

## **EDUCATION:**

- Bachelor of Education, Physical Education expanded major; Social Studies minor (5 year degree);
- 3 Year scholarship (Team Captain) for Cross-Country / Track & Field; Graduated in 1990;
- Level III National Coaching certification
- Professional Coaching Association of Canada

## **TEACHER CERTIFICATION:**

- British Columbia College of Teacher, Professional Certificate Secondary Level

## **RELATED SKILLS AND ACCOMPLISHMENTS:**

- Attache Swedish Olympic Women's hockey team 2010
- Published in article 'Canadian Running Magazine' 2010
- Sport BC 2010 Community Sport Hero Award – Athletics
- Inducted to the G.P Vanier Secondary school Hall of Fame as a Coach/Builder 2008
- Published 'Comox Valley Kids' (Family Fitness) 2007
- Inducted into the BC school sports Hall of Fame 2005 –Track and Field/Cross Country
- Head Coach/Trainer Elite Athletics Sport Specific Training Speed/Power  
-www.eliteathletics.ca
- Level II Occupational first aid North Island College 2005
- Senior Provincial Excellence in Coaching Award, BC Athletics (2002)
- Ten Time Provincial Championship Coach (BC Athletics) Track and Cross Country 1994-2003
- Head Coach, High Performance Winter Training Camp, Honolulu, Hawaii 1998-2002
- Head Club Coach, Comox Valley Athletics (North Island Athletics) 1992 -2002
- Speed and Power Training Clinics for Football and Soccer 1998-2002
- Speed and Power Altitude Training Camp, Flagstaff, AZ 1998/99
- Five time Provincial Champions High School Cross-Country and Track & Field Coach 1991-2001
- Teacher of Physical Education Grades 10-12 (1990 -Present)  
-Developed and teach a 'girls only' Lifestyles and fitness class 2006-present
- Secondary Teacher of Psychology, social studies, career and personal planning (1991-present)
- Head Coach Track and Field and Cross Country (1990-2005) GP Vanier Secondary
- Level III National Coaching Certification (University of Victoria)
- Emergency First-Aid Instructor
- Lecturer 1999 -2000 University of Wyoming NCAA Division I
- Captain of the University of Victoria Cross-Country Team (3 Year Scholarship 1987-1990)

## **ADDITIONAL QUALIFICATIONS / COURSES:**

- Team Building Conference, Vancouver, B.C. 1994
- Five Levels of PEMCO Coaching Clinics, Seattle, Washington, 1992-1996
- Head Coach at University of Washington indoor/outdoor competitions 1991-98
- Hosted Iolani Private school Track Team, Hawaii, 1993
- Head Coach for Southern California Track meets 1994
- Head Coach for Track & Field Team to meets in Hawaii (Oahu/Kauai), 1995-1998
- Five time Coach for Track & Field Team to meet at Mt. Sac Relay, Walnut, and CA. 1995-2001
- Weight Training
- Business Management
- Building Excellence Seminar, Vancouver, British Columbia
- Peak Performance Seminar, Vancouver, British Columbia

## **EXPERIENCE:**

- **University of Victoria, Faculty of Teacher Education, Supervisor 2010-current**
- 2002 Head Coach and Sprints coach for the Sr. National Track & Field Championships, 2003.
- 1990-present Academic Professional G.P. Vanier Secondary School (grades 10-12) BC
- 2002 June, Provincial Sprint Coach, Senior National Championships, Edmonton, Alberta
- 2002 January Recipient of Provincial 'Excellence in Coaching' Senior Coach 2001 Award
- 2001 CANADA GAMES, LONDON, ONTARIO  
-Provincial Sprint/hurdle/relay Coach
- 1999 -2000 UNIVERSITY OF WYOMING (Division I NCAA)  
-Assistant Men's and Women's Track & Field / Head Women's Cross Country Coach
- Academic Professional / Lecturer University of Wyoming 1999-2000
- Specialty Training for NCAA Division I Senior Football Players
- Specialty Training for NCAA Division I Women's Basketball
- 1997 National Coach, Junior Pan Am Games, Havana, Cuba
- 1997 Provincial Track & Field Coach, middle distance, British Columbia
- 1996 Canadian Coaching Team, Olympic Games, Atlanta, Georgia
- 1993-2003 Ten time Provincial Men's and Women's Cross-Country Coach (Canada)
- 1993 -1997 National Championship Team Coach Cross-Country (Canada)
- 1992 -2002 COMOX VALLEY ATHLETICS CLUB Courtenay, B.C. Head Coach  
AKA North Island Athletics
- Personal Coach to Nathan Taylor, 2 consecutive National Junior Championships in 100/200 meters  
(10.38/21.30) Canada Games Record holder in 100 meters (10.38) 2001.