



## **Manitoba Triathlon Centre 2018 AGM Report**

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### **Our Mission:**

*To develop elite athletes and coaches for major international games, world championships, national championships, and major nationals games by providing a holistic approach to sport.*

### **Our Program:**

- The Manitoba Triathlon Centre was in its third year of operation. The program is a new single program model merging the Manitoba National Triathlon Centre and the Triathlon Manitoba Youth Team Program. The MTC / MNTC program is 18 years old.
- 2017 – 2018 was a transition year for the MTC program. Following the 2017 Canada Games we had 10 of the 21 athletes in the program from last year leave the program. It is normal to lose a number of athletes following a Canada Games year but the recent discontinuation of the Canadian Junior Series resulted in a larger reduction in athletes in all Provinces than after previous Canada Games in 2009 and 2013.
- With the retirements of most of the older athletes the MTC had a younger team than in previous years with most athletes being either first year juniors or youth athletes. The dual emphasis for the year was to transition young athletes into High Performance training and to offer introduction programs to increase our athlete recruitment base for the future.
- The MTC membership during the season was 15 athletes
  - Three High Performance Athletes (Unai Apraiz Zenon, Claire Healey, Morgan Ott).
  - Four Bridging Athletes (Megan VanHeyst, Annika Niblock, Blake Harris, Ben Sz wajcer).
  - Six Development Athletes (Madison Firlotte, Maggie Malkoske, Natalie Fournier, Kendra Harris, Genevieve Gratton, Kyara Armour-Lazzari).
  - Two Satellite Athletes (Carson McComb, Naomi Brown).

### **Training Camps and Training Days:**

- MTC conducted three winter / spring introductory Clinics. The first was 8 week and ran from January to March. The second was 4 weeks in the month of April. The third and final one was 4 weeks during the month of May. All Clinics had 1 training session per week and were offered on Saturdays. Each of the three clinics had between 15 to 20 athletes registered. Athletes ranged in age from 8 to 15 with most of the athletes 12 and under.

### **Summer Training Program:**

- MTC conducted a 3 month summer program over the months of June through August. The program was run every Tuesday and Thursday evenings at Birds Hill Park. Over 20 athletes took part in the program. This participation ranged from attending single day sessions and athletes who attended twice a week for the entire 3 month program.

### **Manitoba Triathlon Centre Training Camps & Races:**

- MTC conducted a successful ten day training camp in Tucson, AZ from March 27<sup>th</sup> to April 5<sup>th</sup>, 2018. Manitoba brought 7 athletes to the camp.
- The team targeted 5 National or International events for the 2018 season.
  1. Pleasant Prairie Wisconsin June 3<sup>rd</sup>, 2018 (USA Youth / Junior Series Race # 2).
  2. Living Sky Saskatoon June 23<sup>rd</sup> & 24<sup>th</sup>, 2018 (Western Canada Race).
  3. West Des Moines Iowa July 15<sup>th</sup>, 2018 (USA Youth / Junior Series Race # 4).
  4. Swift Current August 5<sup>th</sup>, 2018 (Western Canada Games Test Event).
  5. Kelowna National Championships August 18<sup>th</sup> and 19<sup>th</sup> 2018 (Cancelled)

### **CSCM / Integrated Support Team (IST):**

- The MTC / MNTC program has been partners with the Canadian Sport Centre for 18 years.
- In September 2017 we negotiated a new 1 year contract to receive services from the CSCM.
- Service Providers provided by the CSCM included, Jeremie Chase (Strength & Conditioning) Jorie Janzen (Nutrition), Adrienne Leslie Toogood (Sport Psychology) Byron Bahniuk (Athletic Therapist / Massage Therapist)
- We worked with Daryl Hurrie for Physiological services on a 1 year grant from Sport Manitoba.

## Assistant Coaches:

- Marita Malo – was hired as an assistant coach for the MTC program. Marita coached the new summer program we offered from June through the end of August 2018.
- Craig McCormick – has been with the program for the past 9 years. Coaches the High Performance swims on Monday, Wednesday and Friday.

## Challenges / Opportunities:

- To continue to increase program numbers we plan to offer a year round program with an introductory emphasis for athletes 6 to 12 years of age.
- The Western Canada Games is in 2019 in Swift Current, Saskatchewan. Manitoba is sending a 12 member team consisting of 6 males and 6 females born between 2002 and 2006. Currently Triathlon Manitoba has 32 male and 33 female athletes on our membership list eligible to compete in these Games.

## Our 2018 Results:

Events	Athlete Results
Pleasant Prairie June 3 <sup>rd</sup> , (USAT CUP # 2), Wisconsin USA	<ul style="list-style-type: none"> <li>• Megan VanHeyst (40<sup>th</sup>), Annika Niblock (46<sup>th</sup>) - jr elite female</li> <li>• Blake Harris (17<sup>th</sup>), Ben Szwajcer (41<sup>st</sup>) - youth elite male</li> <li>• Madison Firlotte (67<sup>th</sup>), Naomi Brown (70<sup>th</sup>), Maggie Malkoske (78<sup>th</sup>) - youth elite female</li> </ul>
Living Sky, Saskatoon June 23 <sup>rd</sup> , (Qualifying), Western Canada Event	<ul style="list-style-type: none"> <li>• Megan VanHeyst (8<sup>th</sup> Heat # 2), Annika Niblock (10<sup>th</sup> Heat # 2) - jr elite female</li> <li>• Unai Apraiz (6<sup>th</sup> Heat # 1), Carson McComb (7<sup>th</sup> Heat # 2) - jr elite male</li> <li>• Blake Harris (1<sup>st</sup>), Ben Szwajcer (4<sup>th</sup>) - youth elite male</li> </ul>
Living Sky, Saskatoon June 24 <sup>th</sup> , (Final), Western Canada Event	<ul style="list-style-type: none"> <li>• Megan VanHeyst (3<sup>rd</sup>), Annika Niblock (6<sup>th</sup>) - jr elite female (B final)</li> <li>• Unai Apraiz (2<sup>nd</sup>), Carson McComb (3<sup>rd</sup>) - jr elite male (B final)</li> <li>• Blake Harris (1<sup>st</sup>), Ben Szwajcer (4<sup>th</sup>) - youth elite male</li> </ul>
2018 Flatlands July 15 <sup>th</sup> , (USAT CUP # 4), Des Moines Iowa, USA	<ul style="list-style-type: none"> <li>• Annika Niblock (41<sup>st</sup>) - jr elite female</li> <li>• Blake Harris (6<sup>th</sup>), Ben Szwajcer (68<sup>th</sup>) - youth elite male</li> <li>• Kyara Armour-Lazzari (42<sup>nd</sup>), Naomi Brown (63<sup>rd</sup>), Maggie Malkoske (65<sup>th</sup>), Madison Firlotte (68<sup>th</sup>) - youth elite female</li> </ul>
Swift Current, August 5 <sup>th</sup> , Western Canada Games Test Event	<ul style="list-style-type: none"> <li>• Blake Harris (1<sup>st</sup>), - elite male</li> <li>• Megan VanHeyst (3<sup>rd</sup>), Annika Niblock (4<sup>th</sup>), Kyara Armour-Lazzari (5<sup>th</sup>), Natalie Fournier (6<sup>th</sup>), Naomi Brown (7<sup>th</sup>), Madison Firlotte (8<sup>th</sup>) Kendra Harris (13<sup>th</sup>) - elite female</li> </ul>
Kyla Roy (Alumni) NCAA Division I Scholarship (ASU) 2017 Fall Season (Freshman)	<ul style="list-style-type: none"> <li>• Finished third at the USA Triathlon Collegiate National Championships (Nov. 5)</li> <li>• USA Triathlon Collegiate Athlete of the Year</li> <li>• USA Triathlon Division I All-American</li> <li>• College Triathlon Coaches Association Academic All-American</li> </ul>
Tyler Mislawchuk (Alumni)	<ul style="list-style-type: none"> <li>• 9<sup>th</sup> place World Triathlon Series Final Ranking</li> </ul>

## 2018 Manitoba Triathlon Centre Alumni ITU Athlete Results:

### Kyla Roy (Canadian National Development Team):

14 Jul 2018	<b>8</b>	<a href="#">2018 Magog CAMTRI Sprint Triathlon American Cup</a> Elite Women	01:04:45
30 Jun 2018	<b>18</b>	<a href="#">2018 Holten ETU Sprint Triathlon Premium European Cup</a> Elite Women	01:05:15
10 Jun 2018	<b>22</b>	<a href="#">2018 Weert ETU Triathlon European Cup</a> Elite Women	02:13:24
06 May 2018	<b>10</b>	<a href="#">2018 Richmond CAMTRI Sprint Triathlon American Cup</a> Elite Women	00:59:34
03 Mar 2018	<b>12</b>	<a href="#">2018 Clermont CAMTRI Sprint Triathlon American Cup</a> Elite Women	

## Tyler Mislawchuk (Canadian National Team):

Date	Pos	Event	Time
2018-08-25	26	2018 Aug 8	<a href="#">2018 ITU World Triathlon Montreal</a> 01:49:26
2018-07-27	28	2018 Jul 7	Elite Men <a href="#">2018 ITU World Triathlon Mixed Relay Series Edmonton</a> 00:19:07
2018-07-15	15	2018 Jul 10	Mixed Relay <a href="#">2018 Hamburg ITU Triathlon Mixed Relay World Championships</a> 00:19:20
2018-07-14	14	2018 Jul 8	Mixed Relay <a href="#">2018 ITU World Triathlon Hamburg</a> 00:53:52
2018-06-17	17	2018 Jun 3	Elite Men <a href="#">2018 Antwerp ITU Triathlon World Cup</a> 00:58:17
2018-06-07	06	2018 Jun 7	Elite Men <a href="#">2018 ITU World Triathlon Mixed Relay Series Nottingham</a> 00:19:28
2018-05-12	12	2018 May 4	Mixed Relay <a href="#">2018 ITU World Triathlon Yokohama</a> 01:46:10
2018-04-28	28	2018 Apr 24	Elite Men <a href="#">2018 ITU World Triathlon Bermuda</a> 01:58:28
2018-04-05	07	2018 Apr 4	Elite Men <a href="#">2018 Gold Coast Commonwealth Games</a> 00:18:52
2018-04-05	05	2018 Apr 12	Mixed Relay <a href="#">2018 Gold Coast Commonwealth Games</a> 00:54:00
2018-03-25	25	2018 Mar 4	Elite Men <a href="#">2018 New Plymouth ITU Triathlon World Cup</a> 00:58:25
2018-03-10	10	2018 Mar 9	Elite Men <a href="#">2018 Mooloolaba ITU Triathlon World Cup</a> 00:53:49
2018-03-02	02	2018 Mar 11	Elite Men <a href="#">2018 ITU World Triathlon Abu Dhabi</a> 00:58:07
			Elite Men