



PHOENIX  
ATHLETICS  
ASSOCIATION



**Phoenix News**

**HOLIDAY EDITION 2014 vol. 1.2**



## TEAM GEAR!!!

The comment/suggestion in the fall survey which stood out the most was the need for team "gear". Team gear makes you feel more like a family, allows you to represent your club with pride, helps parents & coaches spot you in the crowd, and let's the world know who that team is from Scarborough that's tearing up the track and having fun doing so. We agree this is essential, and we decided that we had to make it happen this season.

We have chosen Nike Zoom track suits (which will have PHOENIX across the back and the newly designed team logo on the breast), and Nike Legend short sleeve dri-fit shirts (which will have PHOENIX across the front, and logo on the back). **\*\*\*These are the same track suits which outfitted our national athletes at the 2012 London Olympics and 2013 World Championships\*\*\***. Because this was not discussed as an additional cost at the start of the year, the Phoenix Board has been generous enough to subsidize nearly 75% of the cost per athlete (**\$178 for the price of \$50**). Team Fundraising events in the spring & summer are intended to earn that money back - and create fun off-the-track team experiences!

### Cross Country Season Wrap Up

The 2014 XC season is now in the books, with athletes wrapping up their season either during high school competitions, or at the Athletics Ontario Championships. The AO Champs were held Sunday, November 16th in Niagara Falls and Phoenix was well represented with 12 athletes who braved the cold, wind, and yes - **snow** - to compete for their club. Congrats and thanks to all!

Below is a list of all Phoenix competitors and their placing:

**Bantam Boys 2k** - Aiden Goslett (20th)

**Midget Boys 4k** - Joe Mark (67th), Aiden Mallany-Stanley (94th),  
Alex Lei (104th)

**Midget Girls 3k** - Montana Smith (100th), Bridget Hickey (113th),  
Ava Bruni (119th)

**Youth Boys 6k** - Edward Hayfron (9th)

**Youth Girls 4k** - Chardae Henry (11th), Christiana Augustin (45th),  
Paulina Pronski (60th), Erin Kinninmont (90th)

**\*\*\*A special thanks to Birchmount CI coach Glenn Duncan, who attended the AO Champs during Bill's absence to watch over our flock.**

### **\*\*Phoenix Website\*\***

In the fall survey many of you mentioned the need for updating our website. So work has begun on rejuvenating the existing site. Watch for a sleek, interactive and expanded site coming in 2015.

#### **Some additions will include:**

- Team Roster (with Athlete bios)
- Pictures from competition and team events
- General news, updates, and blogs

Do you have any suggestions?? Don't be shy! Send them along to the club Communications officer Judi Cummings:

**[cumminn@rogers.com](mailto:cumminn@rogers.com)**

## KITEVSKI CAPTURES CONFERENCE CROWN

Phoenix is proud to announce that our very own Julia Kitevski was a part of the Middle Tennessee State University (MTSU) women's team that recently took home the 2014 Conference USA (C-USA) Cross Country Championship title. NCAA athletics consists of "conferences" which generally include 8-12 schools in somewhat close geography to each other.

Julia is in her 3rd year (junior) at MTSU where she studies Exercise Science (Kinesiology). Her PB's are: Mile (5:05), 3000m (10:02). Congrats Julia!

## AARON BROWN SIGNS WITH NIKE

Phoenix sprinter Aaron Brown recently became a pro athlete when he signed a contract with Nike. Aaron represented Canada at the 2012 London Olympics and just graduated from USC (University of Southern California). Way to go Aaron!



Proud Phoenix member Kitevski (middle, second row) poses with fellow teammates after winning the 2014 C-USA Cross Country Championships.

## \*\*\*Note From The Treasurer\*\*\*

**Reminder:** Club Registration will take place next month (January). Coaches will distribute forms shortly, and Jenn Christiani (Phoenix Treasurer) will be collecting completed registration forms. Forms and payment are due no later than **January 31, 2015.**

**New this year:** Photo Release Forms will need to be completed by each athlete. We will be posting competition, practice and event photos on our upcoming website, as well as a Team Roster. This is required by all athletes wishing to have their photo(s) on the Phoenix website.

## 2015 Indoor Competitions

Indoor competitions run from early January to early March. When each athlete starts and finishes the season will depend on the individual. Key events include:

- **AO Prep Meet** (Sat Feb 7 @ York)
- **AO Youth-Senior Champs & select Bantam-Midget-Junior Relays** (Sat-Sun 14 & 15 @ York)
- **AO Bantam-Midget-Junior Champs & select Youth-Senior Relays** (Sat-Sun Mar 7 & 8 @ York)

A full list of competitions can be found @ [www.athleticsontario.ca](http://www.athleticsontario.ca)

\*\*\*Go to Events —> Calendar\*\*\*

Your child is encouraged to communicate with his or her coach to determine the best approach for competitions this indoor season.



Left: The recently resurfaced indoor track @ York U - Toronto's premier facility and site of most indoor meets. The facility features a 200m banked oval, 60m straight, and spectator seating.



## Where are they now? Phoenix Athletes Abroad

Phoenix has been “pumping out” athletes who compete in the CIS, NCAA, and/or represent Canada on the international stage. Let’s take a look at some Phoenix-raised athletes competing abroad:

- **Aaron Brown** (sprints): 2014 USC graduate, recently signed a Nike contract.
- **Dushane Farrier** (sprints): 2014 U of Alabama graduate, Athletics Canada carded athlete.
  - **Andre Hamilton** (sprints) : 2014 MTSU graduate.
- **Sarah Clancy** (sprints): 2014 U of Western graduate.
  - **Lauren Clancy** (sprints): 3rd year U of Western
    - **Julia Kitevski** (distance): 3rd year MTSU
  - **Elijah Silva** (middle-distance): 2nd year U of Tulsa
  - **Ally Christiani** (sprints): 2nd year Illinois State U
    - **Phil Messina** (distance): 2nd year U of Alaska @Anchorage
- **Andrew Costello** (middle-distance): 2nd year U of Guelph