



Head Coach: Jan Lips

I was born in Haarlem, the Netherlands.

After High School and compulsory Army Service, I studied Physical Education at the Academy for Physical Education in Amsterdam. I taught physical education from 1971 till 1989, when I immigrated to Canada.

As an athlete, I was involved in high school track and later in club track, becoming provincial high school champion in the 100m, as well as the junior provincial 100m champion in club track.

During my studies in Physical Education I started coaching my club team in 1969, and I have been coaching since.

Although I was mainly a sprinter and long jumper, I have competed in some decathlons, which made me experienced in a wide spectrum of events.

In the 1980s I acquired national level coaching certification in sprints, hurdles, jumps and throws, the highest coaching level that was available. I became a member of the Board of Education of the Royal Dutch Athletics Association, and I developed the curriculum and teaching materials for the education of club level coaches in the Netherlands. I conducted coaching courses at club level and national level (in hurdles). I was Head Coach of the athletics club 'Holland' in Haarlem for two periods of seven years.

In Canada I coached with the Calgary Spartans and Calgary International (both with John Cannon), till I came involved with the Calgary Warriors in 1999, becoming the Head Coach in 2010.

I was the Head Coach of the Airdrie Aces as well, from 2011 till 2015.

I have coached at several Alberta Provincial Teams for Nationals and Tri-Province meets, some of them as Head Coach.

I have always been interested in coaching hurdles after I inherited some talented hurdlers in the Netherlands in the early days of my coaching career, and I have developed National Champions, National medallists and finalists, Provincial Champions and medalists, Alberta Team Members, Provincial Record Holders, High School Champions and one member of Team Canada for the World Youth Championships.

I am or have been the coach of the following hurdlers (mentioned are only those who made Canadian or Alberta Teams, set provincial records, won high school or provincial championships medals or were finalists or medal winners at Canadian or Dutch Championships):

Eric Negenman – Dutch Champion in 300m Hurdles and 400m Hurdles (1980s)

Rob van Wees – 2nd 400m hurdles Dutch Junior Championships (1980s)

Wigert Thunnisen – 3rd 110m Hurdles Dutch Senior Championships (1980s)

Wim Roosen – Dutch decathlete (1-time Dutch Champion) and 400m hurdler (1980s)

Kendal Beckles (Calgary International) – provincial record holder (1990s)

Jonathon Hylton (Calgary International) – provincial record holder (1990s)

David Holm – Member of Alberta Legion Team 400m Hurdles (2003)

Dima Kagan – Member of Alberta Legion Team 110m Hurdles (2003)

Lisa Geck – Member of Alberta Legion Team 300m Hurdles (2004)

Kayti Simonson – Member of Alberta Legion Team 100m/400m Hurdles (2005-2006)
 Finalist at Canadian Junior Championships 400m Hurdles (2007-2008)
 Bronze medal at Canada Games 400m Hurdles (2009)

Tessa Gray – Finalist Canadian Championships 400m Hurdles (2006, 2007, 2008, 2011, 2012, 2013)
 Member of Team Alberta Canada Games 400m Hurdles (2005)

Mihai Prajea – Finalist Canadian Junior Championships 400m Hurdles (2009)
 Member of Alberta Legion Team 400m Hurdles (2008)

Jill MacEachen – Member of Alberta Legion Team 80m/100m Hurdles (2006-2008)
 Bronze at Canadian Youth Championships 100m Hurdles (2007 & 2008)
 Scholarship for hurdles and long jump (Eastern Illinois)

Rachel Machin – Member of Alberta Legion Team 80m/100m/300m Hurdles (2007-2008)

Garrett South – High School Champion 100m Hurdles (2009)

Matthew Record – High School Champion 100m Hurdles (2011)

Laura Sharman – Member of Alberta Legion Team 100m Hurdles (2011)

Deshaunda Morrison – Member of Alberta Legion Team 80m/100m/200m Hurdles (2010, 2012)
 Member of Team Canada 100m Hurdles
 Alberta Record Holder Youth 100m Hurdles (14.30, 2009; 14.04, 2010)
 Alberta Record Holder Junior 100m Hurdles (13.76, 2012)

Madison Evans – Member of Alberta Legion Team 300m Hurdles (2012-2013)

Katelyn Yackel – Member of Alberta Legion Team 80m/200m Hurdles (2013)
 Alberta Record Holder 200m Hurdles (28.23, 2013)

Katelyn Slessor - Member of Alberta Legion Team 80m Hurdles (2013)
 Alberta Record Holder 80m Hurdles (11.61, 2013)
 Alberta Record Holder Youth 100m Hurdles (13.92, 2014)

Charlotte Terek – Member of Team Alberta in 400m and 400m hurdles for Western Canada Games
 (2015, gold medal) and Canada Games (2017, silver medal)

Kai Spierenburg – Legion team member 400m hurdles
 Provincial record holder (100m hurdles)
 Second-fastest 400m hurdler in Canada in his age year in 2015
 Second in 400m hurdles at Legion Nationals (2016, with Coach Cannon)

Scott Chalupiak (Airdrie) – Third-fastest 400m hurdler in Canada in his age year in 2015
 Member of Team Canada at the World Youth Championships in Columbia
 (400mH, 2015)

Catherine Carruthers – Silver medal 80m Hurdles at Canadian Youth Championships (2014)
 Alberta Indoor Record Holder 60m hurdles for 14 year olds (2014)

Alexandra Carruthers – 6th at 100m Hurdles at Canadian Youth Championships (2017)
 Alberta Indoor Record Holder 60m hurdles for 14 year olds (2015)

Natasha Gatzke – Silver at Canadian Youth Championships 80m Hurdles (2017)
 Bronze at Canadian Youth Championships 200m Hurdles (2017)

Verona Valero – 5th at Canadian Youth Championships 80m Hurdles (2017)

Ryan Wright– 6th at Canadian Youth Championships 100m Hurdles (2017)
 5th at Canadian Youth Championships 200m Hurdles (2017)

It has been a pleasure and honour to work with that many talented young people, and I hope to continue doing this for a long time.