



## COACHES 2011-2012



### STRENGTH & CONDITIONING COACH

Jonathan Wengel A.K.A. "Big Jon"

Full On Fitness founder, Jon Wengel, has spent years in the fitness industry because it's truly his passion. He's one of the friendliest and most outgoing trainers you will ever meet, and has trained clients of all ages and physical capabilities. Other Trainers train with Jon because of his knowledge and expertise.

Jon's an expert in his field and has used his experience and knowledge to produce The Full On Fitness Athletic Development System (ADS). He constantly strives to be the top in his field and in his areas of specialization including: Youth Athletic Development, Strength and Conditioning, Injury Prevention , and Facilitated Stretching.

#### Nanaimo's Leading Personal Trainer

- **Certified Personal Trainer** Registered with The *BCRPA*.
- **Strength and Conditioning Coach** for *Canada Bowl National Champions/Inter Gold Cup Champions*
- **Strength and Conditioning Coach** for *BCJFL Champions, The VI Raiders Football team.*
- **Strength and Conditioning Coach** for the *Nanaimo Timberman Lacrosse Team Senior "A" and Intermediate "A" Teams.*

Jon also trains a variety of young athletes from Hockey, Football, Lacrosse , Baseball, Golf, MMA and Moto Cross.

#### Accreditation and Specialties

- IYCA: Youth Fitness Specialist Level 2
- Myofascial Release/Balance Training/Foam Roller Specialist
- Stabilizer Training/Hard Core Strength/CrossFit Training – MMA Conditioning
- Post Injury Rehab/ Nordic Walking
- Stability, Balast Ball, and Bosu Trainer Specialist
- Functional Movement Screening Certified

Jon himself is an avid strength trainer and can also frequently be found on the many mountain biking and hiking trails that Nanaimo has to offer. Whether you are an accomplished athlete who is looking for a training boost, or you are leading a not so active lifestyle and want to make a change, Jon's caring and comfortable approach will get you the results you desire.

**DON'T LIVE YOUR LIFE LIMITED BY WHAT THINK YOU CAN'T DO! LIVE IT TO THE FULLEST BY WHAT YOU CAN DO!!**



## GYMNASTICS COACH

### Michael Phillip Quarress, MA

---

#### EDUCATION

##### Michigan State University, East Lansing, Michigan

- Bachelor of Arts Degree in Interpersonal Communication

##### National Coaches Certification Program

- Level 3 Certified Coach Women's and Men's Artistic Gymnastics

##### Royal Roads University, Victoria, BC

- Master of Arts in Interdisciplinary Studies

#### COACHING

Head Coach – Campbell River Gymnastics Association (2006-2008)

##### Gymnastics Instructor

- **Phoenix Gymnastics**, Vancouver, BC (September 2004-2006)
  - Assistant Coach to David Kenwright, Women's Head Coach
  - Mentored under David Kenwright, 2004 Canadian Olympic Team Head Coach

##### Gymnastics Instructor

- **Bowen Island Gymnastics**, Bowen Island, BC (Summer 2002-Summer 2003)
  - Coached both boys and girls summer camps

##### Gymnastics Instructor

- **Counties Manakau Gymnastics**, Papakura, Auckland, New Zealand (November, 2003-December, 2004)
  - Head Coach of the Level 6/7 Women's Compulsory/Optional Team
  - Mentored under Lee McDermott, National Team Head Coach for New Zealand

##### Gymnastics Instructor

- **Newhope Gymnastics Academy**, Fountain Valley, CA (September, 2003-November, 2003)
  - Coach of Girls Developmental Team as substitute for injured coach

##### Gymnastics Instructor

- **SCATS Gymnastics**, Huntington Beach, CA (September, 2000-March, 2002)
  - Head Coach of the Fast Track Girls TOPS Developmental Program
  - Mentored under Don Peters, 1984 USA Olympic Team Head Coach

##### Gymnastics Instructor

- **Woodward Gymnastics Camp**, Woodward, PA (Summer, 2000)
  - Coached Boys and Girls of all levels

#### ACTIVITIES & HONORS

##### Gymnastics Certification

- USA Gymnastics Women's Level I-IV Skill Development Curriculum Course Certification
- NCCP Level 3 Certified Women's and Men's Coach Gymnastics Canada
- Gold LEAP Evaluator Certification and Chief Evaluator

##### Michigan State University Varsity Gymnastics Team (1996-2000)

- Full Scholarship Athlete
- Four-time letter winner on a Big Ten varsity athletic team
- Team Captain (1999-2000)

- Four time USA National Team Member (1993-1996)  
USA Gymnastics National Team Member (1993-1996)
- Competed worldwide representing the USA Men's Junior and Senior National Team



## ATHLETICS COACH

### Coaching Resume:

#### National Coaching Certification Program

- \* **NCCP Level # 4 Middle Distance Coach - CC #255950**
- \* Athletic Canada – Run, Jump, Throw (for ages 6 – 12) – Master Facilitator
- \* NCCP Theory Part A Facilitator
- \* NCCP Theory Part B Facilitator
- \* NCCP Theory Course Conductor Level 3 – Physical Preparation
- \* NCCP Level #1 Technical Course Conductor - Track & Field
- \* NCCP Level #2 Technical Course Conductor - Distance
- \* NCCP Level #3 Technical Course Conductor – Distance
- \* International Amateur Athletic Federation - Level #2 Technical Distance & Race Walk Course Conductor
- \* NCCP Level #1 Certified Sprints/Hurdles Coach
- \* NCCP Level #2 Certified Throws Coach
- \* NCCP Level # 2 Certified Jumps Coach
- \* Pan American Coaching Certification –IAAF Race Walking
- \* Twist Conditioning – Excelerate Program Level #1 Certified

### COACHING EXPERIENCE

2007 – **Meet Director** – Western Canada Games/Juvenile/Midget Championship Trials, Nan. BC  
 2006 – Distance Coach – **Team BC** – Canadian National Track and Field Championships, Ottawa  
 2005 – Head Coach – **Team BC** – Canadian National XC Championships – Vancouver, BC  
 2005 – Distance Coach – **Team Canada** – World Youth Championships – Marrakech, Morocco  
 2004 – Assistant Coach – **Team BC** – National XC  
 2001 –2004 **Meet Director** – Elwood Wylie Memorial Track and Field - Nanaimo BC  
 2003 – Pan American Sport Organization – Race Walking Course Certification – Mexico City, Mexico  
 2002 - Distance Coach - **Team Canada** - IAAF World Junior Championships - Kingston, Jamaica  
 2002 - **Athletics Sport Chair** - BC Summer Games – Nanaimo  
 2001 - Head Coach - **Team BC** - National X-C Championships  
 2001 - Endurance Coach - **Team Canada** - IAAF World Championships - Edmonton, Alberta  
 2001 - Distance Coach - **Team BC** - Canada Summer Games  
 1995 - 2002 - **Coach/Coordinator - Pacific Sport Regional Athletics Centre** – Nanaimo  
 2000 - Race Walk Coach - **Team BC**, Olympic Trials, Victoria BC  
 2000 - Head Coach - **Team Canada** - Pan American Cup of Race Walk- Poza Rica, Mexico  
 1999 - Race Walk Coach - **Team BC** - Western Canada Games, Prince Albert, Sask.  
 1999 - **Team Canada** – Race Walk Coach - World Cup - Mezidon, France  
 1998 – 2002 – **Head Coach** – Nanaimo Track & Field Club  
 1997 - Distance Coach - **Team Canada** - Francophone Games – Madagascar  
 1994 - 98 - Distance Coach - Nanaimo Track & Field Club  
 1994 - 95- Assistant Coach - **University of Victoria** - Mens X-C and Track  
 1986 - 91 Assistant Coach - **Canadian High Performance Centre** - Distance & Race Walk.  
 1989 - 91 Assistant Coach – **Univ. of Saskatchewan X-Country & T & F**  
 1993 - Coach Wheelchair – **Team Saskatchewan** - Canada Games Racewalk Coach - Canada Games  
 1992 - 93 - Provincial Racewalk Coach – Mens & Women's Junior Racewalk Champions  
 1991 & 93 - Head Coach – **Saskatchewan Wheelchair** – National Championships.  
 1992 - Head Coach – Saskatchewan Summer Games T & F Zone 5

1989 - Observer Coach – Canada Summer Games – Distance/Racewalk

1988 - Observer Coach – **Team Canada** -World Juniors Championships II – Distance Team:

### Distance Athletes:

Steve Osaduik –

2007 – Royal Victoria Marathon – Winner – 2:20

2006 – Royal Victoria Marathon – Winner – Record time – 2:16:49 (by 2 min.) PB of 7 minutes

2006 – National ½ Marathon Champion – Edmonton

2006 – Scotia Bank ½ Marathon Champion - Vancouver

2006 - First ½ Marathon Champion - Victoria

2006 – Coast Hotels Athletic Assistance Program Recipient.

2006 – Times Colonist 10km Champion

2006 – National 10k Track Championships – 4<sup>th</sup> – 29:56

2004 - World ½ Marathon Championship Team Canada, New Delhi, India.

2004 - National ½ Marathon Champion

2004 - Times Colonist –10k Champion

2005, 2004, 1996,1995 - World Cross Country - Team Canada

Team BC National XC – 1995, 1996, 2001, 2003, 2004, 2005

2004 - BC 3000SC Champion.

Brenden Cleary – BC Juvenile 400m Champion- 2003, Team BC Juvenile Nationals 2003 & 2004,

Kevin Freisen – BC – 5000m Champion 2006, Canadian National Juniors 5000m – 2<sup>nd</sup>, Pan America Juniors – 10000m .BC High School 3000m 2<sup>nd</sup>, 1500m 2<sup>nd</sup>, BC Juvenile 800m 2<sup>nd</sup>. , Team BC Juvenile Nationals 2004

BJ Jensen – World Mountain Running Championships – 2005 – New Zealand

Recreational Runners: Carrie Willikes, Carmen Blanchard , Cameron Paugh, Doug Oxland

---

### Race Walk Athletes:

Karen Foan: 2003 National Senior Champion, 2001 National Senior Champion, 2001 World Championships – Team Canada, 2001 Francophone Games Team Canada, 99 & '00 Senior National Bronze Medallist - 20k,Canadian National Junior Champion and National Juvenile Champion and National Juvenile Record Holder, BCHS Champion and Record Holder

Blair Miller: 2001 National Senior Silver medallist, 01 Francophone Games Team Canada, BC Senior Mens 20k Champion, 5th place National Olympic Trials 2000

Kate Brooker: 1999 BCHS Champion, 1999 Canadian Juvenile Champion, 1999 Canadian Junior Silver Medallist, Canadian Jr. US/Can Dual Team.

### Wheelchair Athletes:

Stuart Campbell: World Championships - Berlin 1994 Bronze Medallist 800m

Team Saskatchewan Canada Games '93 Wheelchair

1994 National Champion at 200m, 400, and 800m.

Kris Kristofferson: Team Saskatchewan Canada Games '93 Wheelchair

### Triathletes:

Codie Ward:

National Junior Development Program

Jackie Lewis:

1995 - Canadian Championships; 1995 - World Championships – USA; 1996 - Canadian Championships; 1996 - World Championships - Australia