

Exceleration Coaches AGM Report: November 17, 2017

Development Report	<p>Our 2016-17 session enjoyed the great participation numbers. An enthusiastic coaching staff lead athletes through the basics of triathlon skills mingled with FMS (Fundamental Movement Skills) with many multi-sport skills.</p> <p>The Tri It Triathlon acted as the Spring session finale event. Following a week break, four weeks summer camps lead athletes on adventures around East Van, produced social-responsibility projects in addition to creative art / science challenges.</p> <p>At the beginning of September 2016 Exceleration hosted an NCCP Triathlon Coaching Course and a combo Winterfest/Swim meet in Dec 2016.</p>
Club Report	<p>While we didn't increase in participation numbers during the sessions nor our race, the group was able to grow in coaching strength and athlete engagement. This was demonstrated by very full summer camps with exceptional leaders.</p> <p>We have said "see you soon" to some long-time coaches: KOS & Adventure Tri: Isabella Bonato Alessia Cantagallo Melanie Costa YOS: Leslie Parchomchuk</p> <p>They are already missed. These coaches help grow a relatively small club of about 100 athletes to the much large club of today (about 300+ athletes). While they are not coaching with us anymore, we will continue to see them around the neighbourhood and maybe even as a guest coach.</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 2017</p> <p>Male: Noah Landry (3rd Year) Female: Emmajean Neal (2nd Year)</p>