



## **AO Town Hall October 14<sup>th</sup> – Written Summary**

On today's town hall meeting for coaches, officials and clubs we discussed pertinent updates regarding the outdoor track and field season, cross country season, coaching education and professional development opportunities, upcoming events and more.

### **Update Regarding Reduced Gathering Limits**

It has been confirmed by the ministry that Athletics Ontario and its members are subject to the reduced gathering limits and additional health measures, [outlined on Friday, October 9<sup>th</sup>](#), in Toronto, Ottawa and Peel Regions.

All Athletics Ontario activities taking place in the affected regions including club practices, events, and competitions are now expected to abide by the group gathering limit of 10 persons indoors and 25 persons outdoors.

Club training sessions or practices may allow for two or more groups of 25 to take place at the same time, as long as there is a clear separation in training areas between the groups.

Read more at: <https://athleticsontario.ca/athletics-ontario-and-its-members-are-subject-to-reduced-gathering-limits/>

### **CEO Updates:**

- The AO Cross Country Provincial Championship scheduled for November 14-15, 2020, will **no longer be held in Niagara Falls**, ON. We are currently looking at several alternative locations to host the event. One tentative location includes Peterborough.
- The Athletics Ontario AGM will be held on Sunday, November 22 via Zoom. Stay tuned to [our website](#) for more details as they become available.

## **Coaching Update:**

The Border City Athletics Club is proud to present the Women Can Summit Series. This series will host virtual conferences with world leading panelists, aimed at the encouragement and empowerment of women and minorities in coaching.

The sessions will be led by World Athletics Champions, Olympic Games Medalists, elite U.S. collegiate and Canadian university coaches, and world-leading medical professionals and nutrition experts.

### EVENT DETAILS:

**Saturday November 7th, 2020**

**Session 1:** 12:00-1:50pm ET

*Themes:* Racial Inequalities in Sports, Gender Barriers, Navigating Training, Foundations of Success, Coaching Behind the Scenes, Process, Mentoring

**Session 2:** 2:00pm - 4:15pm ET

*Themes:* Nutrition, Physical Health, Mental Performance & Anxiety

**Cost:** \$20

\*All proceeds will be donated to supply BIPOC girls in Windsor-Essex County, ages 10-14, with proper athletic footwear and opportunities to participate in athletics.

**Register:**

[https://us02web.zoom.us/webinar/register/WN\\_75FGwxYCTSm0I07fQth2Ug](https://us02web.zoom.us/webinar/register/WN_75FGwxYCTSm0I07fQth2Ug)

*Registration closes on Friday, November 6th at 11:59pm.*

For more information please visit:

<http://www.bordercityac.com/summit-series-women-can.html>