



SWIM ONTARIO COACH LEADERSHIP PANEL

Swim Ontario is pleased to be hosting a Coach Leadership Panel on Friday March 1, 2019 at the Etobicoke Olymrium, Olympic Lounge, 1:00pm – 2:30pm, following the Friday preliminary session of the Ontario Swimming Championships.

This is an opportunity for all coaches to gather together for lunch and hear from two prominent high performance female coaches, Cathy Pardy (Head Coach of ROW & Laurier Golden Hawks), and Vicki Keith (Head Coach of KYPs) who will share with us their coaching experiences, including their participation in a recent two day intensive Swimming Canada Female Coaching Workshop “Taking The Stage”

We hope that you will join us for this opportunity!

DATE: FRIDAY MARCH 1, 2019

LOCATION: ETOBICOKE OLYMIUM, OLYMPIC LOUNGE

TIME: LUNCH – 1:00pm
COACH LEADERSHIP PANEL with presentations & Q&A to follow – 1:30-2:30pm

RSVP: Christy Yaremczuk – christy@swimontario.com

COACH LEADERS:

Cathy Pardy – Head Coach Region of Waterloo Swim Club & Laurier Golden Hawks - Cathy Pardy has been coaching for 30 years. She is Level 3 certified and has consistently coached age group swimmers to top 10 within the country in Guelph, Region of Waterloo and Oakville. Cathy is serving her second term on the Board of Directors, for Canadian Swimming Coaches and Teachers Association (CSCTA). Cathy is also certified as a Learning Facilitator, teaching Swimming 101 to new coaches. In summer 2018 she was hired as the head coach of Region of Waterloo, excited to return to this club in this new role to be able to infuse her extensive knowledge into the ROW organization, raising the performance bar across all levels of racing. In November 2018 it was announced that Cathy was hired as the head coach of the Wilfred Laurier University Golden Hawks where she has been able to expand her holistic vision of coaching the student-athlete.

Vicki Keith – Head Coach Kingston Y Penguins - Vicki Keith is one of the most successful marathon swimmers in the history of the sport, holding 18 world records. She began coaching at Variety Village in the early 1990s. She immediately started pushing the boundaries, by getting the team invited to able-bodied meets. Pushing through initial resistance, the swimmers quickly became accepted and welcomed as equals at able-bodied meets. This pattern was continued by the Provincial and National bodies to the point that swimming is now the most integrated sport in Canada. Vicki has now coached over 22 athletes with a disability to the national level in competitive swimming, 5 athletes to the international level in competitive swimming and triathlon and 4 athletes with a disability to world records in marathon swimming. Vicki's dream has always been to make a difference in other people's lives. In 2005, when the need for new opportunities for children with disabilities in Kingston, Ontario became apparent, Vicki came out of swimming retirement, and spent 63 hours and 40 minutes in Lake Ontario, completing 80.2 kilometres butterfly, setting 2 world records and raising over \$260,000 for the YMCA of Kingston. This brought her lifetime fundraising total to over one million dollars.