

In my first year as Regional Middle-Distance Coach for the Interior/Okanagan I have been impressed with not only the level of performance we have delivered in the Youth, Junior, and Senior ranks, but I have also felt excited about the number of younger athletes poised for selection to provincial teams in the upcoming 2013 season.

High points on the track included the following results on provincial and national levels:

♣ **BC Jamboree Champs**

♣ Emilyn Sim

♣ Bronze – 3000m [10:16.05 – 99% of selection standard – would have been 4th at Youth Nationals] – 40sec improvement in 6 weeks

♣ 4th - Steeplechase [7:23.26 – 99% of selection standard – would have been Bronze at Youth Nationals]

♣ **BC Games**

♣ Kendall Fitzgerald (1200m – Silver, 2000m – Silver, 800m - 5th)

♣ Glynis Sim (2000m - Gold, 1200m - Bronze)

♣ **Junior Nationals**

♣ Kala Stone (1500m – Bronze)

♣ **Youth Nationals**

♣ Kala Stone (1500m – Gold, 800m – Silver, 4 x 400 – Bronze)

♣ **Senior Nationals**

♣ Malindi Elmore (1500m – Gold)

All four Youth and Midget aged athletes had excellent cross-country seasons indicating strong showings in the upcoming track season. Both Glynis and Kendall should definitely be in range to meet selection criteria for the BC 15yr-olds Legion Team in 2013, and Emilyn also has another year competing in the Youth category and, as such, should be in contention for a spot on the 2013 BC Youth Legion squad. Heading up into the next two age categories we have Kala, who will take aim at the National Team for the Pan-Am Junior Championships, while Malindi, who is once again based out of her hometown of Kelowna, has involved herself with coaching certification and will hopefully be a powerful force in the track and field community both as an athlete and coach for years to come.

Also from Kelowna are several high calibre young athletes being developed under the tutelage of Pam Medland and the Okanagan Athletic Club. Adam Murray, Davis Hughes-Geekie, Sean Bergman, Veronika Fagan, Cassie Laturus, and Shola Fashanu all had excellent performances at the BC Summer Games as well as during the more recent cross-country season. We hope to see continued improvement in these six, and, along with Megan Evans of Revelstoke, there may be some more contenders for spots on the 2013 BC Legion teams.

Success for the upcoming years will continue to rely on developing strong lines of communication between club coaches and school-based programs. Clinics, such as the event hosted on June 23rd in Kamloops featuring Olympian

Gary Reed, as well as those occurring within our local schools, are also fundamental to the progress being made by our young athletes within the region. By maintaining an emphasis on these two areas of focus we expect to see an increase in the numbers of Youth and Junior athletes developing into Seniors competing on the international stage. For now, though, our eyes are set on 2013 and the opportunities and excitement it will bring.

Thanks,

Bruno Mazzotta
(Regional Middle Distance Coach – Interior/Okanagan)