

## Alberta Indoor Games, February 9-10, 2013

### Provincial Relay and Combined Events Indoor Championships

Athletics is similar to life in many aspects, it has its ups and downs, its joys and sorrows, and you have to move on from whatever happened, positive or so called negative. I am reminded of what Napoleon Hill (author of the bestseller "Think and Grow Rich") wrote about this:

*Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.*

So when Jennifer Yackel went down on the last hurdle of her first pentathlon event, I am sure this wasn't the first thing that came up in her mind – nor was it mine. Jenny was in great agony, and I knew immediately something serious had happened.

Indeed, Jenny completely ruptured her Achilles tendon. Surgery should be on its way today, and we wish Jenny all the best and a speedy recovery.

The good news is that with this kind of injury a complete recovery is likely to occur, although it might take a little while. And although we not might now what the benefits will be, there is always something to gain from it.

*There was a farmer, Old Sai, who had a horse to help him plow the fields, but one day the horse ran away. All the village came to console the farmer on his loss, and the farmer said, "Good luck, bad luck, who knows?"*

*A few days later the horse returned, bringing with him several wild horses. Everyone in the village gathered around the farmer and congratulated him on his good fortune. But the farmer said, "Good luck, bad luck, who knows?"*

*The farmer's son decided to train one of the new horses, but was thrown to the ground, breaking his leg. Again the villagers came to console the farmer, who only shrugged and said, "Good luck, bad luck, who is to know."*

*War broke out, and all the able-bodied men and boys went off to fight. All were killed in battle except the farmer's only son, who had remained behind because of his broken leg. When the villagers came to sadly congratulate the farmer he again merely nodded, and said, "Good luck, bad luck, who is to know."*

Well, the Alberta Indoor Games. The Calgary Warriors have a great resume in gathering medals at the Relay Championships, and this year was no exception.

Our Midget Girls were just brilliant. The A team, existing of Rachel Mathieson, Katelyn Slessor, Katie Yackel and Kalena MacKinnon blew the field away in the 4x200m, finishing more than 5 seconds ahead of the second finisher, which happened to be our B team: Briar Nelson, Alana Sorge, Morgan Kravtsov and Liv Price. Well done, girls!

The Medley relay exists of 400m-200m-200m-800m. This event favours the teams with strong 800m runners; they can make up so much ground, that no lead after the first three legs is safe. So, we were somewhat in trouble, because we don't have any strong distance runners in the midget age group.

Live Price was our solution. Although a sprinter, she had the guts to take on the challenge and ran the 800m. And she did that exceptionally well, running a 2:37.10 split. We couldn't stay ahead of CALTAF with their sub 2:30 800m runner, but the team (Kalena, Rachel, Katie, Liv) fought hard and captured the silver medal. Great Team Spirit!

In the 4x400m the girls did it again. Although the 400m is long for some of our pure sprinters, they did it without complaining and with verve. Rachel, Morgan, Liv and Kalena (running an amazing split of 62.74) brought home another gold medal! Kalena was about 10 meters behind when she received the baton, but she changed that around in no time and never looked back, building a more than 3 seconds lead.

The midget boys were a little less fortunate, they missed their check in time for the 4x200m relay. They took revenge though in the 4x400m the next day when Quinn Van Roessel, Kai Spierenburg, Jordan Samson and James Albers fought hard to take hold of the silver medal. Well done!

We don't have enough youth girls to make a relay team, so we combined our youth and junior girls to run in the Open Women relays. And successfully so: 3 times bronze against older and more experienced teams. Jennifer Yackel (4x200), Sinclair Fischer (4x400), Brinley Dale (4x200, Medley), Tami Schiefelbein, Sydney Banister (4x400 and Medley) and Madison Evans made up our teams. Way to go!

In the Combined Events Championships Katie Yackel came at the start line sick and had to let her title from last year go. She still managed to win the bronze medal.

In the few individual events we entered in we had great success as well: Katelyn Slessor keeps improving her 60m sprint times and won the gold medal in 8.25, followed by Rachel Mathieson in third. Six of our midget girls made semi-finals. Both Kai Spierenburg and James Albers made Finals in the 60m Midget Boys. 60m Personal Bests for Katelyn, Alana, Kyra Mills, James, Kai and Lyndon Fischer.

In the Triple Jump, Rachel Mathieson set a new indoor Cub Record with a winning jump of 10.44m, improving strongly on her previous PB of 10.07m. All her other jumps were in the 10.30s, an excellent series. Morgan Kravtsov finished second in this event.

Sinclair Fischer finished third in the Youth Women 1000m. Sydney Banister ran a PB in the 600m (1:43.25).

Jake Holder is back on the track after breaking his ankle last fall. Finished his 600m in 1:35.62. Tyler Kiyonaga is trying the longer distances, 1:45.59 in his first 600m. Brant Lauweryssen ran his first indoor 3000m in a decent 10:20.82.

Full results: <http://www.ellistrack.ca/Results/2013AIG.pdf>

Next meets:

Simplot Games in Pocatello, Idaho for Sydney Banister and Madison Evans, February 14-16.

Provincial Indoor Championships, Edmonton, AB, March 2-3 (leaving Friday March 1 at 3:00 PM). We expect everyone who is healthy to compete here!

Great Job, everyone!

Jan Lips  
Head Coach