



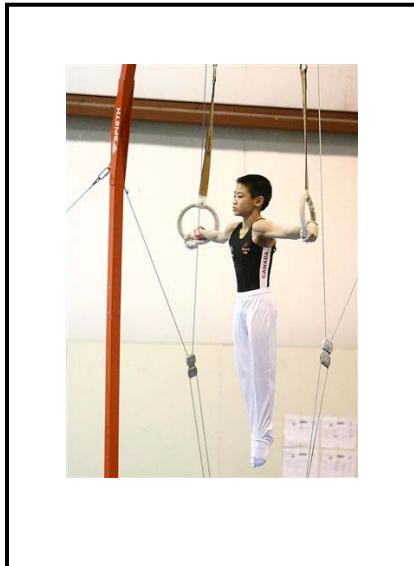
## FAST

The Canada Games Council and FAST received over 530 applications for the 2008 edition of the grant. On July 16<sup>th</sup>, 2008, the selection committee selected the 40 winners, coming from 7 different provinces and territories and representing 18 of the sports on the program of the 2011 Canada Games. Each chosen athlete received a \$2,000 grant to help support their training and competition needs. Here is one of the many touching letters of thanks we receive from the recipients.

Dear Ms. Hylland,

I would like to thank you and the 2008 Canada Games FAST Track Committee for awarding me a \$2,000 grant.

I was invited by Gymnastics Canada to join the Junior National Team to travel with them to Japan for a combined Training Camp and Dual Meet. Although Gymnastics Canada was paying for a large portion of this trip, my cost was \$1,000. This is a large sum of money to pay above my normal training cost. With the grant, I was able to participate in this wonderful opportunity.



In Japan, we were housed, fed and trained in the National Training Facility. This is one of the venues that is based on Japan's 2016 Olympic bid. I was not only able to train in a wonderful environment, but I learned so much about how they train. They were willing to share some strategies and techniques that my coach and I have adapted in my home gym in Richmond, BC. The training was very intense and I worked hard. We trained from 6-8 hours daily with only 2 days off over 12 days. I felt I gained a lot in developing my skills, techniques and work ethic. The bonus was I was able to meet Kohei Uchimara, the Artistic Men's 2008 All Around Silver Medalist from the Beijing Olympics.

There is a possibility that I will be going with gymnastics Canada to London in the spring for another training camp. Some of the grant will be used to fund that learning opportunity. I also have competitions across Canada that any "extra" money will go to pay for that. Unfortunately, there are limited avenues in British Columbia and Canada as the competition is very sparse. In order to be competitive Internationally, we must see and learn what athletes from other countries are doing.

I have enclosed a picture of me with Kohei Uchimera to thank you and acknowledge how your committee made a difference to assisting me in reaching my athletic goals.

Yours truly,

Robert Watson.