



McInnis (Class of 73)

Dunnville High School



McInnis (Current)

Andy McInnis

Director

uOttawa

Track & Field

Cross Country

The Fall of 2008 launches the uOttawa's start to the 1st true year of its new program in Cross Country and Track. Last season, things for the team were uncertain until December 2007.

"The University of Ottawa now offers student athletes in the Ottawa area, Eastern Ontario and Western Quebec a choice in Athletics. A choice to stay close to home and stay close to the best track and field program in Canada. The teaming up of uO and the Ottawa Lions Track & Field Club creates a precedent setting university program. It is a rival pathway to anything done previously in the CIS and something definitely not possible in any NCAA program situations due to restricting rules." (McInnis)

Looking to develop a new "edge" to the uOttawa Program, GG Sport Services and the Ottawa Lions Track & Field Club have entered into an agreement to grow the sport. McInnis made a pitch to the Sports Review Committee at uO to (Fall 07) to have GG Cross Country compete on the CIS / OUA Indoor Championships. In January 2008 it became a reality. It is a "win-win" for both sides as the Lions Club brings added financial, support, facilities and all the coaching tools necessary to run a successful program right to the front of the lines of the intercollegiate sport.

The Lions have been the top club in Canada at the Junior (U20) and Senior level (Open) since 2005 and the best organization in Ontario since the start of the Ontario Club Championships in 2000 ... winning 5 Overall Titles including the last 4 years in row. With the Lions in charge and having Canada's only 400 meter indoor track at the Dome at Louis Riel High School in Orleans, the buzz is that the Gee-Gees will become a national powerhouse in track and field in the next few years.

"Let's make this clear - University Team successes are not the primary focus ... it is all about the ATHLETE. Collective team success will become a product of this ... it will be unavoidable." states McInnis. "uOttawa Athletics was the piece of the puzzle missing for athlete long term development. We

can finally offer our top athletes a choice to stay at home and for athletes from other regions to enter a continuum to develop under the same philosophies, training, best facilities and coaching environments that have taken so many to top. For years we have given away our top products (best high school athletes) to other programs (NCAA, NAIA, CIS) with no continuity in their development. Many athletes would return to Ottawa and never be able to run again. Sometime they would return injured, but mostly just “broken” with a lost passion for the sport and their own potential. We would all work to get them “back in the saddle” ... sometimes with success ... but more are lost than saved.”

McInnis returned to the Ottawa Lions in 2005 upon the construction of the new 400m Dome@Louis Riel Track Facility. The “Dome” was to become the launch pad for the true potentials of a sport organization that lay under Ottawa’s snowy crust for 4 months a year. Prior to this he had warmed up enough for a return to Canada at the University of Hawaii. As the Associate Head Coach, he spent 4 years building new facilities and a new program near the shores of Waikiki with fellow Canadian Coach - Carmyn James. The two had collaborated many times in Canada on coaching education and national team projects.

“There’s no place like Dome” states Coach McInnis. “With this monster of a facility we become an outdoor track program all year round.”

Prior to this, McInnis was the National Programs Director for Athletics Canada (97-99) and the Head Coach of the Atlanta Olympic Games Team (95-96) for Canada. In 1988 he came back to Canada from 4 years coaching and building the NCAA’s top perennial track program (84-88) at Louisiana State University in Baton Rouge. McInnis referred to it as “Camelot in the Bayou”. It was an era in the sport during what many say was the best coaching staff ever assembled in any NCAA. program.

In Ottawa (1989), McInnis and a strong cooperative group of coaches and clubs amalgamated to form the Ottawa Lions. He spent the next 6 years bringing this organization to the forefront of Canada’s Club system.

With +30 years of experience at the highest international levels of track & field, Andy brings a broad vision of sport to uOttawa and the City. With 5 Olympics and 10 World Championships, he has coached athletes from 15 to 50 years of age, from beginners to world medallists, from high school frosh to doctors, scientists and business leaders. McInnis sees sport on a life long continuum and understands the word "development". He has worked with all levels of academic programs and has developed some the best club and sport support systems in Canada. He is a mentor ... coaching coaches while putting together support teams of volunteers to teach at sport schools and specialized professional groups to get athletes to the upper crust of an Olympic or World final.

McInnis Facts & Stats

Technical

Master of Arts Degree in Coaching Science (University of Western Ontario)

Level 5 Master Coach — Canada’s highest NCCP Coaching Certification Level
Athletics Canada Master Course Conductor — Sport Technical Instructor

Appointed to the Sport Science Committee of Athletics Canada 1993. Initiated, recruited sport scientists and led the first ever Sport Science Research Team in Athletics for Canada from 1997 to 99 specializing in biomechanics and motor control. A Lecturer, Clinic Organizer and Speaker — Athletics Canada, NACAC, IAAF, NCAA, USATF

Training Camp Director — Canada, Caribbean, Europe, Mediterranean, Australia, USA

Recipient of the Coaching Association of Canada's Wittnauer Coaching Excellence Award for International Successes.

The 1996 Atlanta Olympic Gold 4x100m Men's Relay ... the only team ever to defeat the USA in this event in sport history and then later with Canada's repeating 1997 World Champion Men's 4x100m Relay.

Speed and fitness consultant for Bobsleigh Canada involving Level III Technical Certification, competitive travel and warm weather camp preparation for 1994 Winter Olympic Games (Norway).

Speed and conditioning consultant for the World Champion Toronto Blue Jays Baseball Club 1997.

Athlete Successes

In Canada and prior to attending U. Of Hawaii in 2001

International — 16 Major Games Medalists and 55 International Games Representatives

The Canadian Men's 4 x 100m Relay Team - Silver Medalists 1998 Commonwealth Games - Kuala Lumpur

The Canadian Men's 4 x 100m Relay Team - Goodwill Games Champions

The Canadian Men's 4 x 100m Relay Team - World Champions - 1997 IAAF Championships - Athens

The Canadian Men's 4 x 100m Relay Team — Olympic Champions in 96 and World Champions in 97.

World Record Holder (50m & 60m Hurdles) / 92 Olympic Champion - Mark McKoy
110m Hurdles (Canada) 1985-87

Coached athletes to 34 Canadian National Senior Outdoor and Indoor Championship victories and 56 National Silver & Bronze Medalists from 1978 to the 2001.

NCAA Personal Coaching Successes: (1984-87 at LSU): NCAA Champions — 2;

NCAA Qualifiers — 30 men & women; NCAA Finalists (top 8) — 19; NCAA

All-Americans — 15

1st ever LSU Women's Individual NCAA Champion (85), the 1st Men's Individual Champion since 1975 in 1987.

Southeastern Conference (SEC) Personal Coaching Successes: SEC Champions - 8; SEC Conference Scorers (Top 6 finishers) - 35

Top Performance ability ranges of past athletes trained and by no means limited to the future athletes coached: (10.10 / 11.41) (20.33 / 23.52) (46.11 / 52.13) (1:48.41 / 2:01.92) (1500m F - 4:15.24) (3k F - 9:11.87) (5k F- 16:23) (Hurdles 13.37 / 12.96) (49.61 / 54.83) Field (PV 4m15) (HJ 1m88) (LJ 8m18 / 6m24) (C-E 7983 / 5796 pts)

Leadership

Consultant (99-01) - advised sport Olympic and Paralympic federations and organizations on international and national sport strategies, delivery and implementation.

National Program Director / Head Coach for Athletics Canada from 1997 to 1999 charged with international teams, elite athlete development and coaching education for sprints, hurdles, jumps, throws and combined events.

Head Coach / Canadian Track & Field Team — 96 Atlanta Olympic Games

Head Coach / Canadian Track & Field Team — 93 World Junior Championships

Head Coach / Ottawa Lions Track & Field Club (Top 3 Club, Canada 88-96)

Assistant Coach / Louisiana State University (1984-87)

Head Coach / London-Western Track & Field Club (Top 5 Club, Canada 77-84)

Assistant Coach / U. of Western Ontario, Canada (76-83)

International Appointments:

Olympic Games (6) / 80 Moscow, 84 Los Angeles, 88 Seoul, 96 Atlanta, 00 Sydney, 04 Athens - with CBC Television

World Championships (Outdoor - 6) 83, 87, 91, 93, 97, 99. (Indoor - 3) 87, 93, 99

Observer - Attended - IAAF World Championships - 2001, 2007

Commonwealth Games (4), World Student Games (2)

Meet Organizer & Director:

(Canada 1977 to 2008) +300 Competitions, 4 International Games Selection Trials, 1 Canadian Senior Championships, 1 Canadian Championships (Masters), 1 Canadian

Junior Championship, 2 IAAF Mobile Indoor Grand Prix Meets, 2 National Combined Event Championships and 8 International Altitude High Meets, 9 Ontario Championships, 1 Ontario Cross Country Championship (USA 1985 — 1987, 2001 - 2005) 38 Track Meets including 2005 USATF Master's National Championships, 1987 NCAA Championships, 2 SEC Championships, TAC Masters National Championships and 4 State School Championships.