



# Saskatchewan Triathlon

**2011 Saskatchewan Triathlon Association Corporation  
Annual General Meeting  
The Sportplex, Regina, Saskatchewan  
March 5, 2011**

**In Attendance:** (list attached at end of minutes)

1. Welcome and call to order, 6:04pm – N. Golden
2. Presentation and adoption of agenda

**Motion: To accept the agenda as distributed.**

Moved: G. Kokonas      2<sup>nd</sup>: E. Howlett      Carried

3. Approval of minutes from 2009 AGM – overview of minutes read aloud by K. Mitchell

**Motion: To accept the minutes of the 2009 AGM**

Moved: D. Gallo      2<sup>nd</sup>: J. Hehn      Carried

4. Business arising from the minutes
  - none
5. President's report (see attached report) – N. Golden  
Highlights:
  - 2010 witnessed another increase in membership
  - Sponsorship of STAC activities increased dramatically in 2010
  - STAC, along with the Saskatoon Triathlon Club Inc. hosted our first ever Junior Elite Race in the Province
  - STAC established the Saskatchewan Triathlon Centre in 2010

- Thank you to the board members especially the outgoing members (Robert Cormier, Katie Mitchell – a joy to work with)
  - Thank you to the STAC Board of Directors from Nicole for the last two years of hard work and accomplishment.
6. Director's Reports
- a. Finance & Audit Committee (see attached report) – E. Howlett
    - Description of committee makeup: E. Howlett, N. Golden, J. Marshall & F. Dyck
  - b. Officials (see attached report) – D. Gallo
    - Program supported 18 events with 40 officials
    - Five clinics
    - Increase in number of officials
    - Now two active National Technical Officials in province
    - Rules changes implemented
    - Rules committee now in place
  - c. Coaching (see attached report) – C. Priebe
    - Adult Community stream coaching, two workshops hosted (Regina and Saskatoon). Both conducted by Tracey Shelley from Triathlon Canada. Carly Priebe trained as a facilitator and will now be able to facilitate in 2011.
    - C. Priebe gained experience with paratriathletes as head coach for Triathlon Canada in Budapest.
    - Triathlon Coaching Certification continues to develop new program
  - d. Clubs & Membership (see attached report)– M. Gibson
    - Increase in annual members in 2010
    - Description of what STAC does for the clubs
    - STAC compensated one event in 2010 that ran a significant shortfall
    - Added new club in 2010 and is working with groups for further club development in 2011.
    - No increase in member fees for 2011.
  - e. High Performance (see attached report)–J. Hehn
    - J. Hehn assumed the role as committee chair in the fall of 2010. Thank you to former chair, Robert Cormier for his hard work with the portfolio.

- Committee Makeup in 2010: Susan Clark, Gary Pallet, Shane Armstrong, Robert Cormier & RossAnn Edwards
  - Committee is focused on closing loopholes in policies and working with STC to improve policies and standards.
- f. Youth and Junior (see attached report) – A. Stalwick
- A. Stalwick regretfully could not attend meeting but report supplied

**Motion: To accept all reports as presented**

Moved: W. Shury 2<sup>nd</sup>: R. Barrand Carried

7. Financial year end statements – E. Howlett
- Cash position has not changed significantly
  - Legacy Fund of Excellence added to Financial Statements
  - Review of revenues for 2010 with significant funds coming from usual sources such as Sask Sport through annual funding and Member Assistance Plan funding, clinic fees, membership etc. New sources of revenue included significant increase in sponsorship (over \$7000), race fees for the Living Sky Tri and funding from the 1989 Jeux Canada Summer Games Grant (\$4000)
  - Review of Expenses: A number of increases including administration costs, audit fees, insurance, office operations, AGM (25<sup>th</sup> anniversary celebration). Living Sky Tri resulted in just under \$10,000 in expenses. This was offset by revenue from race entries (over \$5000) and sponsorship focused on the race (over \$5000).
  - MAP Grants: Supplies for trailer indicated under STCI but could be spanned across all clubs as all clubs benefit from this.
  - Summary: STAC submitted budget to Sask Sport called for a operational loss of over \$6000. The final result was a loss of \$3173. The continued growth of the sport in the province has required STAC to search for increases in funding from both Sask Sport and other external sources to meet the demands.

**Motion: To accept the audit statement as presented**

Moved: E. Howlett 2<sup>nd</sup>: C. Priebe Carried

**Motion: Be it resolved that Heagy Altrogge Matchett & Partners LLP, or such other public accounting firm as selected by the Executive Committee, be appointed to perform the audit of Triathlon Canada for**

**the year ended December 31, 2011 and that the Executive Committee set the remuneration.**

Moved: E. Howlett 2<sup>nd</sup>: J. Hehn                      Unanimous

**Motion: Be it resolved that a new membership category termed Day-of-Race Team fee for 2011 be created. The fee is for each individual on a team entry for a STAC sanctioned triathlon and costs each team-member \$10. The fee would provide each member the rights associated with a day-of-race member.**

Moved: D. Gallo 2<sup>nd</sup>: CJ. Katz                      Unanimous

**Motion: Be it resolved that beginning in 2012 day-of-race option be removed from the STAC membership package. All race participants would be required to be full members of STAC to participate in any STAC sanctioned activity.**

Moved: M. Gibson 2<sup>nd</sup>: T. Hooper                      Unanimous

8. Election of directors – N. Golden

Board members continuing on:

- R. Barrand
- D. Gallo
- M. Gibson
- N. Golden (past president)
- J. Hehn
- E. Howlett (Treasurer: not up for election as entering 2<sup>nd</sup> year of two-year term)
- C. Katz (new President, beginning two-year term)
- C. Priebe
- A. Stalwick

Exiting board members:

- R. Cormier
- K. Mitchell

New board members:

- T. Hooper
- W. Shury
- M. Fortosky

Open nominations:

- Any other nominations to the 2011 STAC board of directors?
- Any other nominations to the 2010 STAC board of directors?
- Any other nominations to the 2010 STAC board of directors?

**Motion: To accept the 2011 STAC Board of Directors as listed.**

Moved: R. Barrand      2<sup>nd</sup>: J. Hubrick      Carried

9. New Business

- none

10. Adjournment: 6:56 pm

**Motion: To adjourn the meeting.**

Moved: R. Barrand      2<sup>nd</sup>: M. Gibson      Carried



**STAC Member Attendance**  
**Annual General Meeting**  
**The Sportplex, Regina, SK**  
**March 5, 2011**

Name	STAC #	Name	STAC #
1 ● Rod Hudym	1918	76	
2 ● Pat Blakey	222	77	
3 ● <del>BRENDA NISSON-ASPER</del>	1410?	78	
4 ● Wendy Shury	725?	79	
5 ● Terry Lazarou	Formerly 623 Now 1xxx	80	
6 ● Robert Barrand		81	
7 ● George Kokonas	?	82	
8 ● Nick Doukas	132	83	
9 ● Jason Hubick	?	84	
10 ● Gareth Dillistone	?	85	
11 ● Shane McKedney	1550	86	
12 ● Marc Cibou	649?	87	
13 ● Fred Dycil		88	
14 ● Don Sallo		89	
15 ● Jeff Hehn	1669	90	
16 ● Carly Priebe	238	91	
17 ● CJ Katz	368	92	
18 ● RossAnn Edwards	137	93	
19 ● Pramman <del>Edwards</del>	11	94	
20 ● CHRISTOPHER GERARD		95	
21 ● Brendan Mackenzie		96	
22 ● Ted Schaeffer	1338	97	
23 ● <del>Jerry Hagen</del>	1117	98	
24 ● <del>Ernan Hagen</del>	185	99	
75		100	

**2010 Saskatchewan Triathlon Association  
Corporation  
ANNUAL REPORT**



The Sportplex - Regina  
March 5, 2011

**2010 Saskatchewan Triathlon Association Corporation**

**Annual General Meeting**

**March 5, 2011 6:00 pm**

**----- Agenda Topics -----**

Welcome and call to order	Nicole Golden, President
Presentation and adoption of agenda	
Approval of minutes of last annual meeting	
Business arising from the minutes	
President's report	Nicole Golden
Director reports	
• Finance & Audit Committee	Evan Howlett
• Officials	Don Gallo
• Coaching	Carly Priebe
• Club & Membership	Mark Gibson
• High Performance	Jeff Hehn
• Youth	Amanda Stalwick
Financial year end statements	Evan Howlett, Treasurer
Appointment of auditor	
Resolution to add category of Team Race-Day Memberships, \$10 per team member	
Resolution to Eliminate Race-Day Memberships in 2012	
Election of directors	
New Business	
Adjournment	



## Special Resolutions

From the Executive Committee

Resolution No.1: Be it resolved that Heagy Altrogge Matchett & Partners LLP, or such other public accounting firm as selected by the Executive Committee, be appointed to perform the audit of Triathlon Canada for the year ended December 31, 2011 and that the Executive Committee set the remuneration.

Resolution No. 2: Be it resolved that a new membership category termed Day-of-Race Team fee for 2011 be created. The fee is for each individual on a team entry for a STAC sanctioned triathlon and costs each team-member \$10. The fee would provide each member the rights associated with a day-of-race member.

Resolution No. 3: Be it resolved that beginning in 2012 day-of-race option be removed from the STAC membership package. All race participants would be required to be full members of STAC to participate in any STAC sanctioned activity.

**2009 Saskatchewan Triathlon Association Corporation  
Annual General Meeting  
Willows Golf and Country Club, Saskatoon, Saskatchewan  
March 6, 2010**

**In Attendance:** (list from Fred)

11. Welcome and call to order, 5:40pm – N. Golden
12. Presentation and adoption of agenda

**Motion: To accept the agenda as distributed.**

Moved: G. Kokonas 2<sup>nd</sup>: E. Howlett Carried

13. Approval of minutes from 2009 AGM – overview of minutes read aloud by K. Mitchell

**Motion: To accept the minutes of the 2008 AGM**

Moved: C. Katz 2<sup>nd</sup>: R. Cormier Carried

14. Business arising from the minutes
  - none
15. President's report (see attached report) – N. Golden
  - new STAC website
  - great support by F. Dyck
  - Mary's Hope Foundation gift has been used to establish a legacy fund
  - Established a Triathlon Centre
  - Thank you to the board members especially the outgoing members (G. Kokonas, D. Grauer and J. Marshall – a joy to work with)
16. Director's Reports
  - a. Officials, Timing and Results (see attached report) – D. Gallo
    - One NTO workshop
    - Two level one clinics
    - STAC officials at 16 different events in 2009
    - Level two clinic April 10, 2010
  - b. Coaching (see attached report) – E. Howlett
    - Community stream coaching, 28 people over 3 yers
    - Comp Intro in 2010
    - C. Priebe and P. Ash coaching the Juniors
    - R. Edwards has completed competition development coaching program
    - SK Triathlon Centre formalizes youth and junior training
    - Bid to increase funding was denied by SK Sport but we are pushing ahead with it
  - c. High Performance (see attached report)– R. Cormier

- Thanks to the High Performance committee members for their hard work
  - d. Youth and Junior (see attached report) – C. Katz
- Increase in youth memberships
- Youth race series in 2009
- CSG inaugural year for Triathlon – Top 5 performance
- Western Canada games in 2011

**Motion: To accept all reports as presented**

Moved: C. Priebe      2<sup>nd</sup>: R. Edwards      Carried

17. Financial year end statements – J. Marshall
- financial statements distributed and verbally summarized

**Motion: To accept the audit statement as presented**

Moved: J. Marshall      2<sup>nd</sup>: M. Gibson      Carried

**Motion: To appoint Heagy Attrogge Matchett and Partners LLP as the STAC auditor for 2010.**

Moved: J. Marshall      2<sup>nd</sup>: E. Howlett      Carried

**Motion: To increase membership fees for 2010 (\$35 for adult, \$20 for Junior, \$70 for Family and \$20 for race day).**

Moved: J. Marshall      2<sup>nd</sup>: G. Kokonas      Unanimous

18. Election of directors – N. Golden

Board members continuing on:

- D. Gallo
- K. Mitchell
- E. Howlett
- C. Katz
- N. Golden
- R. Cormier
- M. Gibson

Exiting board members:

- J. Marshall
- G. Kokonas
- D. Grauer

New board members:

- A. Stalwick

Open nominations:

- Any other nominations to the 2010 STAC board of directors?
- Any other nominations to the 2010 STAC board of directors?
- Any other nominations to the 2010 STAC board of directors?

**Motion: To accept the 2010 STAC Board of Directors as listed.**

Moved: C. Priebe 2<sup>nd</sup>: R. Edwards Carried

19. New Business

- none

20. Adjournment: 6:16pm

**Motion: To adjourn the meeting.**

Moved: E. Howlett 2<sup>nd</sup>: D. Gallo Carried

## Report from the President 2010

2010 was another successful year for STAC. Our membership continues to grow, provincial race participants steadily increase and the number of races that STAC sanctions has also increased.

STAC saw a number of firsts in 2010 including the first ever Junior Elite Race in the province. On July 11, Saskatchewan hosted the Living Sky Tri at Pike Lake that saw more than 49 elite junior triathletes from across Canada participate. Of course an event of this magnitude could not have been possible without the amazing dedication of STAC's many seasoned volunteers. Kudos and thanks to the Big Sky Tri race committee of Ron Golden, RossAnn Edwards, Glen Patkau, Don Gallo and Fred Dyck, as well as the many other tireless volunteers who supported them.

Another first for STAC was the creation and operation of our Saskatchewan Triathlon Centre (STC). With RossAnn Edwards as the Coordinator, and under the guidance of the STC Advisory Committee, STAC is focused on building stronger grassroots and community events across the province, increasing capacity to talent ID youth and juniors and finally supporting age-group and junior athletes as they pursue excellence in the sport.

Sponsorships and funding continue to be a major focus for STAC and in 2010 STAC saw a six fold increase in sponsorship. On behalf of all of our Board and membership we thank our sponsors without whom many of our events would not be possible.

In closing, I would like to thank the amazing team of individuals that has made up the STAC Board during my time as President and earlier. Much has been accomplished due to the efforts of these dedicated and hardworking individuals and it has been my pleasure to serve among them. I would like to thank our single outgoing Board Member, Robert Cormier from Prince Albert, for his efforts over the past two years.

Finally, to Fred, our coordinator extraordinaire who has made the job of President an extremely enjoyable one, I thank you!

Respectfully Submitted,  
Nicole Golden  
President

## The STAC Finance and Audit Committee Report 2010

The STAC Finance and Audit Committee terms of reference were established in April 2009 in accordance with revision of the Financial Policies & Procedures. The purpose of the committee is to oversee the financial reporting process and monitor ongoing compliance with internal control and auditing processes.

The finance committee for 2009 consisted of Evan Howlett (STAC Treasurer), Fred Dyck (STAC Coordinator) and John Marshall (Past Treasurer) and Nicole Golden (STAC President).

This committee was active in 2010 overseeing the following:

- Analysis and Preparation of the 2011/2012 budget submission to Sask Sport
- Completion of the Sask Sport Annual Funding Review Questionnaire in preparation for the Annual Funding Review process, which occurs every three years.
- Attendance at annual funding review session with sask sport
- Review and approval of Member Assistance Grant applications
- Ongoing monitoring of revenue and disbursements throughout the year
- Meeting with the auditors in February 2010 to review financial statements for the year-end audit process.

Respectfully submitted,

Evan Howlett  
STAC Treasurer

## STAC Official's Report 2010

### Sask Competitions

- This year we had 18 events province wide.
- 40 officials were used to cover these events.
- 18 different officials were used in all.

### Sask Officials' Clinics

- 5 clinics were held.
- 1 teachers' level clinic (12 teachers Dundurn).
- 3 level 1 clinics (30 new officials Yorkton, Regina, Saskatoon).
- 1 level 2 clinic (9 new officials Saskatoon-Regina).
- 3 facilitators presented .

### Sask Officials' Newsletter

-We have published three officials' newsletters. This is a way to communicate with officials, keep them informed and interested in being part of the Sask officials team. The newsletter also seeks to gather input from officials.

### Budget

- We have kept cost for officiating the same while increasing the number of officials at each event, providing opportunities for experience and mentorship, while limiting travel.
- We purchased four radios for officials use.

### National Technical Officials Clinic-Kelowna

-We now have 2 active NTO's. 1 in Regina and 1 in Saskatoon as a result of workshop attendance and participation in the Canadian National Triathlon Championship in Kelowna Aug 2010.

### Triathlon Canada Rules June 2010

- The new TC rules were implemented for The Living Sky Tri, a junior national event, and The Regina Beach Triathlon as it was our provincial selection competition.
- Major changes included, terminology, a larger draft zone and the addition of penalty boxes.
- The rules with regard to wet suit use and water temperature now include air temperature

### Team Guidelines Implemented

-The new team guidelines were implemented at the Frank Dunn Race in Waskesiu. There were 48 teams and the new guidelines helped maintain order, fairness and safety. Signs marking the exchange zones included these guidelines to help educate athletes. The LOC was receptive to this implementation.

### Rules committee

A rules committee was established and has met, to review current practices in our province. We have looked at the new rules and how to implement them as well other issues such as fraud, security in transitions and appeal and protest procedures.

### SSG 11

-The technical document for the summer games 2012 was submitted and the Technical Delegate met in Meadow Lake October 15 & 16, 2010 with the local organizing committee.

Respectfully Submitted  
Don Gallo

## Coaching Report 2010

Over the past year there have been many developments in terms of triathlon coaching in Saskatchewan. As outlined below, progress is being made at both the provincial and national level in the areas of coach education, coach collaboration, the development of coaching resources, and coaching opportunities.

On November 27-28, Tracey Shelley, master facilitator for Triathlon Canada, came to Regina to facilitate an NCCP (National Coaching Certification Program) Adult Community Coaching Course. Carly Priebe co-facilitated as part of her training to become a Learning Facilitator. Eight coaches from southern Saskatchewan attended.

The community course represents “Part 1” of the competition introduction process. It is hoped that, within the next year, there will be enough interest in Saskatchewan to bring in Tracey Shelley (or another Comp Intro facilitator) to run “Part 2” and “Part 3” courses. The next current level of coaching education, competition development, is only open to qualified coaches. RossAnn Edwards, coach for the Saskatchewan Triathlon Center, has been accepted and is currently pursuing competition development certification.

Over the last year, Carly Priebe has been mentoring under Tracey Shelley to become a Learning Facilitator for Community Coaching courses. After a recent meeting in Vancouver, she is officially certified. This is good news for Saskatchewan as having our own facilitator will decrease the cost of hosting coaching education courses. In addition to becoming a Learning Facilitator, Carly Priebe was the head coach for the Canadian Paratriathlon team that competed in Budapest, Hungary in the fall of 2010. As a result, she has been approached by Triathlon Canada to be the lead on a committee to develop a curriculum for Paratriathlon coaching education in Canada.

Another area of development at the national level is a curriculum for Youth Community Coaching. This will be similar to the Adult Community Coaching courses but be directed specifically at coaching youth. It is hoped that, within the coming year, potential Saskatchewan Summer Games coaches will be able to take this course.

This is an exciting time for triathlon coaching in Saskatchewan and in Canada. Over the past year, I attended Triathlon Canada meetings in Ottawa and Vancouver where I have had the opportunity to interact with and learn from other coaches, Triathlon Canada board members, and NCCP staff. I look forward to continuing on the STAC board and promoting long term athlete development, coaching certification, increased access to coaching resources, and increased collaboration between coaches in the province.

Respectfully submitted,  
Carly Priebe  
Director of Coaching



## Club and Membership Report 2010

2010 once again witnessed an increase in annual membership for the Saskatchewan Triathlon Association Corporation. At the close of 2010, STAC had on file 936 active annual members across all categories.

	<b>2010</b>	<b>2009</b>	<b>2008</b>
Total Membership (all categories):	1334	1426	1352
Total Full Season Membership:	936	796	700
Adult:	724	611	557
Youth/Junior:	212	185	143
Race Day Adult:	287	431	289
Race Day Youth/Junior:	111	199	283

The increase in membership fees as well as an increase in the submission of race-day fees resulted in an increase of over \$10,000 in membership fees.

STAC funded 20 club events through the Member Assistance Program in 2010. These events ranged from clinics for youth and kids of steel participants to 17 races across the province. Highlights of the race season included La Ronge hosting the 20<sup>th</sup> annual Freeze, Breeze n' Wheeze, STAC and STCI hosting the first ever junior elite race in Saskatchewan, the Living Sky Tri, and the Regina Multisport Club hosting the first ever See Dick Tri triathlon and introducing an Xterra race to the calendar. At the close of 2010, STAC certified a new club in Saskatoon, the Tri Amigos, and has plans in place for new clubs in 2011. Officially, STAC had ten member clubs at the close of 2010.

The STAC Board of Directors proposed in the fall of 2009 rate increases for all membership categories in 2010. These rate increases came into effect January 1<sup>st</sup>, 2010. The STAC Board of Directors has agreed to not offer any rate increases to membership fees for 2011.

Respectfully submitted,

Mark Gibson  
Chair of the Club & Membership Committee

## High Performance Report 2010

2010 was a transitional year for the high performance committee as I took over the role of director from Robert Cormier in the fall. The high performance committee for 2010 consisted of:

- CJ Katz – STAC Vice President, Youth & Junior Committee Chair, Parent
- Susan Clark – Saskatchewan cycling
- Gary Pallet – Manitoba High Performance coach
- Shane Armstrong – former Elite Athlete/CSG committee member
- RossAnn Edwards – provincial coach, parent
- Robert Cormier – out going director

There were several inquiries regarding funding allocations in 2010 that required some clarification. Work began on revising the policy statement to clarify the funding guideline ambiguities brought forward by the membership. Work also began on reviewing and re-evaluating the times required for High Performance and Performance standards.

The new website look and feel and the responsiveness with which it has been updated has been an asset to producing more exposure for our high performance athletes. Thank you to Fred Dyck for work toward this goal.

Recommendations for the upcoming year:

1. Update Performance funding application form to capture required information to substantiate qualifications
2. Update and adopt High Performance and Performance time standards based on review and re-evaluation of current times
3. Update High Performance and Performance standards policy to clarify issues brought forward in 2010

Respectfully submitted,  
Jeff Hehn  
Director of High Performance

## Youth Report 2010

**YOUTH:** The summer of 2010 continued to be a terrific year for youth in Saskatchewan. The youth races for the year included Icebreaker, Brainsport KOS, Spin-Off Spadina, Yorkton, DuckMountain, and the inaugural Living Sky Triathlon. In addition, STAC secured KOS sponsorship from Evraz in the amount of \$11,500 which has been allocated for the KOS program in 2011, 2012 and 2013. Triathlon Canada has funds allocated for KOS funding and STAC has submitted an application for the continued support and development of youth triathlon in Saskatchewan.

**Western Canada KOS Championships:** Saskatchewan athletes medaled in both the men's and women's categories with Keisha Besler and Brammon Edwards capturing gold and Brennen Smith finishing third. A total of 9 Saskatchewan athletes participated in this race.

A Kids of Steel Western Championship has been proposed to be held alongside the National Championships at the Kelowna Apple and is scheduled for August 20-21, 2011.

**Man/Sask Fun Challenge Regional Championships:** The annual Markham Cup Regional Championships between Manitoba and Saskatchewan were held for the 13<sup>th</sup> year at Duck Mountain in August 14-15, 2010. Saskatchewan had few participants this year due to conflicting race dates.

**Living Sky Triathlon Junior Elite Race:** A successful debut for this triathlon offered by STAC and STCI with 11 Saskatchewan youth participating.

**2012 Saskatchewan Canada Summer Games:** STAC has begun the initial phases of developing coaches and setting up clinics to prepare for the 2012 Saskatchewan Summer Games. Decisions need to be finalized on how to proceed with coach development.

**Clinics that STAC funded through Member Assistance Program Grants:** Kickstart Clinic, Draft Legal Cycling Clinic

**Clinics STAC Funded from Regular Sources:** Christmas Training Camp, Warm Weather Training Camp, Arizona

**Other Activities:**

- KOS Race Series including medals for each participant (Four races in the series in 2010)
- Provided officials and equipment for the Dundurn Diggers KOS Triathlon
- Supported qualified athletes to attend Junior Nationals and other junior elite events

Respectfully Submitted,  
Amanda Stalwick  
Youth Director