

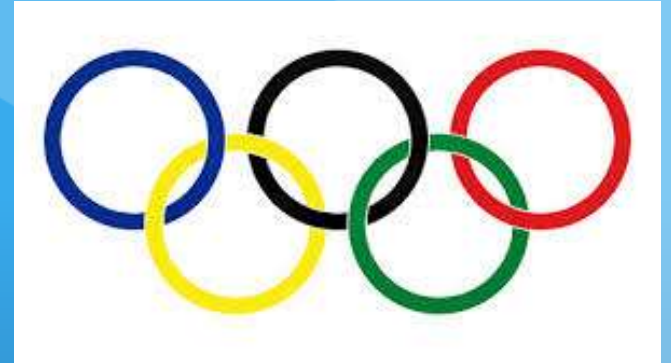
Annual Recreation Summit 2016

Lanark, Leeds & Grenville

Every Day Is An Opportunity!

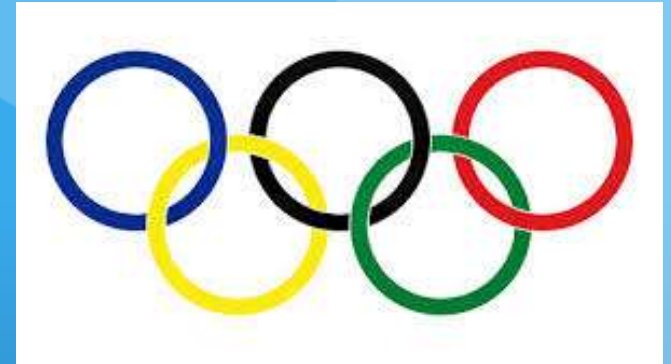
November 10, 2016

Agenda



- My Story
- Role of Recreation & Community
- Olympic Lessons of Life
- Q & A

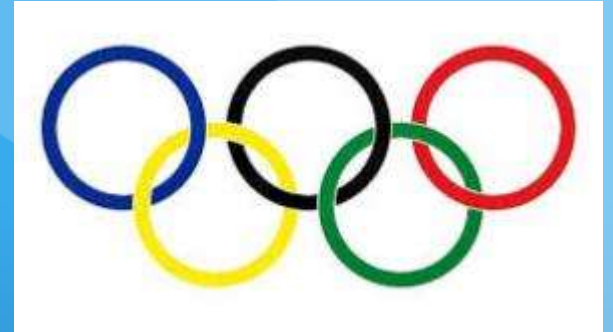
My Story



A small town kid with big dreams...

- 2004 Olympic Games - 6th place
- 2005 World Championship - Silver
- 2006 Commonwealth Games - Gold
- 2008 Olympic Games - 4th place
- Canadian record holder - 200m Breaststroke
- 2015 Ontario Aquatic Hall of Fame Inductee

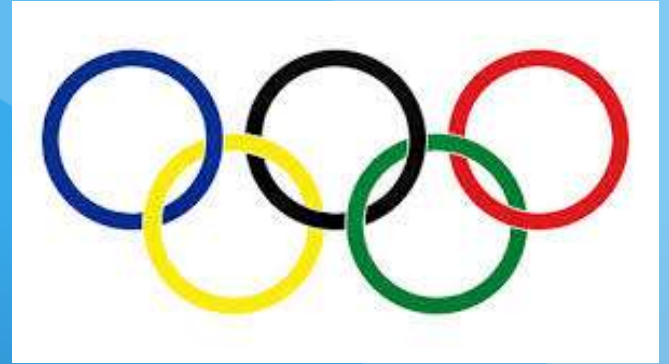
Recreation & Community



- Support
- Positive Influence
- Safe Outlet to Channel Energy
- Foundations of Success

Olympic Experience: Lessons for Life

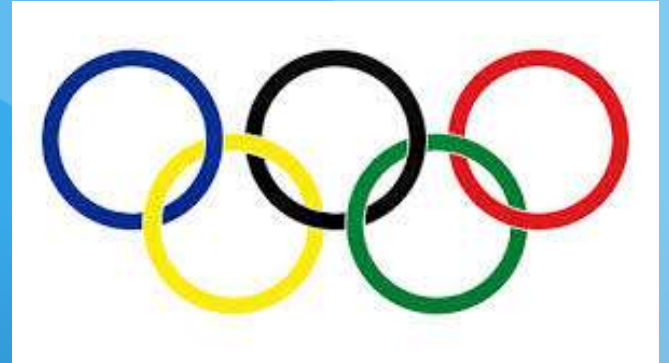
- Ingredients of Success
 - Hard work, dedication, perseverance, having fun
- Roller Coaster Ride of Success
- Healthy Body / Healthy Mind
- No one does it alone



“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”

- Aristotle

Thank You!



Questions?