

Vancouver Island Athletics Association

Tony Dickson
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BC SUMMER GAMES TEAM

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Dear Athlete:

It is with great pleasure and excitement that I officially inform you that you have made the Zone Six Summer Games Team. The Games bring together some of the best and upcoming talent in the province for track and field. I would like to point out that your performance in the Games Trials at the Dogwood Meet has earned you the right to represent your zone, your club or your school, and yourself against the best that this province has to offer. In short, you have worked hard, competed well and inspired us with your achievements. It is my sincere hope to see you out and competing in your event over the next few months.

It may be of interest to note that the entire Zone would like to congratulate and support you in this competition. Their support is demonstrated through the Zone Six Summer Games Camp that will be held in Courtenay BC on July 6th and 7th. This will be an opportunity for you to meet your fellow teammates, your coaches and your chaperones. It will also be chance for us to pass on the information you will need for a successful Summer Games experience. You will be billeted with other athletes and food will be provided. As a show of their pride and support of you, coaches from all around the Island have volunteered to come and share their very best with you at this camp. Although some of the aims of this camp are to provide you with some technical fine tuning and some information on competition nutrition, recovery, and mental preparation you will find that the social aspects of the camp are by far the most helpful to you in terms of the Games experience. To my way of thinking it is vitally important that you feel as though you are supported by your personal coaches, your clubs, your fellow teammates, and your team coaches.

I look forward to working with you and I wish you the very best in your future competitions leading up to the games.

Sincerely,

Tony Dickson
Zone Six Summer Games Coach