

Coach of the Year Award

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Past Winners:

2008 & 2009: RossAnn Edwards

2010 Nominees:

- **Laura Englund, Regina.** Nominated by Mark Gibson and Regina Multisport Club. The head swim coach for the Regina Multisport Club, Laura has been coaching since 2007.
- **Brendan MacKenzie, Regina.** Nominated by John Mykytchuk. Brendan is a personal trainer and coach at Level 10 fitness and has been working with age group athletes for several years now.
- **Tara Reichert, Saskatoon.** Nominated by Carmen Bell. Having coached with both the RMC and now STCI in Saskatoon, Tara brings great individualized coaching to all her athletes and brings great organization, common sense and fun to all workouts.

Coach of the Year Award Winner for 2010: Laura Englund



Picture: Laura receives her award from CJ Katz, STAC President

Laura's first coaching position began in 2007, as a swim coach for the RMC bi-weekly group training sessions. This was a shared position for the first 2 years. Following the initial 2 years, Laura became the clubs head swim coach. She is responsible for seasonal and program design as well as the recruitment and guidance of the assistant coaches. As well as the RMC swimming, she also instructs a Dryland Triathlon Training Class offered through the City of Regina. Two years ago

she recognized the growing demand for group focused triathlon training in the off season, and now offers the class on an ongoing basis. This class is geared towards multi level triathletes and includes bike, track, brick, and core strengthening activities.

Laura also offers private coaching and individual program designs. She has worked with many athletes in the past, preparing them for various triathlons from Try-A-Tri's to Ironman. She also works with individuals participating in single sport, whether it be swimming, biking, or running.

For the last 4 years, she has been the race director for See Jane Tri for the Cure, a women's only beginner triathlon. Under her direction, the race has continued to grow considerably, attracting many newcomers to the sport. The race is a huge success, and many participants return each year. See Jane is also a fundraiser and each year a portion of the registrants' race fees are donated to the Canadian Breast Cancer Foundation, totally nearly \$10,000 in contributions to date. In 2011, she will again be race director for See Jane, as well as a part of the race committee for the Regina Beach Triathlon.

Laura's greatest passion, and the best example of her ability to improve and develop athletic ability, is the See Jane Tri Clinic. This is a 6 week preparatory clinic that she organizes that promises to completely prepare the participants for their first ever Try-a-Tri race. Throughout the course, the women are given daily workouts, nutritional advice, race rules, transition and race tips, as well as 2 group workouts per week. Some of these women will begin never having put their head in the water, or never having run more than a block, and through encouragement and effective coaching techniques, are able to complete not only the swim, but the entire triathlon. The impact that the clinic and the race has on the majority of

these women is tremendous. Upon completion, they are anxious to move forward in triathlon, and very motivated to maintain healthy, active lifestyles. Many of them proceed on to longer distance races.

Laura's contribution to Triathlon in Regina is significant and ongoing. Her willingness to step up and get involved with the organization of the Regina Beach Triathlon is of huge benefit to the Regina Multisport Club.