

2016 Zone 8 ASG Track and Field Team – Final Thoughts

That was really fun!!! I hope you had as much fun as I did and I hope to see all of you who competed in the Midget category back for the **2018 Alberta Summer Games** in Grande Prairie. We have a lot of talent in the Peace; we just need to get out and compete more on the provincial and national level.

Overall, I was really pleased with how we. I was predicting about 7 medals; **we won 10 medals** – 2 silver and 8 bronze. This was up for 7 medals in the 2014 Games (5 silver and 2 bronze).

For the record,

- **Vanessa Spenner** – U16 Discus – Silver (Led the event until the final throw!)
- **Aimee Caron** – U16 80m Hurdles – Silver (Improved from a bronze when they did the re-run on Saturday morning)
- **Xavier Crosby** – U18 Discus and U 18 Hammer - Bronze (Didn't medal at all in 2014)
- **Kennedy Gray** – U16 Long Jump – Bronze - (Also had a 4th and 5th in the 200m and 100m)
- **Desiree Giesbrecht** – U18 Heptathlon - Bronze (First ever heptathlon.)
- **Marco Dejong** – U16 Triple Jump – Bronze (Didn't realize he medaled until they called his name at the medal ceremony.)
- **Brandon Tufford** – U18 800m – Bronze (Had a very tough Day 1 running on a hurt foot; parked all that on Day 2 and got it to done in a PR of 2:00.57)
- **Kris Baird** – U18 Shot Put – Bronze (Also had a bronze in the 2014)
- **Aimee Caron, Kennedy Gray, Elissa Day, Lindsay Martens** – U16 Medley Relay – Bronze (Lindsay moved up 3 places in her 800 leg to reach the podium,)

Apart from the medal winners, I want to give a special shout out to **Sierra Esau** who competed in her third consecutive AB Games with the Zone 8 track team. Like Grade 7 students **Wyatt Day** and **Charlize Sallis**, Sierra (or \$ierra as she prefers to be called) was an under-age in 2012, but hung in there for 4 more years and provided great leadership on this year's team. Thanks much \$ierra!)

Away from the track, I was really impressed with the energy and spirit 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!** We had athletes and coaches from other Zones say to us, "I wish I was on your team; you guys seem a lot more fun." For some of you, you will have made friends this weekend who will be friends for life – just ask Erin and Rigel!

With 35 athletes in 72 different events, I needed quite a bit of help with coaching. **Rigel Carias** (2 Games as an athlete, and 6 as a coach), and **Erin Connell** (2 Games as an athlete and 4 as a coach), **Josh "Facts" Malmsten** (1 Games as an athlete and 1 Games as a coach), and **Terry Smith** provided both the Games and technical experience needed to have a successful team. And our assistant coaches, **Cianna Forseille** and **Roland Esposito** 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. Athletes, be sure to thank your parents!

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 www.wolvesxcseries.com Apart from this, keeping active in other sports like soccer, swimming, hockey and basketball (notice volleyball isn't included in this list ... 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 **Peace Country Wolves Athletics Club** will be hosting a meet or two in Grande Prairie, and competing in school track will keep you sharp for 2018. And for those of you who will be too old in 2018 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 or FB message with your comments. Also, if you have any pictures from the Games, please share them on our Facebook page <https://www.facebook.com/groups/431578573531175/>

Thanks for all your hard work. Like I said in the opening paragraph, I had a blast.

Bill Corcoran Zone 8 ASG Athletics – Head Coach

P.S. This was my 9th **Alberta Summer Games** - 8 as the Zone Coach, and 1 as the Sport Chair. Unfortunately, this will probably be my last Summer Games as Zone Coach. In 2018, I will again be the Sport Chair for Athletics when Grande Prairie hosts the Games. **Erin Connell**, at this point, has agreed to step up and be Zone Coach for the 2018 Games. Thanks, so much Erin.

I do, however, plan to be actively involved in 2018 with helping to organize the Zone 8 Trials and helping to prepare the team to compete in the Games.