

*Supporting athletes
in their pursuit of
personal best*

TGA Structure...

TGA currently has five coaching coordinators who organize the delivery of programs for the various technical event areas.

Head Coach: Tony Dickson
Circle throws: John Root
Javelin: Graham Morfitt
Sprints: John May
Hurdles: John May
Jumps: Tony Dickson
Multi Events: Tony Dickson
Distance: Kate Brooker

Event group coordinators are responsible for overseeing the weekly programs & technical direction of the athletes in their event areas in collaboration with regional club coaches.

Annual training programs are developed by Tony Dickson in collaboration with coaching coordinators & club coaches.

Training Sessions...

Sundays: 10:30am - 1:00pm
Courtenay or Duncan facility in alternating weeks. Refer to the TGA webpage for schedule.

Fees...

Membership: \$240 per year
All travel & group trips are self funded & may be supported by regional clubs. Traveling as a group will help to reduce costs.

NOTE:

All athletes must be members of their local clubs for the purposes of BC Athletics registration.

Contact...

Christine Morfitt will be acting group coordinator. Contact her with questions:
250-338-4191
gmorfitt@shaw.ca

Who is TGA?

TGA is an unaffiliated Vancouver Island track & field training group existing to provide growth & development opportunities for competitive athletes in the Juvenile, Junior, & Senior age categories.

The services we provide...

Our services are aimed directly at helping athletes achieve their competitive goals on the way to realizing their potential in the sport of track & field. To this end, we provide the following services to member athletes...

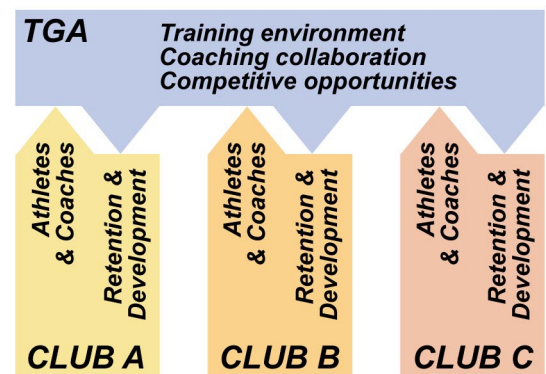
- + Weekly guided training group sessions
- + Annual training & competition plans
- + Guidance in delivering weekly training plans
- + Regular physical testing & monitoring
- + Video analysis
- + Competition & travel management outside the Vancouver Island Series
- + Coordination of at least three out-of-province competitions

Who should join TGA?

TGA has been designed to support club athletes who are looking for the next step in their athletic careers. Those athletes who would like a larger training group environment than can be provided by their local club, who would like to follow an annual training plan designed to deliver peak performances at the season's key competitions, and who would like to travel with a group of peers to challenging out-of-province competitions, should join TGA.

Benefits to regional clubs & coaches...

Weekly training sessions & athlete program design are avenues for coaches to collaborate on the development of TGA member club athletes. This in turn will help to strengthen the programs offered by the regional clubs. Clubs will also be relieved of some portion of the burden of coordinating the competitions and travel plans of their older elite athletes.



Fun & exciting competition opportunities will help to retain athletes within the sport & within their regional clubs. These athletes become role models for younger athletes, demonstrating the value of making sport a lifestyle choice that can extend beyond the high school or college years.

More information...

For more information, the session times & locations, the planned competition schedule for the upcoming season & to receive a TGA application form, visit...

www.comoxcougars.org/TGA/