

Coyote Summer 2015

Coyotes Were Flying in Windsor



Three members of the Meaford Coyotes Track Club qualified to compete at the Athletics Ontario Provincial Track and Field Championships held at the University of Windsor on the June 12-14 weekend.

Jessie Nusselder, Sam Nusselder and Dylan Pust have all had a very strong outdoor track seasons and had tapered their training so they were ready to fly this weekend. The weather was cooperative for the first two days as the heavy rains had passed before the meet began, but returned on Sunday morning.

Dylan Pust, a grade 12 JDSS student, started things off on Friday night as he stepped onto the line in the Junior Men's 5000m event. He raced under the lights of both the track as well as lightning in the distance from a passing storm. Dylan's strong triathlon background at the Junior Elite level helped him have the endurance to "sprint" through his

5km race. His race plan was executed to perfection as he placed 7th of 11, knocking off over 40 seconds from his previous best performance to cross the line in new personal best time of 15:50.58.

Grade 12 SDSS student Jessie Nusselder kept the energy going on Saturday afternoon as she ran the first of her two races. She laced up in a highly competitive Junior Women's 1500m race after coming off running personal best times the last two weekends at OFSAA Regionals and OFSAA. Her race plan was geared to maximize her strengths and she didn't disappoint as she ran another personal best time in the Junior Women's 1500m event. She stopped the clock in 4:51.18 and placed 13th of 22 ladies.

Grade 10 SDSS student Sam Nusselder is still in the "Youth" age group, but qualified to compete up an age group as a "Junior". Sam gained some valuable race experience racing against older competitors and also excelled in his Junior Men's 1500m race. Calming his nerves and focusing on his race strengths, he also ran a personal best time of 4:13.78 and placed 18th of 30 men in yet an other highly competitive field.

Jessie ran her final race, the Junior Women's 3000m event on Sunday morning in the rain and was ready for another strong performance. There were only 6 entries, but fortunately the girls all had about the same seed times. The pace went out fast, but Jessie patiently held her composure and worked her way through the field. A strong last 500m moved her solidly into 3rd place and quickly gaining on 2nd, but ran out of real-estate. Her bronze medal performance of 10:28.01 was less than 4 seconds off her personal best time set last weekend and she captured her first Athletics Ontario medal as she concluded her high school track career.

It was a great weekend! Of the 4 races our Coyotes competed in, they ran 3 personal best performances and won a bronze medal in the 4th race.

Tichbourne Breaks Track Record - Again



The Meaford Coyotes Track Club sent 27 members to the Mississauga Olympians Great Lakes Invitational Track Meet on Saturday, June 20th. Sunny warm weather and a solid head wind on the back stretch welcomed athletes from several track clubs in and around the Toronto area with ages ranging from kids in grade 1-8. We had many veteran runners competing as well as several Coyotes competing for the first time. We even entered our first 4x800m relay competition, fielding 4 teams in the event.

There were many outstanding Coyote performances, with grade 4 SVE student, Kara Tichbourne leading the way. Not only did she win both the Tyke Girls 800m and 1200m as well as anchoring one of the 4x800m relay teams, she also broke her own Tyke Girls 1200m provincial record that she set 4 weeks ago on the same track. Other outstanding medal performances came from

Taryn Lee, Olivia Latham, Denon Taylor, Payton Dodd, Max Nilsson, Olivia Karn and Matalyn Lee. Our young Coyotes are also learning some valuable lessons about racing. One of them is that in the older age groups, we are not sprinters. We perform best at the distance races. Overall we had 25 personal best performances, 11 medals, 4 relay medals and one provincial record. Definitely a very good "day at the office".

The Coyote summer racing season is almost complete. They will invade Meaford on Saturday, July 11th for the Harbour 5km Road Race and a provincial grade 1-8 team will be selected to compete at the MTA Provincial Track and Field Championships in Pickering on Saturday, July 25th.

Results [* = personal best performance]

Mite Girls 400m [2007-2008]

Taryn Lee [07] - 1st/7 @ 1:26.84*
Olivia Latham [08] - 3rd/7 @ 1:28.84*
Charlotte Woodhouse [07] @ 6th/7 - 1:33.91
Natalie Book [08] - 7th/7 @ 1:41.10*

Mite Boys 400m [2007-2008]

Denon Taylor [07] - 1st /5 @ 1:19.99*
Trip Morris [07] - 4th/5 @ 1:35.20
Edmund McPherson [08] - 5th/5 - 1:40.54

Tyke Girls 400m [2005-2006]

Payton Dodd [05] - 3rd/9 - 1:16.15*

Tyke Boys 400m [2005-2006]

Sebastian LeBlanc [05] - 9th/12 @ 1:23.41*
Noah Ruffett [06] - 11th/12 @ 1:33.87*

Tyke Girls 800m [2005-2006]

Kara Tichbourne [05] - 1st/16 @ 2:38.74*
Payton Dodd [05] - 7th/16 @ 3:04.07
Sydney Martin [05] - 8th/16 @ 3:05.08
McKenna Karn [05] - 9th/16 @ 3:12.53
Charlotte Woodhouse [07] - 11th/16 @ 3:21.74
Taryn Lee [07] - 12th/16 @ 3:23.28
Olivia Latham [08] - 13th/16 @ 3:29.70
Evie Allen [06] - 15th/16 @ 4:08.62
Natalie Book [08] - 16th/16 @ 4:11.47

Tyke Boys 800m [2005-2006]

Max Nilsson [05] - 6th/15 @ 2:58.95*
 Rohan Egan [05] - 7th/15 @ 3:03.54
 Justin Acres [06] - 11th/15 @ 3:17.56*
 Trip Morris [07] - 13th/15 @ 3:24.57*
 Noah Ruffett [06] - 14th/15 @ 3:29.58*
 Edmund McPherson [08] - 15th/15 @ 3:30.75*

Tyke Girls 1200m [2005-2006]

Kara Tichbourne [05] - 1st/8 @ 4:11.18* - Provincial Record
 McKenna Karn [05] - 6th/8 @ 4:57.77
 Sydney Martin [05] - 7th/8 @ 4:58.44
 Evie Allen [06] - 8th/8 @ 5:35.96*

Tyke Boys 1200m [2005-2006]

Max Nilsson [05] - 2nd/8 @ 4:38.10*
 Denon Taylor [07] - 3rd/8 @ 4:41.57*
 Rohan Egan [05] - 4th/8 @ 4:45.19
 Sebastian LeBlanc [05] 5th/8 @ 4:48.87*
 Justin Acres [06] - 6th/8 @ 5:08.65*

Atom Girls 400m [2003-2004]

Zoey Killeen - [04] - 14th/14 @ 1:20.51

Atom Girls 800m [2003-2004]

Olivia Karn [3] - 2nd/12 @ 3:36.30*

Boys 4x800m Open Relay

Coyotes "A" - Noah Allen [02], Matt Nickels [02], Zack Wren [01], Spencer Book [02] - 2nd of 3 teams @ 10:27.93
 Coyotes "B" - Noah Ruffet [06], Max Nilsson [05], Sebastian LeBlanc [05], Rohan Egan [05] - 3rd of 3 teams @ 12:56.52

Girls 4x800m Open Relay

Coyotes "A" - Olivia Karn [03], Zoey Killeen [04], Georgie Reidl [01], Matalyn Lee [02] - 3rd of 4 teams @ 11:22.21
 Coyotes "B" - Payton Dodd [05], McKenna Karn [05], Sydney Martin [05], Kara Tichnourne [05] - 4th of 4 teams @ 12:26.64

Atom Girls 1500m [2003-2004]

Olivia Karn [03] - 1st/5:22.29*
 Zoey Killeen [04] - 5th/5 - 6:15.70

Atom Boys 1500m [2003-2004]

Jeffrey McPherson [04] - 6th/6 - 6:47.21

Senior Girls 400m [2001-2002]

Georgie Reidl [01] - 15th/18 - 1:09.89*

Sr. Girls 800m [2001-2002]

Matalyn Lee [02] - 10th/15 - 3:43.05

Sr. Boys 800m [2001-2002]

Spencer Book [02] - 6th/13 @ 2:35.02
 Zack Wren [01] - 7th/13 @ 2:35.43
 Matthew Nickels [02] - 8th/13 @ 2:42.47
 Noah Allen [02] - 10th/13 @ 2:44.32

Senior Girls 1500m [2001-2002]

Matalyn Lee [02] - 3rd/6 @ 5:32.55

Senior Boys 1500m [2001-2002]

Mathew Nickels [[02] 7th/13 - 5:22.66*
 Spencer Book [02] - 8th/13 - 5:26.48*
 Noah Allen [02] - 9th/13 - 5:27.40*

Coyote Award Banquet



The Meaford Coyotes Track Club held their annual BBQ / Awards Banquet on Saturday, July 11th as they have reached the end of 5 years since their conception in August 2010 with team membership hitting record numbers of 85.

Three members of the Meaford Coyotes Track Club have graduated from high school and will be heading off to university in the Fall. Jared Ruest and Hannah Woodhouse both attended Georgian Bay Secondary School in Meaford and Jessie Nusselder attended Saugeen District Secondary School in Port Elgin. All three

of them were recipients of the "Award of Excellence" from Coyote head coach Kevin Hooper.

The award was presented to a Coyote high school graduate who has been with the Coyotes for at least two years and is heading off to university in recognition of years of hard work. The athlete must have been highly competitive and/or highly decorated at a provincial level or higher.

Jared, Jessie and Hannah have all stood on the podium at provincial championships and have been nationally ranked both indoors and outdoors during their high school years. Hannah Woodhouse has been our most decorated athlete as she recently won the Canadian Junior Cross Country Championships in Vancouver as well as representing Canada at the PanAM Cross Country Championships in Columbia as well as the World Cross Country Championships in China. Jared will be attending Ottawa University, Hannah has accepted an offer at Guelph U. and Jessie will grace the campus of Laurentian U. in Sudbury.

Competing as a member of the Meaford Coyotes Track Club is tough but very rewarding. Our team competes in two different organizations. Our younger grade 1-8 kids compete on a provincial level with the Ontario Minor Track Association and our older kids register under Athletics Ontario. Under both organizations there is no break down based on the size of the community. All our competitive runners compete at the highest level Ontario and Canada has to offer. If you consider hockey for example, there are AAA, AA, A, B, and C level enters. In comparison, all our Coyotes only compete at a "AAA" level as that is all that is offered. We only compete against the very best.

So for our athletes to bring home as many medals as they do year after year is remarkable! There is great opportunity for our top runners who excel at a provincial or national level with their athletics as well as maintain their strong academic grades. Opportunities vary from school to school and athlete to athlete, but in addition to significant financial aid, our runners have opportunities for early course choices to work around their training and travel schedule, early acceptance into top universities, guaranteed on-campus residence with premium room selections and tutoring benefits. They also have a "home-away-from-home" with their new "team family".

Other Coyote Award Winners were:

Outstanding Performance Award: Hannah Woodhouse

Rookie of the Year Award: Olivia Karn and Denon Taylor

Hardest Working Award: Olivia Latham and Jamie MacCulloch

Most Improved Award: Hannah Knight and Spencer Book

Coach's Choice Awards: Kara Tichbourne, Sam Nusselder, Sydney Martin, Will Butwell, Payton Dodd and Ava Olivier

Our Coyotes return to action on Saturday, July 25th as fifteen of our top grade 1-8 athletes will be competing at the Minor Track Association Provincial Championships in Oshawa.

Double Gold and Provincial Record for Tichbourne



Fifteen grade 1-8 members of the Meaford Coyotes Track Club competed at the 2015 Ontario Minor Track Association Provincial Championships in Oshawa on Saturday, July 25th. Numerous track clubs throughout Ontario were in attendance and the competition was very strong in all races and age groups. The morning started off hot under sunny skies and reached afternoon highs of 30'C + humidity, then to be interrupted by a mid afternoon lightning storm. Another late afternoon rain provided some more cooling

temperatures for the young athletes to finish their day. We stayed cool during the 1 hour lunch break as we were surprisingly the only team to camp out in the neighbouring air-conditioned Oshawa Civic Centre. This greatly benefitted our afternoon performances as the team continued to rock in their 800m races later in the day. Our 15 Coyotes competed in 29 events with 19 personal best performances, 8 provincial championship medals and one provincial record throughout the day.

Kara Tichbourne, a grade 4 SVE student, lead the team as she won gold in the Tyke Girls 800m and 1200m. In her 1200m race she had 3 other girls nipping at her heals until the final 100m. The team's recent "finishing kick" workouts paid off as she shifted into high gear and out sprinted the trio to break her own provincial record by 2 seconds. Her new record time now stands at 4:09.10. The other 3 girls also ran faster than Kara's previous record time to make for a very close and exciting race. The same four-some laced up again in the 800m and Kara again out-sprinted them all in the last 100m to grab her 2nd gold of the day in a winning time of 2:39.97.

Grade 2 Beavervalley student, Denon Taylor of Heathcote earned his first provincial medal as he won his finishing sprint to take silver in the grade 1-2 Mite Boys 400m with a personal best time of 1:17.90. He later grabbed bronze in the 800m with his 2nd personal best time of the day, running 3:09.73. Olivia Latham crossed the line in her Tyke Girls 800m race in 3:20.42 to earn silver with team mate Taryn Lee grabbing a bronze medal in her Tyke Girls 800m, stopping the clock in 3:22.55. Payton Dodd, a grade 4 of Collingwood smashed her 400m best time and won silver in the grade 3-4 Tyke Girls 400m, stopping the clock at 1:10.20.

Newcomer Tayden Hannivan, a grade 6 student from Dundalk joined our ranks and he made a strong statement taking bronze in the grade 5-6 Atom Boys 1500m with a time of 4:59.00.

Our Coyotes finished strong after a long day outside with 10 of 14 runners setting new personal best times in their respective 800m races. In addition to those previously mentioned, Devlin knocked off 13 seconds on his 800m with team mate Sebastien LeBlanc shaving 8 seconds off his 800m previous best time. Congrats to all our Coyotes as they all gave their very best against Ontario's best.

It has been a long season for our young Coyotes. The team is now on a 2 week vacation and will return on Saturday, August 8th as they begin training for their Fall cross country season. Our website is presently under construction, but should be up and running in a couple weeks. If you have any questions or would like to join the team, please email head coach Kevin Hooper at kevinhooper@rogers.com.

Results: [* = personal best performance]

Mite Girls [2007-2008]

Olivia Latham [08] - 5th/12 in 400m @ 1:28.70* / 2nd/5 in 800m @ 3:20.42*

Taryn Lee [07] - 4th/12 in 400m @ 1:25.40* / 3rd/5 in 800m @ 3:22.55

Ava Olivier [07] - 8th/12 in 400m @ 1:30.50* / 4th/5 in 800m @ 3:37.70*

Mite Boys [2007-2008]

Denon Taylor [07] - 2nd/8 in 400m @ 1:17.90* / 3rd/7 in 800m @ 3:09.73*

Tyke Girls [2005-2006]

Kara Tichbourne [05] - 1st/10 in 1200m @ 4:09.10* Provincial Record! / 1st/19 in 800m @ 2:39.97

Payton Dodd [05] - 2nd/25 in 400m @ 1:10.20* / 7th/19 in 800m @ 2:51.57*

McKenna Karn [05] - 10th/10 in 1200m @ 4:56.10* / 16th/19 in 800m @ 3:05.92*

Tyke Boys [2005-2006]

Devlin Gillis [05] - 6th/18 in 800m @ 2:50.96* / 4th/9 in 1200m @ 4:22.90*

Rohan Egan [05] - 11th/18 in 800m @ 3:00.62* / 9th/9 in 1200m @ 4:42.80*

Sebastien LeBlanc [05] - 13th/18 in 800m @ 3:02.41* / 8th/9 in 1200m @ 4:39.70

Atom Girls [2003-2004]

Olivia Karn [03] 8th/28 in 800m @ 2:41.06 / 6th/16 in 1500m @ 5:28.69

Atom Boys [2003-2004]

Tayden Hannivan [03] - 3rd/18 in 1500m @ 4:59.00

Jamie MacCulloch [03] - 12th/17 in 800m @ 2:41.80* / 11th/18 in 1500m @ 5:22.40

Senior Girls [2001-2002]

Matalyn Lee [02] - 20th/36 in 800m @ 2:39.69* / 18th/25 in 1500m @ 5:38.00