

## ATHLETICS CANADA NEWSLETTER

### 2009 Panamerican Junior Championships

Port-of-Spain, TRI  
July 31-Aug 2, 2009

🍁🍁 **CONGRATULATIONS!! You have been selected to represent Canada at the 2009 Panamerican Junior Championships!!** 🍁🍁

This newsletter been prepared for all national team athletes and staff as a helpful planning and information resource. Please read through it carefully as it contains a lot of useful information about this event. Please also make sure you read through the [2009 National Team Athlete Manual](#) which is an extremely important resource for all national team athletes.

### IMPORTANT DATES

Date	Event/Note	Location/Notes
July 23	Team Fee Due to AC**	(see note below)
July 24	All National Team Forms Due	See section below
July 24	Training Plan Due	Send to Head Coach Mike Murray & Emily Colton
July 27-28	Team Staging	Delta Toronto Airport West
July 28	Mandatory Team Meeting	1 p.m – 3 p.m @ Delta Toronto Airport West
July 28	Team Departure to Port-of-Spain	4 p.m. from Delta Toronto Airport West
July 29	Arrival	Toronto > Newark >Port-of-Spain
July 31-Aug 2	Competition	Hasely Crawford Stadium
Aug 3	Departure and Return to Canada	Port-of-Spain >Newark > Toronto

#### **\*\*Team Fee:**

- \$2,000 CDN per athlete
- The team fee includes round-trip flights from home city to Toronto (where applicable); round-trip flights from Toronto -> Port-of-Spain; hotel and meals in Toronto for team staging; hotel and meals in Port-of-Spain during event; Athletics Canada uniform; etc.
- Each athlete will receive an invoice from Chris Woods, Finance Officer and the invoice can be paid by Visa/MasterCard/American Express or certified cheque or money order. **Invoices that are not paid by the due date of July 23rd will result in de-selection from the team.**

#### **IMPORTANT: ANTI-DOPING**

Please be aware that there will be in-competition doping control at this meet. Therefore it is very important that if you are currently taking any medications that are on the Prohibited List, please notify Melissa Dowling **immediately** as you will need to apply for a "Therapeutic Use Exemption (TUE)" right away.

The Prohibited List is available online here: <http://www.cces.ca/pdfs/CCES-PUB-SubstanceClassification-E.pdf>.  
As a national team member, you are obligated to provide accurate information and follow the

procedural guidelines to obtain TUEs. If you show up in Trinidad and do not have the proper exemption to use a banned substance, you will not be allowed to compete.

**You are responsible for anything you take. Approvals for medications take time to process so please notify us immediately.**

The Team Physician – Dr. Burghardt – will speak to you about anti-doping during the team meetings as well. Don't hesitate to ask her or Melissa if you have any questions.

### **TRAINING PLANS**

As per Section 5.0 of the Selection Criteria, all selected athletes (or their personal coach) are required to submit a detailed Training Plan to Head Coach Mike Murray ([murr4399@shaw.ca](mailto:murr4399@shaw.ca)) & Emily Colton ([ecolton@athletics.ca](mailto:ecolton@athletics.ca)). Please refer to the Selection Criteria for exact details about what your plan should include.

### **TRAVEL**

#### **FLIGHT INFORMATION**

The following is the group booking Athletics Canada has booked the entire team on Continental out of Toronto:

#### **Departure**

- See Appendix A

A shuttle bus arranged by the Local Organizing Committee (LOC) will be waiting for the team at the Port-of-Spain, TRI airport.

#### **Return**

A shuttle bus arranged by the LOC will drive the team back to the Port-of-Spain airport.

- See Appendix A

### **TEAM STAGING PLANS**

All athletes will be expected to arrive at the Delta Toronto Airport West by 7 p.m. on July 27<sup>th</sup>. Athletics Canada will book all domestic tickets for athletes to arrive in Toronto on that day. Athletes who live in the Toronto area should arrive at the hotel by 7 p.m.

Please check in with your team manager at the Chestnut Room at the Delta to pick up your food stipend.

Athletes arriving at the Toronto Pearson Airport by plane please take the Delta Toronto Airport West Shuttle outside your terminal. This is a free shuttle provided by the hotel.

#### **Delta Toronto Airport West**

5444 Dixie Road

Mississauga ON L4W 2L2

<http://www.deltahotels.com/hotels/hotels.php?hotelId=153>

There will be a **mandatory** team meeting on **Tuesday, July 28<sup>th</sup>** at the Delta Toronto Airport from 11 a.m. to 1 p.m. for all selected team athletes and staff (lunch will be provided). Your Team Canada uniform will be distributed on Tuesday morning – 9 a.m. for the girls and 10 a.m. for the boys in the Chestnut Room at the Delta.

All team members **MUST** attend this team meeting. *Parents/guardians/personal coaches are welcome to attend; however, lunch is only being provided team athletes and staff.*

### Agenda

- Welcome
- Introduction of team staff & athletes
- Objectives for the Pan Am Juniors
- Team rules and expectations
- Travel information, itinerary, reminders
- Medical staff – Report and travel tips
- Event group meetings
- Uniform inquiries

Following the meeting the team will pack up and take the hotel shuttle bus to the airport.

### National Team Forms

Immediately upon selection to the team, you will be asked to complete the below Athletics Canada national team forms:

<b>REQUIRED NATIONAL TEAM FORMS FOR COMPLETION BY SELECTED ATHLETES and STAFF</b>			
<b>Due Date: July 24<sup>th</sup> @ 4:30 p.m.</b>			
* Please send in your documentation/information to <a href="mailto:ecolton@athletics.ca">ecolton@athletics.ca</a> or by fax to 613-260-0341			
Information required (click on the title to link to the required form)	Athletes	Staff	Comments
<a href="#">2009 Personal Information Form</a>	X	X	Online submission or email completed form to <a href="mailto:ecolton@athletics.ca">ecolton@athletics.ca</a> or fax to 613-260-0341
<a href="#">2009 Medical Information Form</a>	X	X	Online submission or email completed form to <a href="mailto:ecolton@athletics.ca">ecolton@athletics.ca</a> or fax to 613-260-0341
<a href="#">2009 National Team Uniform</a>	X		Online submission or email completed form to <a href="mailto:ecolton@athletics.ca">ecolton@athletics.ca</a> or fax to 613-260-0341
<a href="#">Member Conduct Policy Waiver</a>	X	X	Email completed form to <a href="mailto:ecolton@athletics.ca">ecolton@athletics.ca</a> or fax to 613-260-0341
<a href="#">Minor Travel Authorization Form</a>	X		Email completed form to <a href="mailto:ecolton@athletics.ca">ecolton@athletics.ca</a> or fax to 613-260-0341
Colour copy of main passport pages	X	X	Scan/email to <a href="mailto:ecolton@athletics.ca">ecolton@athletics.ca</a>

Please note that Athletics Canada has adopted a new “zero tolerance” policy with regard to alcohol consumption by team members on youth teams. Anyone under the age of 19 – regardless of which country they are in – is strictly prohibited from consuming alcohol while representing Canada on a national team. If you are caught, you will be sent home at your own cost and could jeopardize selection to future national teams. This clause is contained within the Member Conduct Policy Waiver.

### ACCOMMODATIONS IN PORT-OF-SPAIN

Team Canada has been assigned to the Hyatt Regency Hotel :

### **Hyatt Regency Hotel \*\*\***

#1 Wrightson Hotel  
Port-of-Spain, Trinidad  
Trinidad and Tobago

Tel (from Canada): 1 868 623 2222  
Fax: 1 868 821 6401  
Website: [www.trinidad.hyatt.com](http://www.trinidad.hyatt.com)

### **ACCREDITATION**

Each team member will receive an accreditation card which must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints.

### **COMPETITION VENUE**

The Panamerican Junior Championships will be held in the Hasely Crawford Stadium, in Port-of-Spain, Trinidad and Tobago. The facility has been entirely remodeled and has a new MONDO track, certified by the IAAF. It has 8 lanes and all jumping and throwing areas; the warm up track is adjacent.

\*See schedule below in Appendix B.

### **ATHLETICS CANADA UNIFORM**

You will receive your uniform on-site in Toronto prior to the team meeting on July 28<sup>th</sup>.

Each athlete will receive the following items courtesy of Nike Canada:

1 set of competition gear	Socks
1 cotton t-shirt	1 roller bag**
1 spike bag	
1 track suit	
1 fleece suit (hooded sweat shirt and sweat pants)	



\*\*In the uniform package, Nike provides you with a small roller bag (60 cm x 38 cm x 22cm – picture can be found here <http://athletics.ca/page.asp?id=176>). Your uniform will fit into this bag so please make sure your personal suitcase does not exceed the dimensions listed below:

- Checked luggage – 2 suitcases, maximum weight per suitcase 32 kg
- Carry on - one carry-on in cabin not exceeding 57 cm x 54 cm x 15 cm and total weight of 8 kg.

*For more baggage information and restrictions for Continental [click here](#).*

As per the Athletics Canada Uniform Policy, you will receive one uniform set per year. It is your responsibility that your uniforms items are not lost, stolen or traded with other teams. If you are unsure about a size, please let Emily know by July 24<sup>th</sup> so extra sizes can be sent to team staging. Read the Athletics Canada Uniform Policy for more information (pages 9 and 10 of the [National Team Athlete Manual](#)).

Please remember to only wear Nike or plain/non-branded clothing when you are at or near the track. Team staff will be looking out for this so be sure to come prepared. If you must wear a piece of clothing with another logo, please cover it up.

**Please wear your Team Canada jacket while travelling.** This will help make things easier for the staff to keep track of you while you are travelling to /from Port-of-Spain.

Visit the [National Team Uniform Information](#) page on our website for more information.

### **TEAM CAPTAINS**

Upon arrival in Port-of-Spain, athletes will vote for the Team Captains (1 male, 1 female). Team Captains will be responsible for accepting grievances from athletes and resolving matters through team staff. For more information about the Team Captain process, please read the [2009 National Team Athlete Manual](#).

### **Travel Information and Recommendations**

**Do not forget to bring your passport!** Your passport should be valid for six months after your return from Port-of-Spain i.e. through February 2010. Make sure you leave a photocopy of your passport with someone that you trust at home and also bring a photocopy of your passport with you. The Team Manager will collect everyone's passports when you arrive in Port-of-Spain and she will keep them in a secured safe. You will need to have a photo ID with you at the track in case you are selected for doping control.

### **Baggage Limits**

- Continental allows each passenger to bring 2 pieces of checked luggage at a maximum of 32kg each. – **however please note for passengers flying on domestic flights to/from Toronto on Canadian carriers Air Canada & Westjet, their baggage limit is only 23 kg (!)**
- Each traveler can also bring 1 piece of carry-on at a maximum of 8kg.
- A reminder that your Nike bag will count as one bag

Since some athletes will be under the age of 18, it is strongly encouraged that they bring the original copy of the signed 'minor authorization form' with them while travelling. You may also bring an additional letter signed by your parents/legal guardians stating that you are allowed to travel with Athletics Canada staff for the duration of the event.

We recommend that you pack your competition gear in your carry-on luggage in case your checked bag is lost. Due to the new security regulations on airplanes, it's unlikely that you can take your spikes on-board with you so be sure to pack them in your checked bag (or take the pins out and put them in your checked bag and your shoes in your carry-on).

Stay well hydrated during flying and bring some healthy snack options with you (fruit, energy bars, etc.).

The currency in Trinidad & Tabago is the Trinidad/Tabago dollar (1 Canadian Dollar = 5.67 Trinidad/Tobago Dollar). We encourage you to bring some spending money in both CDN \$ and TT\$ for while you are travelling and spending time in Port-of-Spain. All of your meals will be covered but you may want to purchase souvenirs or postcards.

<http://www.oanda.com/convert/classic>

### **Medical Information**

**Medical Staff** Athletics Canada is very fortunate to have professional medical staff accompany the team while in Trinidad & Tabago. Dr. Margaret Burghardt, Blaise Dubois (Physiotherapist) and Tracy McLaughlin (Massage Therapist) will be on-hand to assist you with any injuries you may sustain, any nagging problems, etc. If there is anything in particular that you would like to discuss with them ahead of the trip, please contact them (email addresses below). If you are not used to getting massages or treatments, do not start them right before the event just because we have the pros with us. There will be a sign-up sheet available at the hotel – please respect your fellow team-mates and ensure that the sign-up sheet is followed.

### **Important Medical Info**

- ✳ When filling out your medical information form, please make sure to include as much information as possible; all medical information is strictly confidential
- ✳ All athletes should bring their own medications that they will need or think they might need; the team doctor will have some on-hand as well. Some suggestions include: electrolyte powder such as Gatorade or E-Load; Tylenol or Advil
- ✳ Always make sure that medications are in their original packaging and come with a prescription where appropriate
- ✳ Bring a refillable water bottle for use on the plane and in Italy
- ✳ Try to avoid jetlag by sleeping on the plane using headphones and a pillow – get comfortable! Use Gravol if you have to you will feel much better if you have slept on the flight.
- ✳ As mentioned above, there will be doping control at this event so be careful about which over-the-counter medicines you take. Check the Prohibited List if you are not sure.
- ✳ Finally, don't forget your sunscreen!!

### **INFORMATION ABOUT TRINIDAD & TOBAGO**

Language: English (official), Hindi, French, Spanish, Chinese

Population: 1,229,953 inhabitants

Capital: Port-of-Spain

Currency: The Trinidad & Tobago currency is the Trinidad/Tobago Dollar.

Time: At the time of the Championships, it will be GMT -4.5 hours <http://www.worldtimezone.com/>

### **IMPORTANT LINKS**

Athletics Canada – 2009 Pan Am Jrs Page

<http://www.athletics.ca/page.asp?id=330>

Panamerican Athletics Commission Website

<http://www.panathlete.com/>

Information on Port-of-Spain

[http://www.voyage.gc.ca/countries\\_pays/report\\_rapport-eng.asp?id=297000](http://www.voyage.gc.ca/countries_pays/report_rapport-eng.asp?id=297000)

Continental Airlines

[https://www.continental.com/web/en-](https://www.continental.com/web/en-US/default.aspx?SID=48B11382F6A14C8FB11EEE90B23A588A)

[US/default.aspx?SID=48B11382F6A14C8FB11EEE90B23A588A](https://www.continental.com/web/en-US/default.aspx?SID=48B11382F6A14C8FB11EEE90B23A588A)

### **CONTACT INFORMATION**

#### **✳✳ TEAM CANADA STAFF ✳✳**

<b>Name</b>	<b>Role</b>	<b>Email Address</b>	<b>Phone # in T &amp; T (dialing from Canada) country code +44</b>
Mike Murray	Head Coach	<a href="mailto:murr4399@shaw.ca">murr4399@shaw.ca</a>	0782 777 6550
Janet Neufeld	Team Manager	<a href="mailto:janetneufeld@hotmail.com">janetneufeld@hotmail.com</a>	0782 777 6547
José Sant	Event Coach	<a href="mailto:josancan@hotmail.com">josancan@hotmail.com</a>	0782 777 6545
Jill Mallon	Event Coach	<a href="mailto:jill.mallon@utoronto.ca">jill.mallon@utoronto.ca</a>	0782 777 6549
Laurier Primeau	Event Coach	<a href="mailto:lprimeau@stgeorges.bc.ca">lprimeau@stgeorges.bc.ca</a>	0782 777 6548
Ron Bunting	Event Coach	<a href="mailto:ronbunting@bcathletics.org">ronbunting@bcathletics.org</a>	0782 777 6527
Dr. Margaret Burghardt	Team Physician	<a href="mailto:mrosati@rogers.com">mrosati@rogers.com</a>	0782 777 6546
Blaise Dubois	Physiotherapist	<a href="mailto:blaisedubois@me.com">blaisedubois@me.com</a>	0782 777 6528
Tracy McLaughlin	Massage Therapist	<a href="mailto:jolleyme@cogeco.ca">jolleyme@cogeco.ca</a>	0782 777 6588

### **EMERGENCY CONTACT INFORMATION**

Melissa Dowling

Weekdays 8:30 a.m. – 4:30 p.m.

613-260-5580 ext. 3307

After 4:30 p.m.: 613-355-9582

\*\*JULY 27 – AUGUST 2 ONLY\*\*

✳ **GO CANADA GO** ✳✳

# Appendix B

## Itinerary A

CO 3245U 28JUL TU TORONTO-NEWARK 7:55P 9:54P  
CO 1878U 28JUL TU NEWARK-PORT OF SPAIN 11:59P 5:07A +1 (29<sup>th</sup>)  
CO 1879K 03AUG MO PORT OF SPAIN-NEWARK 12:30A 5:56A  
CO 3222K 03AUG MO NEWARK-TORONTO 8:45A 10:45A

## Itinerary B

28JUL BWIA INTERNATIONAL FLIGHT 611  
DEP TORONTO ON AT 1735 ARR PORT OF SPAIN AT 2315  
03AUG BWIA INTERNATIONAL FLIGHT 600  
DEP PORT OF SPAIN AT 1435 ARR TORONTO ON AT 2040

## Itinerary C

28JUL BWIA INTERNATIONAL FLIGHT 611  
DEP TORONTO ON AT 1735 ARR PORT OF SPAIN AT 2315  
03 Aug BW International Flight 0610  
Dep Port of Spain at 0930 Arr Toronto on at 1535

## Itinerary D

CO 3245U 28JUL TU TORONTO-NEWARK 7:55P 9:54P  
CO 1878U 28JUL TU NEWARK-PORT OF SPAIN 11:59P 5:07A +1 (29<sup>th</sup>)  
03AUG CONTINENTAL AIRLINES FLIGHT 1879  
DEP PORT OF SPAIN AT 0030 ARR NEWARK NJ AT 0556  
03AUG CONTINENTAL AIRLINES FLIGHT 2199  
DEP NEWARK NJ AT 0835 ARR QUEBEC CITY AT 1033

## Name

Mr. Oluwasegun Makinde	A
Mr. Rohan Shane Stanford Stewart	A
Mr. Andre Hamilton	B
Mr. Michael Trnkus	B
Mr. Jeremy Nicholas Rae	B
Mr. Lucas Bentley Bruchet	B
Mr. Mohammed Ahmed	A
Mr. Barry John Leslie Britt	A
Mr. Mattias Michael Wolter	A
Mr. Daryl Derek Smith	A
Mr. Simon Léveillé	A
Mr. Inguar MacKenzie Moseley	A
Mr. Gabriel El Hanbli	A
Mr. Scott Douglas leitch	A
Mr. Derek Gaetan Drouin	A

Mr. Simon Richard Watts	A
Mr. Jharyl Kadeem Bowry	A
Mr. Kadeem Claude Jordan Douglas	A
Mr. Jacob Zorzella	A
Mr. Taylor Yurie Stewart	A
Mr. Lane Anthony Britnell	B
Mr. Tim Nedow	A
Mr. Zachary Densmore Russell-Ford	C
Mr. Brent Matthew Roubos	B
Mr. Ross Matthew Enns	B
Mr. Taylor David Corney	B
Mr. Caleb John Jones	A
Mr. Angus James Andrew Taylor	A
Mr. Oluwasyi Georgewill	A
Mr. Evan Forsyth Dunfee	B
Name	
Ms. Crystal Carly-Kristen Emmanuel	A
Ms. Loudia Mericile Laarman	A
Ms. Helen Joan Crofts	A
Ms. Rachel Aubry	A
Ms. Victoria Lynn Hanna	A
Ms. Robyn Lynne Mildren	A
Ms. Jessica Quinn Avery Furlan	A
Ms. Jenessa Joy Olson	A
Ms. Christine Anne Lowe	A
Ms. Rita Rudell	A
Ms. Michelle Marie Theophille	A
Ms. Christabel Saakor Nettey	A
Ms. Aleisha Stephanie Ann Cobb	A
Ms. Ariane Beaumont-Courteau	B
Ms. Melanie Blouin	B
Ms. Taryn Lyall Suttie	A
Ms. Julie Labonté	A
Ms. Alanna Monique Kovacs	A
Ms. Laura Leanna Macauley	A
Ms. Emmalynne Brittaney MacCorquodale	A
Ms. Rachael Dawn McIntosh	A
Mr. Michael Emerson Murray	B
Ms. Janet Henrietta Neufeld	B
Mr. Laurier D. Primeau	B
Ms. Jill Mallon	A

Mr. Jose Jean-Marie Sant	A
Mr. Ronald William Bunting	A
Ms. Margaret Clare Rosati	A
Mr. Blaise Duboise	A/D
Ms. Tracy Merilyn McLaughlin	C

## Appendix B

# ***Pan Am Junior Championships Athletics Schedule 2009***

**Friday July 31<sup>st</sup>, 2009**

### **Session 1**

#### **No Time Event Gender Phase**

- 101 07:00 10,000m Walk Women Final
- 102 09:00 100m Men Decathlon
- 103 09:15 1500m Women Final
- 104 09:40 1500m Men Final
- 105 09:45 Long Jump Men Decathlon
- 106 10:00 400m Women Semi-Final
- 107 10:20 400m Men Semi-Final
- 108 11:00 Shot-Put Men Decathlon

### **Session 2**

#### **No Time Event Gender Phase**

- 109 16:00 High Jump Men Decathlon
  - 110 16:00 100m Hurdles Women Semi-Final
  - 111 16:00 Discus Throw Men Final
  - 112 16:20 110m Hurdles Men Semi-Final
  - 113 16:30 Shot Put Women Final
  - 114 16:40 100m Women Semi-Final
  - 115 17:00 100m Men Semi-Final
  - 116 17:00 Pole Vault Women Final
  - 117 17:00 Triple Jump Women Final
  - 118 17:00 Javelin Throw Men Final
  - 119 17:30 100m Hurdles Women Final
  - 120 17:40 110m Hurdles Men Final
  - 121 17:55 400m Women Final
  - 122 18:10 400m Men Final
  - 123 18:20 400m Men Decathlon
  - 124 18:45 100m Women Final
  - 125 19:05 100m Men Final
- 18

**Saturday August 1<sup>st</sup>, 2009**

### **Session 3**

#### **No Time Event Gender Phase**

- 201 07:00 10,000m Walk Men Final
- 202 09:00 100m Hurdles Women Heptathlon
- 203 09:20 110m Hurdles Men Decathlon
- 204 09:45 High Jump Women Heptathlon
- 205 10:15 Discus Throw Men Decathlon
- 206 11:00 4x100m Women Semi-final

207 11:15 4x100m Men Semi-Final  
208 11:15 Hammer Throw Men Final  
209 11:30 Pole Vault Men Decathlon

## **Session 4**

### **No Time Event Gender Phase**

210 16:00 Shot Put Women Heptathlon  
211 16:00 200m Women Semi-Final  
212 16:00 Javelin Throw Men Decathlon  
213 16:00 Discus Throw Women Final  
214 16:20 200m Men Semi-Final  
215 16:30 High Jump Women Final  
216 16:30 800m Women Semi-Final  
217 16:40 800m Men Semi-Final  
218 17:00 Long Jump Men Final  
219 17:10 3,000m Steeplechase Men Final  
220 17:15 Pole Vault Men Final  
221 17:30 400m Hurdles Women Semi-Final  
222 17:45 400m Hurdles Men Semi-Final  
223 18:00 10,000m Men Final  
224 18:40 200m Women Final  
225 18:50 200m Men Final  
226 19:00 200m Women Heptathlon  
227 19:10 1500m Men Decathlon  
227 19:25 5000m Women Final  
228 19:55 4x100m Women Final  
229 20:15 4X100m Men Final

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## **Sunday August 2<sup>nd</sup>, 2009**

### **Session 5**

#### **No Time Event Gender Phase**

301 09:00 Long Jump Women Heptathlon  
302 10:00 Hammer Throw Women Final  
303 10:10 Javelin Throw Women Heptathlon  
304 10:20 4x400m Women Semi-Final  
305 10:30 4X400m Men Semi-Final

### **Session 6**

#### **No Time Event Gender Phase**

306 16:30 Long Jump Women Final  
307 16:45 400m Hurdles Women Final  
308 17:00 400m Hurdles Men Final  
309 17:00 High Jump Men Final  
310 17:00 800m Women Final  
311 17:10 800m Men Final  
312 17:20 800m Women Heptathlon  
313 17:30 Shop Put Men Final

314 17:30 Triple Jump Men Final  
315 17:30 Javelin Throw Women Final  
316 17:40 3000m Women Final  
317 18:10 5000m Men Final  
318 18:40 3,000m Steeplechase Women Final  
319 19:15 4x400m Women Final  
320 19:25 4x400m Men Final