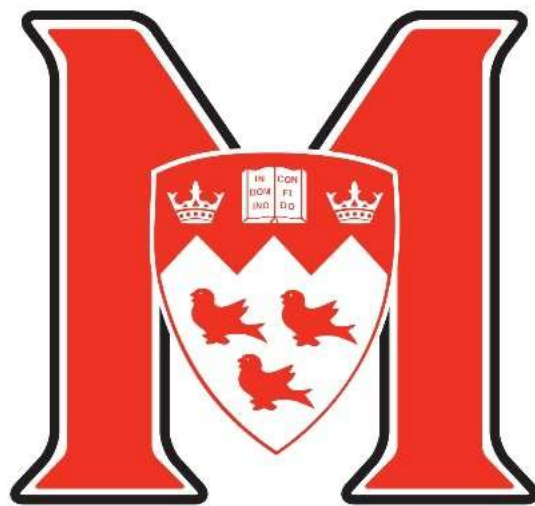


**McGill Track & Field Team Package**  
2022-23 Season



**FIGHT HARD, FLY TOGETHER**

## 1. Program History

### *Beginnings*

Track and field at McGill University has a legacy that goes back over 100 years. McGill students formed its first intercollegiate track team in the 1899-00 school year. This original group brought the university championship banner back to Montreal that season. From these beginnings, McGill student-athletes have gone on to represent their university and country at the provincial, national, world, and Olympic levels. In the process we have captured a total of 12 men's and 31 women's cross-country and 7 men's and 17 women's track and field RSEQ banners.

### *Men's Team Records*

EVENT	RECORD	NAME	SITE	YR
<b>60M</b>	6.78	HANK PALMER	MCGILL	09
<b>60MH</b>	8.19	MATTHEW DALY	WINNIPEG	19
<b>300M</b>	34.14	EARL HAUGHTON	SHERBROOKE	86
<b>600M</b>	1.19.15	JACK CROSBY	OTTAWA	19
<b>1000M</b>	2.25.51	VINCENT PARENT-PICHETTE	TOMLINSON	16
<b>1500M</b>	3.50.64	MATTHEW BEAUDET	ST JOHN	22
<b>3000M</b>	8.18.79	FRANCOIS JARRY	MCGILL	16
<b>4X200M</b>	1.27.92	BARRETT HAUGHTON BRADSHAW LEE	SHERBROOKE	86
<b>4X400M</b>	3.14.98	MCCLELLAND MURRAY MONTALVO PARENT-PICHETTE	MCGILL	16
<b>4X800M</b>	7.38.96	WILKINSON ROUNTREE FORESTELL PARENT-PICHETTE	MCGILL	16
<b>HJ</b>	2.07	JUSTIN DARLINGTON	MCGILL	10
<b>LJ</b>	7.20	MAURICE ENNIS	TOMLINSON	96
<b>TJ</b>	14.90	MAX OATES	WINDSOR	97
<b>PV</b>	4.86	RILEY VAN RYSWYK		16
<b>SP</b>	16.35	PAUL DROGARIS	TOMLINSON	99
<b>WT</b>		PAUL DROGARIS		89
<b>PENT</b>	3669	DYLAN GOLOW	SHERBROOKE	15
<b>HEPT</b>	4739	ALEXANDER STATHIS	LAVAL	20

## *Women's Team Records*

<b>EVENT</b>	<b>RECORD</b>	<b>NAME</b>	<b>SITE</b>	<b>YR</b>
<b>60M</b>	7.73	JORDEN SAVOURY	SHERBROOKE	22
<b>60MH</b>	8.55	LESLIE ESTWICK	SHERBROOKE	93
<b>300M</b>	39.48	HELENA REINFELS	MCGILL	16
<b>600M</b>	1.29.97	SARAH ALI KHAN	WINDSOR	03
<b>1000M</b>	2.45.10	SARAH ALI KHAN	TOMLINSON	03
<b>1500M</b>	4.22.82	SARAH ALI KHAN	MCGILL	02
<b>3000M</b>	9.18.70	CAROLINE LADANOWSKI	SHERBROOKE	87
<b>4X200M</b>	1.41.25	PARKER REINFELS ASHBY CROCE	MCGILL	16
<b>4X400M</b>	3.52.94	CROCE TAT HUSZARIK LISMER	ALBERTA	17
<b>4X800M</b>	8.54.21	DROUIN-AUDET CASTRO PUEL MCCUAIG	SHERBROOKE	11
<b>HJ</b>	1.84	LESLIE ESTWICK	SHERBROOKE	87
<b>LJ</b>	5.80	JORDEN SAVOURY	MCGILL	22
<b>TJ</b>	12.46	ABBY WOODS	WINNIPEG	19
<b>PV</b>	3.65	HANNAH MOFFATT	MCGILL	04
<b>SP</b>	12.18	KRISTEN FRY		92
<b>WT</b>	15.17	VANISA EZUKUSE	MCGILL	17
<b>PENT</b>	3868	HELENA REINFELS	YORK	16

## 2. Program Mission

Our McGill coaching and support staff are committed to giving you the best opportunity to develop to your maximum potential as a student-athlete within the context of varsity athletics at McGill. Our staff believes that becoming a team member on the McGill Track & Field team is a privilege that will benefit all student-athletes who sincerely prepare to be the best that they can be while representing the university.

As a program, we are committed to achieving athletic, academic, and individual success. This commitment is evident in our goals, values, history, and expectations. We are constantly aiming to improve this program and urge you—whether you are a coach, student-athlete, volunteer, alumnus, or future prospect—to strive with us in leaving the program better than you found it.

### *2022-23 Goals*

1. Adapt training plans and programs that are accessible and compliant with McGill University and public health guidelines
2. Continue to observe improvements in athlete performances

### *3-Year Goals*

1. Establish a sustainable championship culture
2. Improve RSEQ placement of Men's XC each year, with 2 top-three finishes
3. All student-athletes on PAHR/Academic All-Canadian

### *5-Year Goals*

1. Send a larger delegation of student-athletes to nationals by having more student-athletes obtain the USPORTS standards
2. Lose fewer student-athletes before they graduate

### 3. McGill Track Values



#### *Be an Open Book*

Communicate directly with your coaches and teammates. Have integrity. Be honest and stand up for what you believe in. Celebrate your teammates and their accomplishments; we will do the same for you. Voice concerns in a respectful way; realize that what you say, what you do and how you carry yourself is noticed by others within the team and the university community. Be an open book.



#### *Earn Your Crown*

Those who came before you have set the example of what it means to compete for McGill Track; you are now next in line. Your place on the team is earned by hitting the selection standards, displaying an effort to improve, and being a good teammate. There is a standard of excellence here and you are expected to answer that call. That is why we are here. Earn your crown.



#### *Climb the Mountain*

If you want to go fast, go alone. If you want to go far, go together. There will be highs and lows throughout the semester, season, and your career as a student-athlete on this team. Use every instance of adversity as an opportunity to learn and adapt. Just because it hasn't been done doesn't mean it can't be done: Be brave enough to where others haven't gone before. Climb that damned mountain.



#### *Fly Together*

We are a tight-knit community; a family. We give each other energy and support wherever and whenever possible. Despite the challenges we encounter, we adapt as a group. The culture of our team is set from the top down AND the bottom up. Make your teammates better. Be prepared to lead the way for others; everyone has a turn to lead the flock.



#### *Whole-Body Buy In*

The Martlet on our crest doesn't have any feet, so you can't be one foot in... Our values are not something we pick and choose from: we live them.

## 4. Expectations

### *Coach & Staff Commitment*

The coaching and team staff are committed to providing:

1. A positive and cohesive team training environment
2. Constructive training programs
3. A complete competitive varsity schedule (RSEQ/USA/U SPORTS)
4. Proctor services for exams or request alternate arrangements when necessary
5. Clear communication to enhance the personal and competitive development of each student-athlete

### *Excellence*

Excellence, in academics, athletics, and life, is an important pursuit of those on the McGill Track team. Moreover, striking a rhythm between these three demands in your life will allow you to stress less, improve more, and increase the likelihood that you will stay enrolled at McGill and remain a contributor to the Track team. The reason that you are at University is academics. Being a student-athlete is not easy. It requires discipline and excellent time management skills. Thus, academics and athletics should take precedence over social activities. Here is how we measure excellence as a team:

Academics:

- Principal's Student Academic Honour Roll (PSAHR)
- Academic All-Canadian
- Academic awards and scholarships

Athletics:

- Team RSEQ Banner
- Qualify for nationals
- School record
- Meet record
- Top 8 at RSEQ
- Top 3 in event at meet
- Personal best performance

Life:

- Volunteerism
- Having student-athletes make positive impacts in their community
- Taking advantage of professional development opportunities

### *Academic Standards*

It is the responsibility of each student-athlete on the McGill Track & Field team to ensure that they remain academically eligible to compete in U SPORTS. In addition to others, the following rules apply:

1. A student-athlete must be enrolled in a minimum of 9 credits in the semester in which they are competing
2. Student-athletes must successfully complete 18 credits annually between September 1 and August 31
3. Student-athletes must remain students good academic standing at McGill and remain academically eligible to continue progressing towards their degree

Any team member planning to do an exchange program with a McGill affiliated university should discuss the situation with the Head Coach before applying to such a program.

### *Athletic Standards*

In order to be on the McGill Track & Field team, you must hit team standard in at least one event. Performances within the past 12 months are eligible. In the case where a student-athlete has been injured and unable to compete, performances within the previous 24 months of the start of the season are eligible for selection consideration. It should be noted that while hitting team standard is the athletic requirement to make the team it does not entitle any student-athlete to represent McGill Track (see Values).

Further, simply hitting standard should not be a focal point; it is the first hurdle, the first target, in a long list of challenges ahead. We expect that with experience and development our student-athletes will aspire to and reach U SPORTS and a larger number will contribute at RSEQ championships.

Once on the team, it is expected that each student-athlete will compete in a minimum of 2 different events throughout the season (if you're asked to do more than 2, it is expected that you do more than 2).

In most situations qualifying to the U SPORTS championships is based on the following:

1. Achieving U SPORTS standard
2. Winning your event at RSEQ championships
3. Being ranked in the top 12 in your event

In the case of relays, every effort will be made to put the fastest four runners on the squad.

For away meets, including conference championships, each event has a separate method of determining who will travel and represent the team (e.g. Ranked top 12 (on trackie.com) in the event for distance). Priority will always be given to athletes in a scoring position. For more information, please ask your event coach.

Event	U SPORTS 2022 Standard		Average RSEQ LSP (2021-2022)		2023 McGill Team Standards	
	W	M	W	M	W	M
60m	7.50	6.81	7.86	7.40	8.30	7.30
100m	-	-	-	-	12.70	11.50
200m	-	-	-	-	26.50	23.30
300m	38.68	33.77	42.31	37.43	44.00	36.50
400m	-	-	-	-	61.00	51.00
400mH	-	-	-	-	64.00	54.00
600m	1:29.91	1:18.80	1:43.26	1:23.24	1:43.00	1:24.00
800m	-	-	-	-	2:20	1:58
1000m	2:45.37	2:24.62	3:11.50	2:37.02	3:02.00	2:33.00
1500m	4:24.25	3:48.28	4:48.55	3:59.73	4:48.00	4:06.00
3000m	9:30.53	8:08.89	10:24.72	8:43.75	10:30.00	9:05.00
60mH	8.38	8.21	10.70	11.21	9.38	9.00
100/110mH	-	-	-	-	14.00	14.50
HJ	1.71	2.08	1.45	1.40	1.50	1.80
PV	3.83	4.87	2.60	3.05	2.60	3.70
LJ	5.92	7.28	4.53	4.93	5.20	6.20
TJ	12.01	14.51	9.54	12.95	10.00	12.45
SP	13.63	15.69	7.92	8.99	10.00	12.00
WT	16.78	16.78	11.09	8.75	10.00	12.00
COMBINED	3722	4671	1595	3538	2500	3000
HEPT (OD)	-	-	-	-	3500	-
DEC (OD)	-	-	-	-	-	5000
4x200m	1:38.98	1:26.92	-	-	-	-
4x400m	3:46.85	3:16.01	-	-	-	-
4x800m	9:01.24	7:33.13	-	-	-	-



### *Conduct & Communication*

It is understood that as a member of the McGill track team, you will abide by the expectations defined herein as well as with directives from applicable bodies within the university. This includes compliance with McGill academic policies and behavioural expectations outlined by the McGill Varsity Office on drugs, alcohol, doping, and hazing. These details can be found on the [McGill Athletics & Recreation website](#).

Dissemination of information will be done primarily by email. It is your responsibility to check your email regularly. It is imperative that you learn and adopt good communication skills. This means if you cannot attend a practice, meet, or team event you must communicate directly with Dennis by email or text.

A student-athlete's right to use McGill's equipment and property is available ONLY as long as the student-athlete is a member of the team. If the student-athlete stops working out with the team, all equipment, etc. MUST be returned to the team if so requested and the student-athlete will be refunded if there was a financial cost involved.

### *Attendance*

It is expected that student-athletes will attend all practices and do their prescribed workouts on their own time on days where scheduled practices do not take place.

Team social events are to build team spirit and unify the team. These are an integral part of the team's program and should be supported by all student-athletes on the team. The annual team potluck @ Tomlinson Hall, the Friends of McGill Track & Field/ XC Banquet, and all other team-organized functions should be attended by all team members!

It is very difficult to gather all team members together at the same time outside of the designated practice time. When team meetings are scheduled all team members are expected to attend.

### *Preparation for Practice & Meets*

In order to balance university coursework and varsity athletics, it is imperative that you develop good work and study habits. Get schoolwork done before meets (as much as possible) to stay focused. Come well nourished, hydrated and rested. Be diligent with self-care—both mental and physical. Bring a good attitude.

### *Volunteering*

Volunteering is the most fundamental aspect of contributing to our team and communities. It is our responsibility to make time to be present at events hosted by McGill. Events that require volunteers include home XC and Track & Field meets (McGill Open, Martlet Classic, Team Challenge) and fundraising events (AMF Olympic games fundraiser).

### *Uniforms & Dress Code*

As a varsity student-athlete, you are representing the university and should dress appropriately. During regular season meets and travel, please wear team-issued track suit. When traveling on days before athletic competition (i.e. USA, RSEQ, USPORTS), you should wear **business casual**. No jeans are permitted while traveling, and shirts should be tucked in. During competition, it is expected that you compete in your supplied competition singlet and tights or speedsuit (if applicable). Any accessory competition apparel must be team issued, adidas, or non-branded.

### *Travel*

All student-athletes will travel to and from events on the bus with the team. Any requests or changes in travel plans for normal team travel must be done through the varsity office in conjunction with the head coach 7 days prior to departure. The bus will always depart from the loading bay in front of the McGill fitness center. Departure time will be communicated by email within the week leading up to travel.

The following recommendations have been made by your teammates when preparing for travel:

1. Arrive at bus 10 min before departure time
2. Bring a lot of food and snacks
3. Don't forget your passport for international travel
4. Bring a phone charger

When spending the night outside Montreal, curfew (being in your assigned hotel room) is 11:00 pm, unless otherwise stipulated by the head coach. This is to ensure that all members of the team are safe, where they are supposed to be, and **resting**.

### *Medical Support*

A key to a season of good performance is to stay injury free: Do not let small problems become major problems. McGill Medical Staff is available for assessment, consultation and treatment in the Sport Medicine Clinic or the Winsor Clinic as is necessary. Hours of operation will be posted at the start of each term. It is your responsibility to:

1. Get treatment quickly
2. Be open about injuries and concerns with the team physios
3. Show up on time for treatments
4. Follow the training plans you are given to get your body back on track
5. Understand that there are only a limited number of physios and many members of the team
6. Only go to the Winsor clinic before/during practice if it is absolutely necessary – otherwise, make a separate appointment for another time.

### *McGill Olympic Club (MOC)*

To develop a competitive program, it is important that your development does not start and stop with the attempt to make the McGill varsity team. In the event that a student-athlete is unable to make the team standard, they are still welcome to train alongside the team by joining the MOC. There are many student-athletes who have gone from training with MOC as university students and gone on to a meaningful career on the McGill varsity team. In this process, hard work and consistency are rewarded. Trust the process. Take the time to build up to the required level.

### *Team Awards*

The following awards are presented every year at the Friends of McGill Track & Field/ XC Awards Banquet based on performances during the season:

1. MVP XC
2. MVP TRACK & FIELD
3. ANDREA TAYLOR MEMORIAL AWARD (Martlets only)
4. ROOKIE OF THE XC
5. ROOKIE OF THE YEAR TRACK & FIELD
6. MOST IMPROVED ATHLETE XC
7. MOST IMPROVED ATHLETE TRACK & FIELD

### *Team Captain Commitment & Selection*

Team captains (up to 2 per team) are expected to:

1. Show positive leadership and attitude demonstrated in training and competition
2. Represent team on Student Athlete Council and report to team upcoming events
3. Welcome, encourage, introduce and recruit student-athletes
4. Have input in team selection, discipline, team meetings, training camps
5. Help organize social events
6. Meet regularly with coaching staff to ensure student-athletes' concerns are addressed and team rapport is maintained.

New captains are selected following the conclusion of any active captain's final season at McGill. Student-athletes interested in any vacant captain positions should contact Dennis after the conclusion of the season.

### *Financial Considerations*

Returning student-athletes are required to pay a team fee of \$100, and New student-athletes a fee of \$300 by October 1<sup>st</sup>. This fee is subject to change.

Athletic Financial Awards (AFA) are awarded by meeting standards set forth by the FQA <http://www.athletisme-quebec.ca/programme-excellence-fqa> under Releve and Elite. The amount of the AFA will be based on performance, rather than placement, unless you win a medal at U SPORTS Championships.

### *Off-Season Training*

**To be highly competitive at this level, year-round training is a must.** If you will not be in Montreal during the summer months, it is important that you are involved with a track and field club if possible or, at the very least, following a regular training program. If you will be in Montreal, there are many clubs in the area which you are able to compete for during the summer months. Training typically starts in April, with competitions running June through August. Many student-athletes on the team train with the McGill Olympic Club (MOC). It is advisable that you send summer competition results to Dennis and/or keep a training log to track your progress.