

VANCOUVER OLYMPIC CLUB OUTREACH

The Vancouver Olympic Club is excited to offer an outreach program for Vancouver elementary and secondary schools who would like assistance in track and field and cross-country.

VOC will provide a series of technical workouts during the course of the season on Saturdays at Point Grey Track focusing on general fitness running technique and hurdling for the track and X-C season under the direction of Head Coach Tatjana Mece.

GOALS OF THE PROGRAM:

1. Encourage an active lifestyle.
2. Provide an understanding of the fundamentals of running as the base movement for all sports.
3. Provide specific training in hurdles from one of the best hurdling coaches in the country.
4. Place an emphasis on personal bests instead of performances relative to others.

HOW WE IMPLEMENT THE PROGRAM:

1. Tatjana Mece (VOC Head Coach and Registrar) will coordinate the program.
2. VOC will provide coaches in approximately a 10:1 athlete to coach ratio.
3. The school is to provide supervision during program implementation times if possible.

WHAT WE PROVIDE:

1. **Making Track and Field Fun** sessions from **April 7th, to May 26th, 2018.**
2. Coaching for students with minimal work for teachers, or coaches, if this role is possible.
3. VOC, welcomes students in this program, to practices at Point Grey Track, on: **Saturdays 11 am - 12:30pm, April 7th, to May 26, 2018.**
4. Training at no cost to the school (the school will provide insurance through BC Athletics).

Do not miss this great opportunity for your school athletes.

For more information, please contact:

Tatjana Mece, Head Coach, Vancouver Olympic Club at:
604.522.1922, or by email at: voc.tatjana@gmail.com

Some notes about VOC:

VOC is now one of the leading voices of track and field in Vancouver, the province, and the country. VOC achieved great success at the 2017 Vancouver Zone Championships with athletes winning 18 Vancouver championship titles.

In addition to this, VOC has trained:

- 46 High School Provincial Champions
- 29 Canadian National Champions
- Athletes who competed for the Canadian team at World Track and Field Championships in the Junior and Youth categories, and four high school athletes, are ranked top 10 at IAAF World List and World Championships.
- 2017 Pan-Am Junior Track & Field Silver medal winner Anastas Eliopoulos, and Thomas Nobbs, Bronze at Pan-Am Cross Country,

Tatjana Mece, has trained top three high school athletes, who ranked top 6 in the IAAF World List.

1. **Anastas Eliopoulos**, Ranked # 6, at 2017 IAAF World Junior List in 110mH.
2. **Thomas Nobbs**, Ranked # 5, at 2016 IAAF World Youth List in 2000m Steeplechase.
3. **Nina Schultz**, Ranked # 4, at 2017 IAAF World Junior List in Heptathlon, with 6021 points, and
4. **Stephanie Cho**, 400mH BC High School record holder, ranked 10th at World Youth Championships.