

# Exceleration Coaches Year End Report: September 13, 2019

Development Report	<p>Our 2018-19 session once again enjoyed the great participation numbers. The enthusiastic coaching staff lead athletes through the basics of triathlon skills mingled with FMS (Fundamental Movement Skills) and many multi-sport skills. This year we improved our cycling progressions for adventure tri and water skills for the kids of steel. The older Youth of Steel and Youth continued to grow with larger and more competitive groups.</p> <p>The Tri It Triathlon was another record setting event. We had over 420 athletes competing with 2 divisions selling out. Our 5 weeks of summer camps sold out within 2 days. We started a summer leadership program to running in conjunction with summer camps. The program had very positive feedback and will likely continue next year.</p> <p>Once again, Kristine and Exceleration are hosting the fall Youth NCCP coaching course on Sept 14 and 15<sup>th</sup>.</p>
Club Report	<p>Last year we started a year-round registration. We expected to have approximately 20 kids, however, 38 ended up registering. The year-round program did not seem to decrease the sessional athletes, with most groups being completely full in fall and spring. The winter session (our shortest last year with an early pool closure) saw our smallest numbers.</p> <p>This fall every group is basically full (1 day of YOS and 2 days of Youth have 2 spots remaining). We are welcoming back the following coaches: Elysha, Eli, Maki, Anna, Tia, Maddie, Kathryn, Alina, Shivam, Rachel, Brigitte, Katie, Mark and Dan. New coaches joining us are: Tatyana – Kazastan’s Junior National Coach, Lauren – Former Olympic Swimming, Kyle – Co-Head Coach at Gators, Libby – Athlete and new coach, Carsten – former BC Games Winner, and multiple race winner.</p> <p>The coaches thank the incredible volunteers that not only help with club activities and governance, but also support the coaches and give the club a true family feeling.</p>
Exceleration Tri Winners	<p>Winners of the MEC Gift Certificate for Top Male and Female in the Exceleration Tri it Tri 2018</p> <p>Male: Ben Wye (1st Year) Female: Sidney Clement (1st Year)</p>
Session Numbers	<p>Fall 2018: 169 + yearly Winter 2019: 94 + yearly Spring 2019: 223 + yearly Summer Training 2019: 8 + yearly Yearly: 38 athletes</p> <p>Summer Camps 2019</p>

	<p>Week 1 Full: 25, Half: 12  Week 2 Full: 25, Half: 10  Week 3 Full: 24, Half: 12  Week 4 Full: 27, Half: 7  Week 5 Full: 25, Half: 12  Summer Leadership: 10</p> <p>Tri-It-Tri 2019 Participation: 435</p>
Competitive High Lights	Charles Yan competed at Worlds in Lausanne Switzerland.
BC Super Series	<p>The super series was created to bring all the fastest triathletes in the province together for fast racing. Exceeleration had several athletes participating and doing extremely well. Our goal was 10 athletes in the top 10, which we achieved with the help of some extended Exceeleration athletes (Cami, Emma Jean, Jade, Sidney – athletes that have and periodically train with us)</p> <p>Exceeleration's Athletes</p> <p>Female Junior:  Cameron Hill – 5<sup>th</sup>  Emma Jean Neal – 7<sup>th</sup>  Jade Clement – 9<sup>th</sup>  Anna Gustafson – 12<sup>th</sup>  Marlo Naish - 14<sup>th</sup></p> <p>Junior Male:  Benjamin Wye – 7<sup>th</sup>  Josh Staiger – 9<sup>th</sup>  Mackay McIntosh – 12<sup>th</sup>  Charles Yan – 15<sup>th</sup></p> <p>Youth Female:  Sidney Clement – 3<sup>rd</sup>  Quillan Gall – 6<sup>th</sup>  Emilia Thrift – 15<sup>th</sup></p> <p>Youth Male:  Marcus Nguyen – 2<sup>nd</sup>  Shubham Mohapatra – 5<sup>th</sup>  Felix Stock – 7<sup>th</sup></p>
Challenges for 2019-2020	<ol style="list-style-type: none"> <li>1) Grow and Recruit more triathlon coaches</li> <li>2) Find spots for wait listed athletes</li> <li>3) Fully develop the Youth-Elite Program (continue to develop competition)</li> </ol>

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Tentative Competitive Racing Goals:  
Medal at BC Games  
10 Athletes in Top 10 at BC Super Series  
Draft Legal Race at Tri-It Triathlon

2019-2020 Exciting Future Events  
Duel Meet – End of Dec  
Winterfest – Beginning of Feb  
BC Games Qualification Races – TBD  
Victoria Travel Race – Beginning of June  
Excelleration's Tri It Triathlon – End of June  
Edmonton Travel Triathlon – End of August

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