Don Wright Team Challenge	London	VC
January 31	A	Ontario Indoor Legion Championships	Toronto (TTFC)	BT
February 1	S	Ontario Indoor Combined Events Champs & Prep #1	Toronto (TTFC)	CI
February 7	A	York Classic	Toronto (TTFC)	CI
February 7		Winter National Capital Invitational	Ottawa	AM
February 8	S	Ontario Indoor Relay Championships & Prep #2	Toronto (TTFC)	RP
February 14	A	Windsor Team Challenge	Windsor	DF
February 14	S	Indoor Prospects Series Meet #3	London	RL
February 19-20	S	Hamilton Indoor Games	Hamilton	BU
February 20	A	Hal Brown Last Chance Meet	Toronto (UofT)	CG
February 21-22	S	Ontario Indoor Youth/Senior Championships	Toronto (TTFC)	AT
February 27-28	A	OUA Indoor Track and Field Championships (York)	Toronto (TTFC)	CI
March 7		Dome Super Saturday Series	Ottawa	AM
March 7-8	S	Ontario Indoor Bantam/Midget/Jr. Championships	Toronto (TTFC)	RP
March 12-14	A	CIS Indoor Track and Field Championships	Windsor	DF
March 27		Louis Riel Dome High School Series	Ottawa	AM
March 28		IAAF World Cross Country Championships	Amman, Jordan	
April 2		Louis Riel Dome High School Series	Ottawa	AM
April 9		Louis Riel Dome High School Series	Ottawa	AM
April 12		Olympic Fitness Discus Series Opener	London	JT
April 16		Louis Riel Dome High School Series	Ottawa	AM
April 19	AC	Canadian Half Marathon Championships	Montreal, QC	AC
April 23		Louis Riel Dome High School Series	Ottawa	AM
April 30		uOttawa High School Invitational	Ottawa	AM
May 7		National Capital High School Classic	Ottawa	AM
May 17		Olympic Fitness Discus Series #2	London	JT
May 24	AC	Canadian Marathon Championships	Ottawa	AC
June 4-6	A	OFSSA Track and Field Championships	Etobicoke	
June 10	S(AC)	Victoria International Track Classic	Victoria, BC	
June 12	S(AC)	Richmond International Track Classic	Richmond, BC	
June 13-14	S	Ontario National Qualifier & Ontario Jr. Champs	London	VC
June 14	S(AC)	Harry Jerome International Track Classic	Vancouver, BC	
June 16	S(AC)	Abbotsford International Track Classic	Abbotsford, BC	
June 20		Olympic Fitness Discus Festival (#3)	London	JT

Date	Status	Competition	Location	Contact
June 25-28	AC	Canadian Track and Field Championships	Toronto (UofT)	CG
July 3-5	S	Ontario Sr. Champs & Canada Games Trials)	Windsor	DF
July 6-11		World University Games	Belgrade, Serbia	
July 8-12		IAAF World Youth Championships	Bressanone, Italy	
July 10-11	A	Ontario Legion Championships	Hamilton	BT
July 11		Olympic Fitness Discus Series #4	London	JT
July 17-19	AC	Canadian Junior Track and Field Championships	TBD	AC
July 24-26		Ontario Para Sports Games	Woodstock	
July (24)25-26	S	Ontario Supermeet #2 (B/M/Y Champs)	Timmins	VS2
July 25		Olympic Fitness Discus Series Final (#5)	London	JT
July 28-Aug 8		World Masters Athletics Championships	Lahti, Finland	
July 31-Aug 2		Pan Am Junior T&F Championships	Tobago, TRI	
August 6-9	AC	Canadian Youth Track and Field Championships	Sherbrooke, QC	AC
August 15-23		IAAF World Championships in Athletics	Berlin, Germany	
August 22-29		Canada Summer Games (Athletics)	Charlottetown, PEI	
Sept 12-13		IAAF World Athletics Final	Thessaloniki, Greece	
Sept 26-Aug 6		Francophonie Games	Beirut, Lebanon	
October 11		IAAF World Half Marathon Championships	Birmingham, GBR	
October 17	AC	Canadian 10km Road Race Championships	Ottawa	AC
November 15	S	Ontario Cross Country Championships	Aurora	HC
November 28	AC	Canadian Cross Country Championships	Guelph	DS
2010				
February ??	A	OUA Indoor Track & Field Championships	Toronto (TTFC)	CI
March ??		IAAF World Indoor Track and Field Championships	TBD	
April 18	AC	Canadian Half Marathon Championships	Montreal, QC	
May	AC	Canadian Marathon Championships	Ottawa	
July 20-25		IAAF World Junior Championships	Moncton, NB	
July 29- Aug. 1	AC	Canadian Track and Field Championships	Toronto (UofT)	CG
July ??	AC	Canadian Junior Track and Field Championships	Moncton, NB	
August ??		Ontario Espoir Championships (with Ontario Games)	Sudbury	
August 6-8	AC	Canadian Youth Track and Field Championships	Ottawa	AM
October 7-13		XIX Commonwealth Games	Delhi, India	
October 16	AC	Canadian 10km Road Race Championships	Ottawa	
November 27	AC	Canadian Cross Country Championships	Guelph	DS

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FIFTH ANNUAL INDOOR PROSPECTS SERIES

Hosted by:
London Western Track & Field Club

Sponsored by:
College Prospects of America

Saturday December 13th
Saturday January 17th, Saturday February 14th



Fifth Annual

Indoor Prospects Series Information Package

A 3-meet Indoor Track and Field series at Thompson Arena (UWO campus), London, Ontario on:

1-Meet #1 Saturday December 13th 10:00am – 1:00pm

2-Meet #2 Saturday January 17th, 10:00am-1:00pm

3-Meet #3 Saturday February 14th, 10:00am-2:00pm

Sponsored by: College Prospects of America website: cpoaswontario.cpoa.us

Hosted by: London-Western Track and Field Club, website: www.londonwestern.ca

Entry Fees: \$7 per athlete per event, Max. \$15.00 per athlete for 3 events (per meet)

:Relays are free,

*****US and Cdn University and College T&F Coaches have been invited to attend**

*****Only High Schools or Club Athletes of High School age are eligible to compete in this**

Indoor Prospects Series.***

*****Each participating Club is request to have 1 Volunteer report to the registration desk to be assigned a task at the Meet. Thank you.**

Please make cheques payable to 'London-Western Track & Field Club'

Entry Process:

*Please e-mail entries to: CPOASWOntario@aol.com (preferred) and pay at the meet

Or mail to:

Indoor Prospects Series

c/o Richard Lenz

146 Sussex Place, London, Ontario, N5Y 5G9

Entry Deadline:

Meet #1 Thursday December 10th

Meet #2: Thursday January 14th

Meet #3: Thursday February 11th

Contact:

Richard Lenz at CPOASWOntario@aol.com - or -

Toll free at 1-888-268-2762 (CPOA)

Website: information and results will be posted on www.londonwestern.ca and cpoaswontario.cpoa.us

Prizes: Cash prizes of \$250.00, \$150.00 and \$100.00 per club based on accumulated points from all events (Club must participate in all 3 meets to be eligible for)

Team Championship Cash prize, points based on points from meets 1, 2 and 3, 10 points for 1st, 9 pts for second, 8 pts for third, etc.

Individual Event Champions will receive “Event Champion” Sweat Shirts while 2nd and 3rd place will receive Event T – Shirts. Top 6 finishers in Meets 1 and 2 will receive place ribbons.

Meet Schedules:

*****Cash prizes from the 2008 Indoor Prospects Series will be handed out to the winning Clubs just prior to the Start of Meet #1 *****

Meet #1: Saturday December 13th, 10-1pm

	Track	Field
10:00am	N/A	Weight Throw (Men and Women combined)
10:40am	Men’s 60m Timed Finals	Women’s Long Jump
11:00am	1500m Timed Finals (+RW)	
11:20am		Men’s Long Jump
11:25am	Women’s 60m Timed Finals	
11:45am	600m Timed Finals	
12:30 pm	4 X 200m relay (M&W)	

Meet #2: Saturday January 17th, 10-1pm

	Track	Field
10:00am	60mH Timed Finals	Shot Put (Men and Women Combined) Men’s Triple Jump
10:30am	60m Timed Finals	
11:00am	3000m Timed Finals	Women’s Triple Jump
11:30am	300m Timed Finals	
11:45am	4x800m Relay (mixed)	
12:00pm		M/W Polevault M/W High Jump

Meet #3: Saturday February 14th, 10-2

	Track	Field
10:00am	60mH Heats (4)	Shot Put (Men and Women Combined) Women's Long Jump
	10:05am Men 1st section	Men's/Women's HJ (East Straightaway)
	10:10am Men 2nd section	
	10:15am Women 1st section	
	10:20am Women 2nd section	
10:30am	60m Heats (4)	
	10:30am Men 1st section	
	10:35am Men 2nd section	
	10:40am Women 1st section	
	10:45am Women 2nd section	
11:00am	1500m Timed Finals	Men's Long Jump
11:30am	300m Heats (4)	
	11:30am Men 1st section	
	11:35am Men 2nd section	
	11:40am Women 1st section	
	11:45am Women 2nd section	
11:55m	60mH Finals	
	11:55am Men B Final	
	12:00pm Men A Final	
	12:05pm Women B Final	
	12:10pm Women A Final	
12:20pm	60m Finals	
	12:20pm Women's B Final	
	12:25pm Women's A Final	
	12:30pm Men's B Final	
	12:35pm Men's A Final	
12:40pm	Co-ed 8-2-4-16 Medley Relay (800m, 200m, 400m, 1600m) -must have 2 males and 2 females, must be at least 4 teams entered	
1:00pm		Men's/Women's Pole Vault

Fifth Annual Indoor Prospects Series

Club Entry Form

Club or High School Name: _____

#	Athlete	Event	Seed	Year of Birth
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Total cost: # of entries x \$7 =

-Max. \$15.00 per athlete for 3 events, relays are free

-Payable to 'London-Western Track & Field Club'

-Non-club athletes can use this form as well, simply put 'Unattached' for Club Name

Award Winners for 2008 OTFA Awards Banquet

Athlete of the Year
Volunteer of the Year
Officials of the Year

Priscilla Lopes-Schliep
Jennifer Soong
Timothy & Janet Slocombe (as previously awarded by the OOC)

Female	<u>Sprints</u>	Name	Club
	Bantam Girls	Nichelle Prince	Flying Angels
	Midget Girls	Chanice Chase	Durham Legion
	Youth Girls	Chisomo McHaina	Laurel Creek
	Junior Women	Janelle Redhead	Project Athletics
	Senior Women	Priscilla Lopes-Schliep	Elite Edge
	<u>Distance</u>		
	Bantam Girls	Natalia Hawthorn	Newmarket Huskies
	Midget Girls	Deanna Brasz	Niagara Olympic Club
	Youth Girls	Jessica Parry	London Western
	Junior Women	Tamara Jewett	University of Toronto TC
	Senior Women	Hilary Stellingwerff	Speed River
	<u>Jumps</u>		
	Bantam Girls	Nicole Settingington	London Legion
	Midget Girls	Jasmin Kerr	London Legion
	Youth Girls	Michelle Theophille	Lightning Athletics
	Junior Women	Jessica Wilson	I Be Fast
	Senior Women	Tabia Charles	Elite Edge
	<u>Throws/Combined Events</u>		
	Bantam Girls	Schuyler Young	London Western
Midget Girls	Brooke Rowland	Guelph TFC	
Youth Girls	Rita Rudell	Saugeen	
Junior Women	Maddie Buttinger	University of Toronto TC	
Senior Women	Jessica Zelinka	Unattached	
Male	<u>Sprints</u>		
	Bantam Boys	Yazin Joseph	Durham Dragons
	Midget Boys	Marlon Laidlaw-Allen	Phoenix Athletics
	Youth Boys	Philip Hayle	Brampton
	Junior Men	Daniel Harper	Brampton
	Senior Men	Pierre Browne	Mississauga
	<u>Distance</u>		
	Bantam Boys	Phillip Messina	Centro Scuola
	Midget Boys	Connor Darlington	Phoenix Athletics
	Youth Boys	Jeremy Rae	Niagara Regional
	Junior Men	Richard West	Phoenix Athletics
	Senior Men	Nathan Brannen	Tri City Track
	<u>Jumps</u>		
	Bantam Boys	Jared Kerr	Brampton
	Midget Boys	Thomas Bednarik	Kent Legion
	Youth Boys	Taylor Stewart	London Legion
	Junior Men	Brian Richards	Flying Angels
	Senior Men	Mark Dillon	University of Toronto
	<u>Throws/Combined Events</u>		
	Bantam Boys	John James Innes	Kent Legion
Midget Boys	Jordan Young	London Western	
Youth Boys	Drew Welch	London Western	
Junior Men	Zachary Russell-Ford	London Western	
Senior Men	Scott Russell	Windsor Legion	



2008 Ontario Cross Country Overall Club Championship Team Standings

1.	Newmarket Huskies	100 points
2.	Windsor Legion	53
3.	Niagara Olympic	47
4.	Ottawa Lions	45
5.	Speed River	38
	Physi-Kult Kingston	38
7.	Toronto Olympic	30
8.	Durham Dragons	27
9.	Etobicoke	26
10.	University of Toronto TC	25
11.	London-Western	23
12.	Guelph	19
	Timmins-Porcupine	19
	Laurel Creek	19
15.	North Bay Legion	17
16.	London Distance Runners	16
17.	Bytown Storm	15
18.	Tri-City	14
19.	Hamilton Olympic	12
20.	South Simcoe/Dufferin	11
	Phoenix	11
	Sarnia Athletics Southwest	11
23.	Track North	10
	Orillia AC	10
	Saugeen	10
26	Brantford	8
	St. Thomas Legion	8
	Centro Scuola	8
29.	Lakehead AC	7
30.	York University TC	6
	London Legion	6
	Brockville Legion	6
33.	Quinte	4



MARK BOSWELL'S

S P O R T B I O M E C H A N I C S T R A I N I N G

Starting December 29th, 2008

Toronto Track & Field Center, York University

Bio-Mechanics Training for Tomorrow's Athletes



Often I see kids play, train, and compete with the wrong biomechanics. Biomechanics is not something you are born with it is taught and without the proper mechanics injuries can occur and the true potential of an athlete is compromised. The purpose of the camp is to teach the proper mechanics so that one can have a body that moves well, injury free and functional for all sports and activities.



Register Online at www.mlbsportscamp.com

Camp Highlights:

- Designed for Boy & Girls Aged 10 - 18 years old
- Excellent value regardless of your sport of choice
- Hands on training with Olympic Athlete Mark Boswell
- Advanced Bio-Mechanics Training
- Motivational Speeches
- Safety & Injury Risk Protection
- Athletic Nutrition Strategies

About Mark Boswell:

- Won Canada's first gold medal at world junior championships in Track and Field
- 4 times NCAA champion
- World championship Silver medalist
- World championship Bronze medalist
- 2 times Commonwealth games gold medalist
- Pan American Games gold medalist
- National Record holder

Dates & Times:

- December 29 - 10am - 4pm
- December 30 - 10am - 4pm
- December 31 - 9am - 12pm
- January 2nd - 10am - 4pm
- January 3rd - 10am - 4pm

Location:

The Toronto Track and Field Center
York University, 4700 Keele Street
Toronto 416 392 2519.

Registration deadline is Dec 22nd.

Camp Cost - \$250.00

Call 416-988-0773 or visit www.mlbsportscamp.com for more information



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Camp Goals

The goals of this camp are to teach the following:

Injury prevention

Proper recovery techniques

Proper Nutrition

Strength training

Proper biomechanical movements

Increase endurance

Dynamics of movement

It is essential that an athlete has a strong foundation to build his or her athletic future. So that is why it has to be biomechanically sound where all parts of the body works together for maximum performances.

As an experienced Olympic athlete what I bring to the table are my years of Knowledge and understanding of biomechanical movements. Anyone can run, jump, or even play a sport but without the proper technique, training and discipline they will never get to an elite level.

Register Online at www.mlbsportscamp.com

Name: _____ Address: _____

Phone: _____

Email: _____ Health Card #: _____

Age on July 1/08: _____ T-Shirt Size _____

I hereby release Mark Boswell, his staff or agents from any claim whatsoever resulting from or arising out of injury to person or property incurred during this program, including deterioration of health, illness or aggravation of injury.

Parent / Guardian Signature: _____ Date: _____

**Call 416-988-0773 or visit
www.mlbsportscamp.com for more information**

Elite Training

Power  **Speed**  **Agility**

Instructed by

Ian James: Two-time Canadian Olympian; three time member of the Canadian world athletic team; eleven time Canadian champion & commonwealth games bronze medalist in long jump.

Our custom-designed programs will introduce athletes to rigorous speed and agility training that will give them the edge they need to become elite athletes. The power and endurance program will be highly intense and will give athletes explosiveness to separate them from the competition.

Who Can Benefit?

All sport athletes wanting to improve their vertical and horizontal explosiveness, foot speed and dynamic movement (i.e. track and field, basketball, volleyball, soccer, football, hockey, tennis, etc).

Why choose Ian James?

- Extensive technical knowledge and international high performance experience (18 years)
- NCCP level 3 certified
- Elite methodology used in ply metrics, hopping and bounding, free weight power movements, medicine ball core exercise
- Technical Specialist in long jump, triple jump, high jump, sprints and basketball
- Individual, group or team training
- At my facility or yours



Performance improvement guaranteed!!!

Contact Ian James  416 524 0447  ian@olympiandymanfitness.com