

Well that's another Alberta Summer Games in the books - #7 for me, 6 as the Zone Coach, and 1 as the Sport Chair. I had a tonne of fun and I expect that most of you did as well. Many of you will have made some life-long friends this weekend.

Overall, I was really pleased with how we did this weekend. I was predicting 8 to 10 medals and we won 10. Kit Liske (U 15 Javelin) and Rylee Armstrong (U17 High Jump) were our gold medalists; Tyler Leicht (U 17 3000m) and Evan Tordiff (U17 Javelin) captured silvers; and single bronze medals were won by Jaleny Klassen (U17 Discus), Cassandra Ellery (U17 Javelin), Christian Lambert (U15 High Jump), and Zach Chowace (U17 Octathlon). Rylee (U17 Triple Jump) and Evan (U17 Shot Put) also had bronze medals.

We also had a few near misses. Notable 4th place finishers included Jarrod Larson (U15 2000m) and Cianna Forseille (U15 Javelin,)

Apart from the medals and near misses, most athletes achieved one or more personal best performances. Danae Keddie had three PRs in the U15 800m, 1200m, and 2000m. All of the team's youngsters, those born in 1999 or 2000, had personal bests – Kelsey Wudkevich in the High Jump, Sierra Essau in the 2000m and long jump, Riley Stark in the 100m, and the ever-positive Tyson Keddie in the 200m hurdles.

Hopefully, all of these youngsters will be back for the 2014 and 2016 Games, like Chelsea Broadhead, who competed in her third consecutive Games this weekend.

Away from the track, I was really impressed with the energy and optimism displayed by team members. We may have finished 8th out of 8 teams in the standings, but we were by far and away the team that had the most fun. Athletes like Kelly Osmond, Analise Lehnert, Lowell Thompson, Jimmmmmmmmmmmmy Marios, Fernando Sanchez, Luis Ventura (who doesn't speak Spanish?), and the Malmstem brothers were real team players who helped create a great team atmosphere.

One final group of athletes who deserve their props are the folks who got put in events outside of their comfort zones, notably the hurdles and the multi-events – people like Jillian Handfield, Tamica Campbell, Taryn Byrne, Sam "Kayne" West and especially, Alicia Kacho, who has a few battle scars from her run-in with hurdle #1 in the 200m hurdles.

With 39 athletes in 68 different events, I needed quite a bit of help with coaching. Troy Bogh and Adrien Schadeck (2 Games as athletes, 1 as a coach) and Rigel Carias (2 Games as an athlete, and 3 as a coach) provided both the Games and technical experience needed to have a successful meet. Rookie coach Mallory Pinnock also pitched in to help. And our assistant coaches, Megan Crawley, Eric Martinek, Sanchez Hollowell, and especially, Evan Paul, weren't able to be with us at the Games, but they really helped to prepare the group through our team practices. Thanks a lot.

We also got great support from the team parents, many whom travelled to the Games. Candace Keddie became the "team mom", providing critical support including popsicles and morning coffee for the coaching staff. Outstanding work!

So going forward, I'd encourage any of you who are runners to participate in the Wolves Cross Country Running Series this fall. Details are at <http://bcorcorangprc.wordpress.com/>. Apart from this, keeping active in other sports like soccer, swimming, hockey and basketball (notice volleyball isn't included in this list, Jillian Handfield ... but I digress ;-)) is an excellent way to develop skills and fitness for track and field. And while next year is not a Games year, the Wolves Athletics Club will be hosting a meet or two in

Grande Prairie, and competing in school track will keep you sharp for 2014. And for those of you who will be too old in 2014 for the Games, I hope to see you at GPRC in the next few years competing for the Wolves in x-country running and/or indoor track.

I'd be interested in any feedback you might have, positive or negative, about your Games experience. Shoot me an e-mail with your comments. Also, if you have any pictures from the Games, please share them on our Facebook page

<http://www.facebook.com/ulethbridge.ca?ref=stream#!/groups/431578573531175/>

Thanks for all your hard work, I had a blast. After 2010, I was thinking that 2012 might be my last Games, but as of right now, I'm psyched about continuing to 2014. Later.