

# SASKTRACK EXPRESS

## FEBRUARY 2012

### MISSION STATEMENT

Saskatchewan Athletics promotes the sport of athletics\* by facilitating the development and maintenance of effective programs which assist athletes, coaches, officials and volunteers in a fair and positive environment.

\*Includes track and field, cross-country, road racing, and race walking

### WEBSITE INFORMATION

- Visit the Officials website page for the newsletter & upcoming events

### REMINDERS/INFORMATION

- Renew your Sask Athletics membership today to ensure results appear in provincial and national rankings; Coaches & Officials also need to renew
- New Indoor and Outdoor Events posted incorporating changes to midget/youth age classes
- Sask Athletics is now on Twitter!! Follow us @SaskAthletics for news and updates; Create a twitter account at [www.twitter.com/saskathletics](http://www.twitter.com/saskathletics)
  - **Twitter Contest from February 7-10 ... Enter daily for your chance to win great prizes!!!**
- Athletics Canada launches 2012 Olympic/Paralympic Trials website: <http://www.2012trials.ca/>
- Athletics Canada launches road running hub: <http://www.road.athletics.ca/>
- Apply to be a member of SK Mission Staff for 2013 Jeux du Canada Games: Deadline March 1 <http://www.saskathletics.ca/pdfs/team>

### FORMS/CALENDAR HIGHLIGHTS

- February 10-11: Queen City Kinsmen Indoor – Regina
- February 24-25: Canada West University Championships – Saskatoon
- March 16-17: Kinsmen Indoor Championships – Saskatoon
- March 31: Aboriginal Indoor Championships – Saskatoon
- April 21: Spring Athletic Festival - Regina

### EVENTS

- Please contact the office if you are interested in a Winter NCCP Club Coach Course delivery in Regina held over several weeks with Terry Mountjoy
- NCCP Sport Coach Course (Level 1), March 2-4 - Saskatoon
- NCCP Run Jump Throw Coaching Course, March 24-25 -Saskatoon
- Easter Camp, April 10-13 - Saskatoon
- RJT Spring Day Camp (for children ages 7-9 and 10-12 years), April 10-13, Saskatoon

Feel free to contact the office if you have any questions regarding these events.

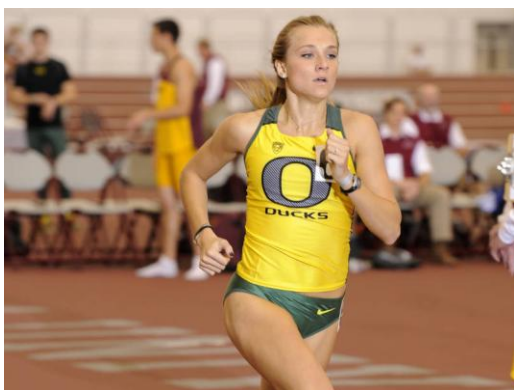


**FEBRUARY 2012**

## **WHAT'S HAPPENING THIS MONTH**



**Keira-Lyn Frie (Saskatoon) hits Paralympic A Standard down under**



**Brianne Theisen (Humboldt) makes history at Texas A&M Mondo Challenge, College Station, TX:**

- Competing for the University of Oregon Ducks, Theisen's pentathlon score of 4,555 points broke Jill Ross-Giffen's Canadian record of 4,550 points set in 1982. She also broke her own NCAA indoor record of 4,540 points, and set pending Sask Athletics records for pentathlon and high jump (1.88 meters which breaks Dianne Jones 1975 record by 2 cm!)

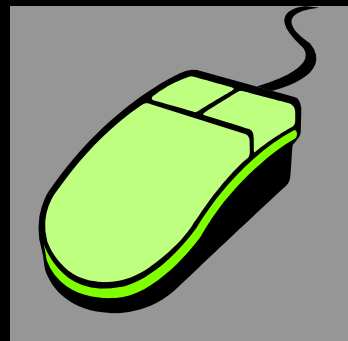
### **SUCCESS STORIES**

- **Chevron Houston Marathon, January 14, Houston, TX: Simon Bairu (Regina)** completed his first full marathon placing 6th in a time of 2:19.52. Simon may refocus his 2012 Olympics quest from the marathon to the 10,000 meters (A Standard is 27:45)
- **Pole Vault Summit, January 21, Reno, NV: Kelsie Hendry (Saskatoon)**, jumped 4.52 meters in the pole vault; Kelsey looks on track to hit the A+ Olympic outdoor standard of 4.54 meters
- **2012 Summer Down Under Series, January 22, Sydney, AUS: Keira-Lyn Frie (Saskatoon)** achieved Paralympic A standard in T54 400m with 1:00.19. She is on track for selection to the 2012 Paralympic Summer Games
- **Jason Reindl (Saskatoon)**, Congratulations on your new position of Athletics New Brunswick High Performance Coach and Head Coach for University of New Brunswick Varsity Reds. We are looking forward to having you back in Canada coaching athletics!
- **Sask Sport Inc. Awards:** Congratulations to **Carol LaFayette-Boyd (Regina)** and **Milos Kostic (Regina)** finalists for Masters Athlete of the Year; **Joe Morrissey (Saskatoon)** recipient of the Volunteer Award

# Newsletter Submissions

Please send us information on upcoming events, workshops, clinics, or stories about our membership for us to publish.

Submission deadline is the 20<sup>th</sup> of each month. 😊



## QUOTE OF THE MONTH:

**“FOR THE STRENGTH OF THE  
PACK IS THE WOLF, AND THE  
STRENGTH OF THE WOLF IS THE  
PACK” – RUDYARD KIPLING**

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