

Groundwork Athletics

Warren Hatch – BA CSCS

Strength and Conditioning Specialist

Warren grew up in North Vancouver playing a variety of sports and activities including baseball, basketball, water sports, and skiing, but running was where he found his most enjoyment and success. After winning the North Shore titles in the 800m, 1500m, and 3000m in his senior year of high school, he spent the next 2 years at Capilano College, training and coaching with the NorWesters Track and Field Club along with a strong core of top Provincial and University runners. Warren went on to run Track and Cross-Country and the University of British Columbia for 2 years, and graduated with a Bachelors Degree in Psychology. At UBC, while taking a course in Strength and Conditioning, he realized his passion for high performance training and decided to enter the Strength and Conditioning field. After graduating from UBC, Warren became a certified Sports Conditioning Specialist (CSCS) before starting to work for Groundwork Athletics in early 2006. Warren's current goals are to continue learning the best methods in Strength and Conditioning, and he's training hard for the 2007 Outdoor Track season.

ACCOMPLISHMENTS

- 2007 Grouse Grind Mountain Run 5th place finish
- 2007 Seymour Mountain Run 2nd place finish
- Harry Jerome International Track and Field Meet
- Victoria International Track Classic
- UBC Fall Classic 5km Run
- James Cunningham Seawall Race
- BC High School Track and Field Championships
- BC High School Cross Country Championships
- BC Junior and Senior Track and Field Championships
- Canadian Junior Cross Country Championships
- NAIA Cross Country Championships
- UBC Track and Field and Cross-Country Teams
- Seycove Secondary Senior Boys Basketball Team (Captain)
- Member NorWesters Track and Field Club