



THE GOLD STANDARD  
LA RUÉE VERS L'OR



# JULY 2009

ISSUE #38



## BRYAN BARNETT CANADA'S FASTEST MAN

At the 2009 Canadian Track and Field Championships and World's Trials Bryan Barnett captured both the 100 and 200 metres titles.

*See page 3 for pictures and more from the Canadian Championships*

### Upcoming Events to Watch for:







## INSIDE THIS EDITION

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July 6-12 **Summer Universiade** (FISU), Belgrade, SRB  
[www.athletics.ca/page.asp?id=328](http://www.athletics.ca/page.asp?id=328)

 July 8-10 **Para-Athletics National Development Squad Training Camp**, Windsor, ON  
[www.athletics.ca/page.asp?id=389](http://www.athletics.ca/page.asp?id=389)

 July 8-12 **IAAF World Youth Championships**, Bressanone, ITA  
[www.athletics.ca/page.asp?id=329](http://www.athletics.ca/page.asp?id=329)

 July 11 **Boiling Point Wheelchair Track Classic**, Windsor, ON  
[www.athletics.ca/page.asp?id=388](http://www.athletics.ca/page.asp?id=388)

 July 15-19 **IWAS World Junior Championships**, Nottwill, SUI  
[www.athletics.ca/page.asp?id=349](http://www.athletics.ca/page.asp?id=349)

 July 17-19 **Canadian Junior Track and Field Championships**, Charlottetown, PEI  
[www.athletics.ca/charlottetown2009](http://www.athletics.ca/charlottetown2009)

 July 15-20 **IBSA World Youth & Student Championships/Pan American Games**, Colorado Springs, USA  
[www.athletics.ca/page.asp?id=377](http://www.athletics.ca/page.asp?id=377)

July 31-  
Aug 2 **Pan American Junior Championships**, Port-of-Spain, TRI  
[www.athletics.ca/page.asp?id=330](http://www.athletics.ca/page.asp?id=330)

**IAAF World Championships > 40 Days**

# 2009 Canadian Championships & World's Trials



**Dylan Armstrong**  
Shot Put



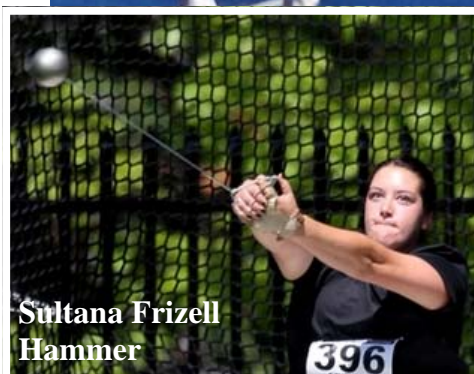
**Gary Reed**  
800m



**Josh Cassidy**  
5000m



**Reid Coolsaet**  
10000m



**Sirtana Frizell**  
Hammer



**Esther Akinsulie**  
200m, 400m

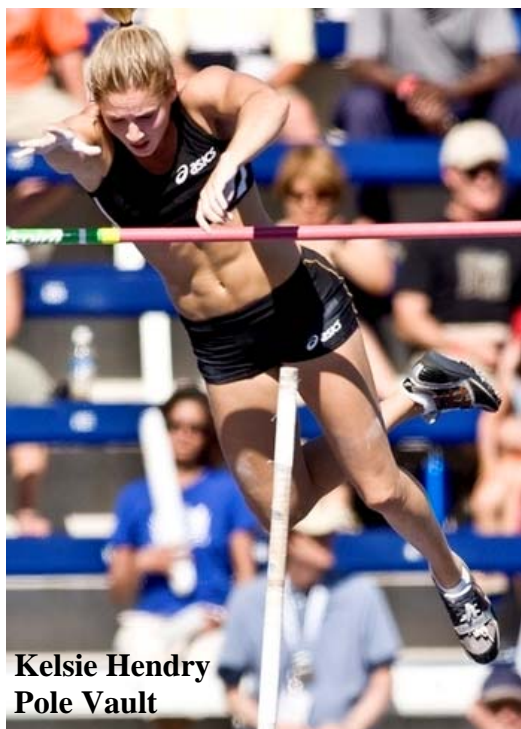


**Priscilla Lopes-Schliep**  
100mH

**Perdita Felicien**  
100mH

**RESULTS:**  
[Para-athletic results](#)  
[Able-bodied results](#)

# 2009 Canadian Championships & World's Trials



**Kelsie Hendry**  
Pole Vault



**Rebecca Johnstone**  
800m



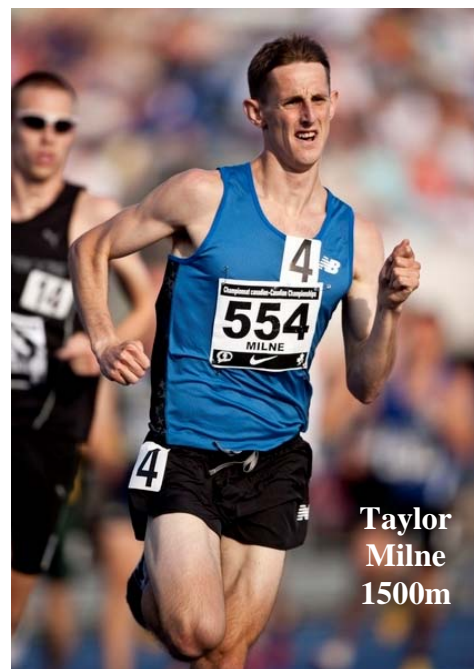
**Elizabeth Gleadle**  
Javelin



**Derek Watkins**  
High Jump



**Toyin Olupona**  
100m



**Taylor Milne**  
1500m



**Jennifer Joyce**  
Hammer

**Photos at:**  
<http://www.msievents.com>

**CANADIAN RECORDS**  
**(Pending from Nationals)**

10 000m Junior Race Walk  
Evan Dunfee, 41:55.0

400m T12  
Noella Klawitter, 1:05.03

Long Jump F37  
Virginia McLachlan, 3.22

400m T44  
Alister McQueen, 57.60

## 2009 Swiss Racing Series Results

### Ibach Track Meeting, Ibach, Switzerland, June 18 2009

#### Women 100m

T53 1. Ilana Duff, 17.69

#### Women 200m

T53 1. Ilana Duff, 33.69

T54 5. Melanie Hawtin, 33.90

#### Women 400m

T54 1. Diane Roy, 57.18

T54 5. Jessica Matassa, 1:00.28

#### Women 800m

T53 1. Ilana Duff, 2:09.49

#### Women 1500m

T54 3. Diane Roy, 3:31.24

#### Men 100m

T52 2. André Beaudoin, 18.24

T53 3. Éric Gauthier, 29.94

T54 2. Colin Mathieson, 26.37

#### Men 200m

T53 3. Eric Gauthier, 29.94

T54 2. Colin Mathieson, 26.37

#### Men 400m

T53 1. Eric Gauthier, 53.27

T54 3. Colin Mathieson, 48.98

#### Men 800m

T54 4. Josh Cassidy, 1:40.72

#### Men 1500m

T54 3. Jean-Paul Compaore, 3:05.30

T54 5. Josh Cassidy, 3:06.51

#### Men 5000m

T54 3. Josh Cassidy, 10:33.46

### For Complete Results:

[http://www.rollstuhlsportevents.ch/\\_\\_/frontend/handle\\_r/document.php?id=195&type=42](http://www.rollstuhlsportevents.ch/__/frontend/handle_r/document.php?id=195&type=42)

### Swiss Open/Nationals, Huttwil, Switzerland, June 20-21 2009

#### Women 200m

T53 2. Ilana Duff, 35.14

T54 5. Keira-Lyn Frie, 34.52

#### Women 400m

T53 2. Ilana Duff, 1:09.61

T54 2. Diane Roy, 1:01.26

#### Women 800m

T54 2. Diane Roy, 2:12.25

#### Women 1500m

T54 2. Diane Roy, 3:57.01

#### Men 100m

T52 2. André Beaudoin, 20.07

#### Men 200m

T52 3. André Beaudoin, 35.90

T53 2. Éric Gauthier, 30.01

#### Men 400m

T52 3. André Beaudoin, 1:12.42

T54 5. Colin Mathieson, 52.70

#### Men 800m

T54 3. Jean-Paul Compaore, 1:48.16

T54 4. Josh Cassidy, 1:48.54

#### Men 5000m

T54 2. Jean-Paul Compaore, 11:40.51

T54 3. Josh Cassidy, 11:41.15

**DIANE ROY**



## International Teams and Staffing Selections

Athletics Canada named numerous teams and support staff throughout June setting the international scene for the coming months, please see below for the complete stories:

### **National Development Centres in Toronto and Montreal Announced**

[http://athletics.ca/main.asp?page\\_url=/news.asp?newsid=806](http://athletics.ca/main.asp?page_url=/news.asp?newsid=806)

### **2009 IAAF World Youth Championships Team Named**

[http://athletics.ca/main.asp?page\\_url=/news.asp?newsid=805](http://athletics.ca/main.asp?page_url=/news.asp?newsid=805)

### **2009 Summer Universiade (FISU) Team Named**

[http://athletics.ca/main.asp?page\\_url=/news.asp?newsid=802](http://athletics.ca/main.asp?page_url=/news.asp?newsid=802)



### **World Championships Staff Named**

[http://athletics.ca/main.asp?page\\_url=/news.asp?newsid=799](http://athletics.ca/main.asp?page_url=/news.asp?newsid=799)

### **IBSA World Youth & Student Championships & Pan American Games Team Announced**

[http://athletics.ca/main.asp?page\\_url=/news.asp?newsid=793](http://athletics.ca/main.asp?page_url=/news.asp?newsid=793)

### **IWAS World Junior Championships Team Named**

[http://athletics.ca/main.asp?page\\_url=/news.asp?newsid=791](http://athletics.ca/main.asp?page_url=/news.asp?newsid=791)

## Competition Development is the New NCCP Workshop

Competition Development is the New NCCP Workshop that replaces the old Level 3 for Athletics. This workshop is targeted at coaches who are working with athletes competing at national juniors, national seniors, Canada and Western Canada Summer Games as well as intercollegiate sport in Canada and abroad. Athletics Canada is currently recruiting coaches to participate in the pilot project in November and December 2009. The course will involve both classroom and hands on sessions taught by National Team Coaches and Event Group Leaders. Coaches will be asked to select an event group to specialize in including sprints/hurdles, throws, jumps, endurance or wheelchair racing/throwing.

Detailed information regarding the course outline, dates and registration information and deadlines can be viewed here <http://athletics.ca/page.asp?id=53>. Please direct all question to Donna Kaye, Athletics Canada's Manager of Coach Development at [dkaye@athletics.ca](mailto:dkaye@athletics.ca).

Competition Development Pilot Project Information and Course Overview:

<http://athletics.ca/files///COMP%20DEV%20PILOT%20INFO%20JUNE%2009.PDF>

Registration form: <http://athletics.ca/files///ATHLETICS%20CANADA%20COMPETITION%20DEVELOPMENT%20REGISTRATION%20FORM.PDF>

## Canadian Junior Championships

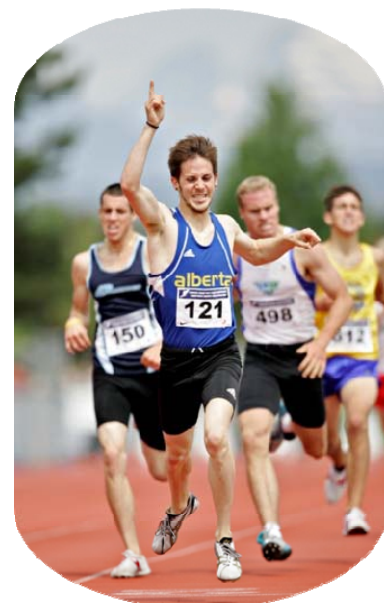


Canadian Junior Track & Field Championships  
Championnat canadien junior d'athlétisme

Charlottetown, P.E.I. / Î.-P.-É. July 17-19 juillet 2009

The 2009 Canadian Junior Championships will take place July 17-19 in Charlottetown, PEI and serve as the selection meet for the 2009 Pan American Junior Championships Team which are scheduled from July 31 to August 2 in Port-of-Spain, Trinidad.

For more information on the Canadian Junior Championships please visit: [www.athletics.ca/charlottetown2009](http://www.athletics.ca/charlottetown2009)



## Ken Porter wins Sports Officials Canada Award

Athletics Canada would like to congratulate veteran track and field official Ken Porter on being named the 2009 recipient of the Allen G. Rae Builder Award for his significant contribution to sports official's development and advancement.

Over his 45-year career the Victoria, BC native officiated at every major national and international competition including the 1976 Olympic Games, 1978 Commonwealth Games, 1983 World University Games, 1999 Pan-American Games and the 2001 World Championships. He was named BC Athletics Official of the Year in 1978, and was inducted into the BC Athletics Hall of Fame in 1998.

### Other 2009 winners of the Sports Officials Awards include:

Don Koharski, NHL Referee, Foxcroft Award for officiating excellence in professional sport  
Louise Leblanc, Swimming Official, FOX 40 Kitch MacPherson Award of Excellence  
Robert Stanton, Softball Official, FOX 40 Kitch MacPherson Award of Excellence

The awards will be presented on Saturday September 26, 2009 at the Sports Officials Canada Annual Awards Dinner, being held in conjunction with their annual conference at the Delta Meadowvale Resort and Conference Centre in Mississauga, Ontario.

Sports Officials Canada (SOC) is a federally incorporated national organization dedicated to promoting excellence in sports officiating. SOC represents Canadian technical officials as a national voice. For more information about SOC please visit their website at [www.sportofficials.ca](http://www.sportofficials.ca).

## Canada's Walk of Fame

### Chantal Petitclerc among inductees

Canada's Walk of Fame announced the 2009 inductees whom will be feted as part of the Canada Honours tribute on Saturday September 12 at Toronto's Four Seasons Centre for the Performing Arts.

Celebrating its 12th anniversary, Canada's Walk of Fame will expand its list of inductees to 124 with the induction of these Canadian icons: Blue Rodeo, Raymond Burr, Kim Cattrall, Tom Cochrane, Dsquared (Dean and Dan Caton), Howie Mandel, Robert Munsch and **Chantal Petitclerc**.

"This year's inductees are a perfect illustration of what the Canada Honours represent," explained Peter Soumalias, CEO and President of Canada's Walk of Fame. "Their achievements are truly astounding and continue to resonate throughout the country and around the world." The 2009 honourees will join the 116 inductees of Canada's Walk of Fame, which annually chooses to recognize achievements from the fields of music, sport, film and television as well as the literary, visual and performing arts, and science and innovation. The 2009 inductees will be celebrated during Canada's Walk of Fame broadcast with retrospective videos, celebrity presenters and special performances.



**Chantal Petitclerc**      Hometown: Saint-Marc-des-Carrieres, Quebec

After losing the use of both legs in an accident at the age of 13, Chantal Petitclerc was introduced to the world of sports by her high school gym teacher. That led Chantal to wheelchair sports at Laval University, a sport she fell in love with instantly. She has been a member of the national Paralympic team since 1988 and first competed in the Paralympic Games in Barcelona (1992). Since then she has become one of the world's most decorated track athletes with a total of 21 Paralympic medals including 14 gold medals. Chantal was the very first disabled athlete in the history of sports to register a result for her country's team in a non-disabled competition (2002 Commonwealth Games) in which she won a gold medal.

### About Canada's Walk of Fame:

Established in 1998, Canada's Walk of Fame aims to educate, inform, and inspire through the permanent celebration of the achievements in Canadian music, sport, film and television as well as the literary, visual and performing arts, and science and innovation. The annual celebration culminates in a televised tribute special that honours Canada's finest stars from the worlds of arts, entertainment, and sports. Each inductee is immortalized, their names forever cemented into the sidewalks of Toronto's entertainment district. To date, 116 Canadians have been honoured including Margaret Atwood, Jim Carrey, Steve Nash, Michael J. Fox and Celine Dion. A complete list of inductees along with more information on Canada's Walk of Fame can be found at [www.canadaswalkoffame.com](http://www.canadaswalkoffame.com). To qualify for induction to Canada's Walk of Fame, candidates must have been born in Canada or spent their formative or creative years here. They must also have been successful for a minimum of 10 years and have a body of work recognized for its impact on our cultural heritage.

For the complete story visit: <http://www.canadaswalkoffame.com/news/the-stars-align-12th-annual-canadas-walk-fame>.



**Kimberly Ribble-Orr**  
Judo



**Jennifer Botterill**  
Ice Hockey



**Josh Dueck**  
Para-Alpine Skiing

# RBC is looking for Canadian Olympic and Paralympic athletes

## You could be a part of the team

Join the RBC® Olympians Program and get the financial support you need as an athlete as well as valuable career experience as an RBC employee.

We are looking for a dynamic team of current and retired Olympic and Paralympic athletes to act as community ambassadors. The RBC Olympians Program provides elite Canadian athletes with funding and work experience to help them succeed both in competition and life after sport.

Visit [https://careers.peopleclick.com/careerscp/client\\_rbc/external/gateway.do?functionName=viewFromLink&jobPostId=261279&localeCode=en-us](https://careers.peopleclick.com/careerscp/client_rbc/external/gateway.do?functionName=viewFromLink&jobPostId=261279&localeCode=en-us) to apply to the RBC Olympians Program and search for Position ID: 105078

Send us your resume by July 17, 2009.

For more information about the program, please send an e-mail to [josh.e.pstein@rbc.com](mailto:josh.e.pstein@rbc.com) with "RBC Olympians" in the subject line.

**Sylvia Kerfoot**  
Freestyle Skiing



Putting athletes first since 1947

## Canadian Olympian Eva Dawes Passes Away

(Files from the Globe and Mail, June 12)

A natural athlete, who jumped because she could, Eva Dawes leapt into the record books at the Olympic Games in Los Angeles in 1932 earning a bronze medal for Canada. Two years later she competed at the British Empire Games in London, England where she won silver. In 1936 Eva boycotted the Nazi Games and did not attend the Berlin Olympics.

Ethel Catherwood, “The Saskatoon Lily,” won the Olympic trials for the high jump in Halifax in July 1928 becoming the only high jumper on Canada's six-member team at the Summer Games in Amsterdam. These games were the first that allowed women to compete; she won a gold medal for Canada.

Four years later Eva Dawes finally made the Canadian team and went to Los Angeles for the Olympic Summer Games. At 5 foot 7 and weighing 132 pounds she cleared 1.6 metres capturing the bronze medal after Americans Jean Shiley and Babe Didrikson.

### Starting out:

When Mr. Dawes realized his daughter's prowess at the high jump he got permission from the principal of nearby Withrow Avenue Public School to dig a landing pit in a little-used part of the playground.

Eva's younger brother Wilfrid, now 91, can still remember carrying the standards from the family home and helping to set up the cross bars so that his sister could practice.

There was no “soft spongy landing bed then. It was just a mound of earth.”

Decades later she told writer Ron Hotchkiss, author of *The Matchless Six: The Story of Canada's First Women's Olympic Team*, that her father often put coins on the cross bar with the promise that she could keep the money if she cleared the jump. Whatever the encouragement, it worked!

## Priscilla Lopes-Schliep Featured in Spikes Magazine

### The underdog who overcame the odds

Olympic 100m hurdles bronze medallist Priscilla Lopes-Schliep talks to spikes magazine about how her medical condition and childhood bullying has not stopped her becoming an inspiration for millions of Canadians.

For the complete story visit:

<http://www.spikesmag.com/features/priscillalopesschlieptheunderdogwhoovercametheodds.aspx>

## EVA DAWES

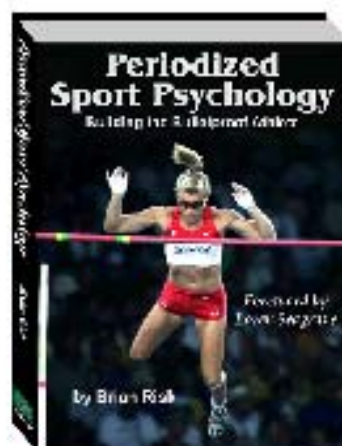
Women's High Jump  
Olympic bronze medalist  
1932 Los Angeles Olympic  
Summer Games  
1.60m (Personal Best)  
September 17, 1912 -  
May 30, 2009



# Periodized Sport Psychology - Building the Bulletproof Athlete

By Brian Risk, Foreword by Loren Seagrave.

**Periodized Sport Psychology - Building the Bulletproof Athlete** is the hot new book. "Bulletproof" will outline a step-by-step procedure to easily integrate sound principles of mental preparation into a training program ... *for all sports and events.*



This terrific new approach will bring performers from all sports, the entertainment industry, and the world of commerce to an exciting level of consistency and success.

Brian Risk relies on his proven style of integrating stories of triumph and tragedy to motivate readers to seek out full potential. Supplementing the information are anecdotal stories from NHL players, Broadway Stars, World Champions, and Olympic medalists.

Reading this book will be an event! It will be one of those jaw-dropping times where you stop in your tracks and realize that you've got it! Coaches will move to a whole new level of performance with the simple and proven techniques presented. The book outlines and discusses methods to get your team on task, keep them on task, and make them bulletproof.

- **Book Stats:** 229 pages (8 1/2x11), Perfect Bound, over 100 photos, 19 chapters, index, monitoring charts
- **Extras:** Includes guided imagery MP3 file and printable checklists
- **Publisher:** Glass Dragon Digital Publishing <http://papers.drtrack.com/>
- **Price:** \$45.00

For more information or to place an order see: <http://papers.drtrack.com/B00002.php>

Questions: [editor@papers.drtrack.com](mailto:editor@papers.drtrack.com)

**About the Author:** Brian Risk is an NCCP Level 5 Coach. Coach Risk is the former National Pole Vault Chair for Canada. He has served on fourteen Canadian National Track & Field Teams/camps including the 1996 Olympic Games, two Francophone Games, and the 1999 World Student Games. He is previously published in numerous magazines around the world and has been translated into three languages.

*This book is masterfully written. It is a must read for any serious coach or athlete interested in improving performance. I would strongly recommend this book be part of every coach's and athlete's library.*

**Brent McFarlane, Head Coach-Canada 2000 Olympic Track and Field Team**

*This is one of the most practical books I have seen on the market in 30 years. This book should be on the reading list of every coach. The mental skills are at your fingertips!*

**Richard Gordin, Professor and Sport Psychologist, Utah State University**

*Brian Risk has produced a book that demystifies mental conditioning and gives the coach and parents a step-by-step handbook to systematically implement the principles behind sport psychology into daily practice and every day life. Brian takes a week-by-week approach, which I found works perfectly for most high school seasons. From goal setting to the count down strategy and in game player management, Brian uses real athletes as examples and these athletes, with whom Brian has worked, explain their understanding and application of each of the eighteen major principles.*

**Loren Seagrave, Co-Founder, Speed Dynamics, Founder, Velocity Sports Performance, Chief Performance Officer, Life University Sports Science Institute**

*A great addition to the fields of coaching and sport psychology. "Periodized Sport Psychology - Building the Bulletproof Athlete" by Brian Risk provides insightful practical suggestions for athletes who want to develop a solid ability to compete consistently or coaches who want to optimize their teaching of the mental aspects of sport.*

**Steve Portenga, Ph.D. Director of Sport Psychology, Department of Intercollegiate Athletics, University of Denver**

## Women in Coaching

On Sunday June 28th Athletics Canada (AC) hosted a Women in Coaching (WiC) brunch attended by some of the countries most successful leaders and coaches. A review of Athletics Canada's Women in Coaching strategic plan was presented by Carla Nicholls (Leader of WiC for Athletics Canada).

Since 2007 the number of women in coaching has almost doubled on our national teams; in 2007 there were 7 women on 11 teams; in 2008 there were 8 women on 9 teams and this year there are 14 women on 12 national teams.

There was also recognition of Athletics Canada's ongoing support for WiC. Three new women coaches have been hired in major leadership roles in the past few months including: Molly Killingback, National Development Centre Lead Coach (Toronto), Thelma Wright, National Event Group Coach and Carla Nicholls, National Event Group Coach. Also there was recognition that our NSO has at least 50% women on staff, running the day to day activities of Athletics Canada. Joanne Mortimore Athletics Canada CEO continues to give ongoing support of WiC.

Increasing the number of women on national teams is not exactly the goal. It was reminded that Athletics Canada's push for High Performance Excellence means that we put together the very best national staff as possible. We also recognize that the best mix of teams means having women and men work together as a key ingredient for high performance success. Keeping this in mind our real work must begin by increasing the pool of eligible women for these high performance roles. The percentage of women in coaching on national teams is a good representation of the pool eligibility.

The group came up with the next important initiatives that must happen to move women in coaching forward :

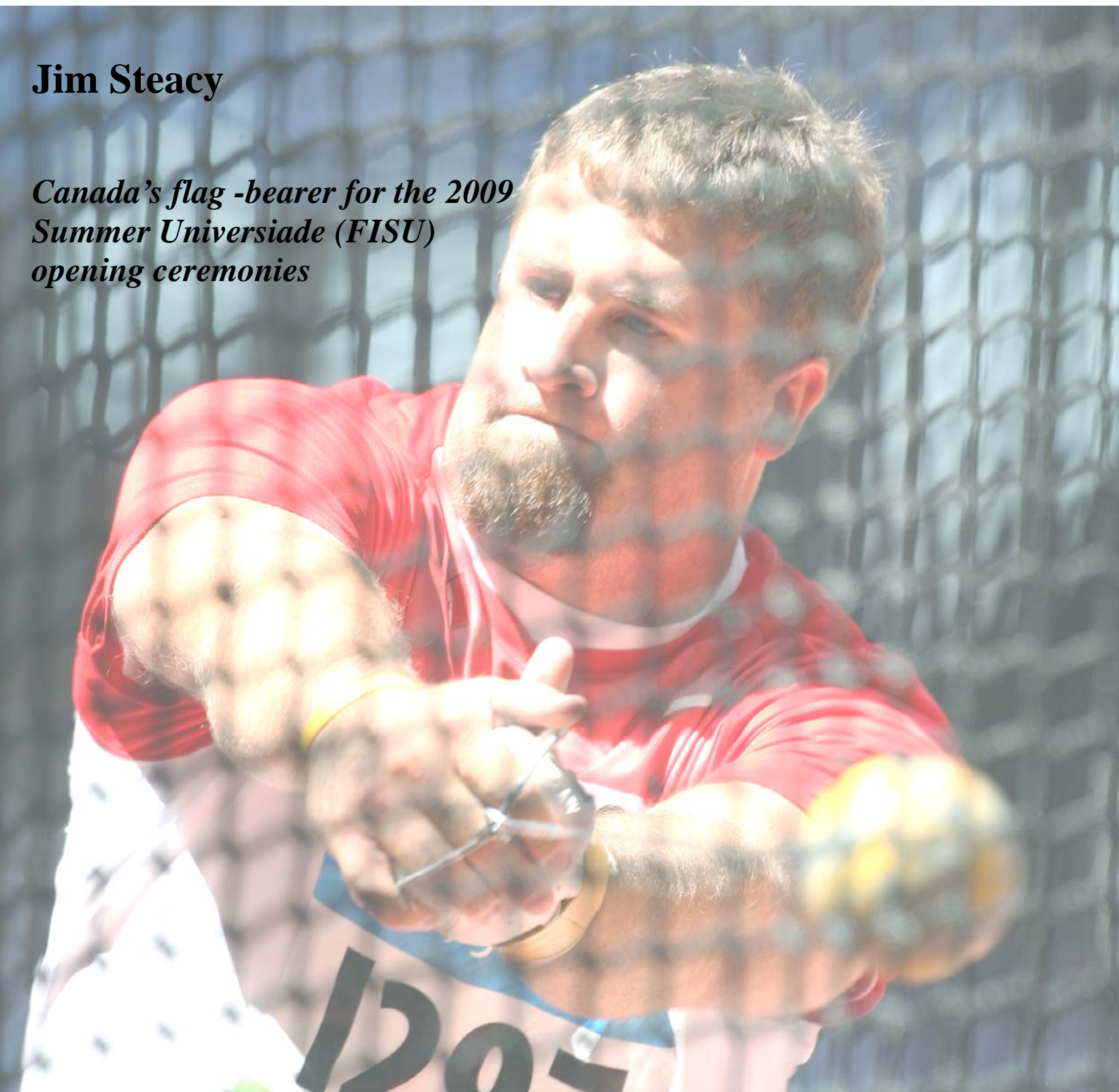
1. One official WiC representative on every provincial branch board
2. Create a mentorship with other coaches in the country
3. Increase support from the PSO's in recruiting women
4. A female representative on selection committees
5. Clarity of the new NCCP and how women coaches can access funding and opportunity **NOTE:** This was a great opportunity for Donna Kaye to present the new NCCP plan. This plan will encourage all women at the old level 2 to get fully certified in Level 3 (comp/dev as it is know right now in the new NCCP).
6. Clarification of Coaches of Canada's application process for membership
7. Recruiting retired female athletes into coaching positions
8. Determine what national team athletes like to see in their coaching staff
9. Transparency list of national team staff selections.
10. Continue to have workshops for WiC at all major events
11. Have men invited to WiC initiatives
12. Day care at national championships and other large AC events such as a Run Jump Throw "funzone"
13. Shared coaching positions
14. Take the lead to increase the communication between personal coaches and National team coaches.
15. Provide resources to all members – Compile list of who does what and who has great contacts in which areas such as using the Gold Standard for features on personal experiences, every person writes one submission.



For more information on the WiC program please contact Carla Nicholls at [cnicholls@athletics.ca](mailto:cnicholls@athletics.ca).

**Jim Steacy**

*Canada's flag-bearer for the 2009  
Summer Universiade (FISU)  
opening ceremonies*



## **The Gold Standard**

To submit a story or an idea for an upcoming issue please contact Emily Hooper, [ehooper@athletics.ca](mailto:ehooper@athletics.ca)

If you would like to register to receive THE GOLD STANDARD, please visit Athletics Canada's website: [www.athletics.ca](http://www.athletics.ca) or email: [ehooper@athletics.ca](mailto:ehooper@athletics.ca)

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**Photos by Mundo Sport Images**