



HOLLYBURN
COUNTRY CLUB

PROS BIOS & SPORT PATHWAYS

Aquatics

Swim Lessons & Lifeguarding

As one of Hollyburn's largest departments (employing nearly 15% of all staff members), the Aquatics Department is comprised not of a handful of professionals, but a host of multi-talented individuals. On any given day, one of our lifeguards could be on the pool deck lifeguarding, in the water teaching swim lessons, or anywhere around the Club responding to a first-aid emergency. Sometimes, they do all three. As a result, each lifeguard completes over 120 hours of coursework before even applying, to prepare them for the many roles they must perform.

The first job for the lifeguards is to watch the pool, but also be prepared to rush to any part of the Club in the event of an emergency. Every guard has passed three independent first aid courses, and must recertify every year, two years, and three years (respectively) to keep their skills sharp. Some take things one step further and learn to teach first aid as well. They may become certified to instruct babysitting courses, lifesaving courses (the first steps on that 120-hour journey to being a lifeguard), and more advanced CPR courses as well.

Even if they are not first aid instructors, all lifeguards are expected to teach. Every guard is trained to teach the Red Cross Swim Kids program, and does so regularly. This program teaches water competency and water safety to children 5-14 years old. Each level is designed to build on the skills developed in the previous one, and when a child completes a level they are awarded a special badge to signify their progress.

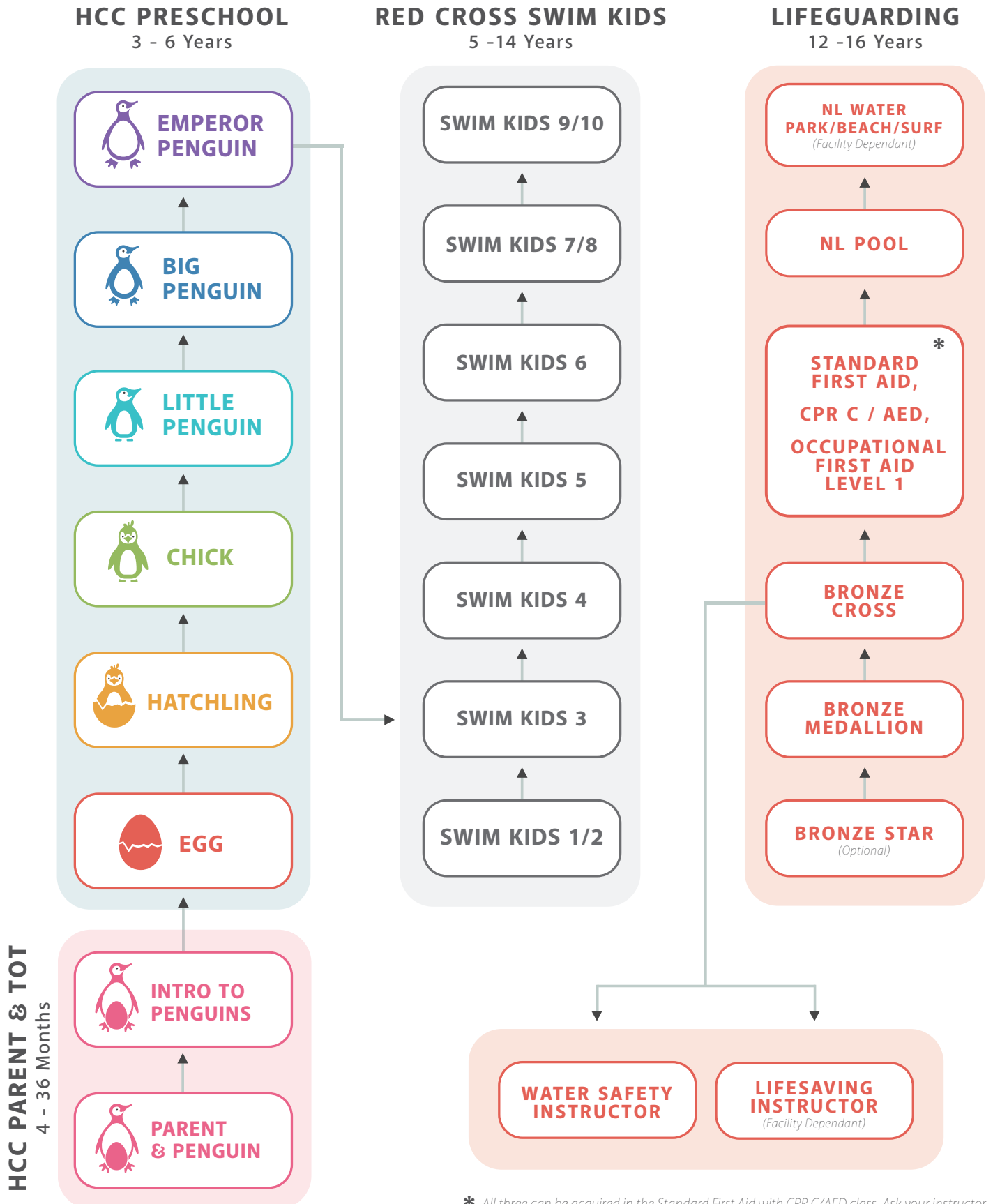
Instructors also teach our new in-house HCC Parent & Tot and HCC Preschool swim programs. Introduced in the spring of 2018, they are the culmination of nearly two years of work by senior Aquatics staff to address some perceived issues in the Red Cross Preschool system. Our penguin-themed program is focused on a progression-based system, building young children up from being afraid of the water to competently swimming short distances in the main pool over the course of six levels. Completion of a level is marked by a special sticker in a child's report card (and usually a high five from their instructor).

There is always something going on at the pool, whether it's a swim lesson or a run on the inflatable! Come by and talk to one of our lifeguards, they can answer any questions you may have regarding life in the Aquatics department.

HCC PRESCHOOL PROGRAM CONVERSION CHART

HCC PARENT AND TOT /PRESCHOOL 4 MONTH-6YR	WEST VANCOUVER PARENT AND TOT /PRESCHOOL 4 MONTHS-5YRS	RED CROSS PRESCHOOL 3-6 YRS	RED CROSS SWIM KIDS 5+ YRS
Parent & Penguin	Ducks	Starfish, Duck, Sea Turtle	
Intro to Penguins	Jellyfish		
Egg	Minnows and Seals	Sea Otter	SK1
Hatchling	Guppies and Dolphins	Salamander (taken for 0-2 sessions)	SK1
Chick	Guppies and Dolphins	Salamander (taken for 3 or more sessions)	SK1
Little Penguin	Seahorses and Killer Whales	Sunfish	SK2
Big Penguin	Sharks	Crocodile	SK2
Emperor Penguin	Ogopogos and Barracudas	Whale	SK3

AQUATICS PATHWAY



* All three can be acquired in the Standard First Aid with CPR C/AED class. Ask your instructor.



Brad Hutton

Head Coach Hollyburn Swim Team



**LENGTH OF TIME
IN YOUR FIELD:**

**20+
YEARS**



**STARTED AT
HOLLYBURN:**

2013



**SUCCESSFUL ATHLETES
THAT YOU'VE INSTRUCTED:**

Owen Daly: Canada Games Medalist,
Canadian National Team Member

Chris Ruus: Canadian Age Group Championships
medalist for Hollyburn Hurricanes

Many Canadian Age Group Championships
medalists, Eastern/Western Canadian National
medalists and Senior Canadian National
qualifiers.



PLAYING/COACHING HISTORY:

Began coaching in Lethbridge as a varsity
swimmer. Moved to Vancouver to coach
summer club and the UBC Dolphins age group
program for six years. Head Coach of the St
John's Legends and Memorial Sea-Hawks for
seven years. After a year coaching in the Cayman
Islands moved back to Vancouver to coach the
Hollyburn Hurricanes.



WHY YOU DO WHAT YOU DO:

Swimming was a big part of my life growing
up and coaching the sport is a great way to
have a positive influence on children. I feel that
swimming builds character that will assist young
athletes to be successful in all aspects of their
life. It is a very fulfilling job to wake up for, even if
many of those wake ups are at 5am.

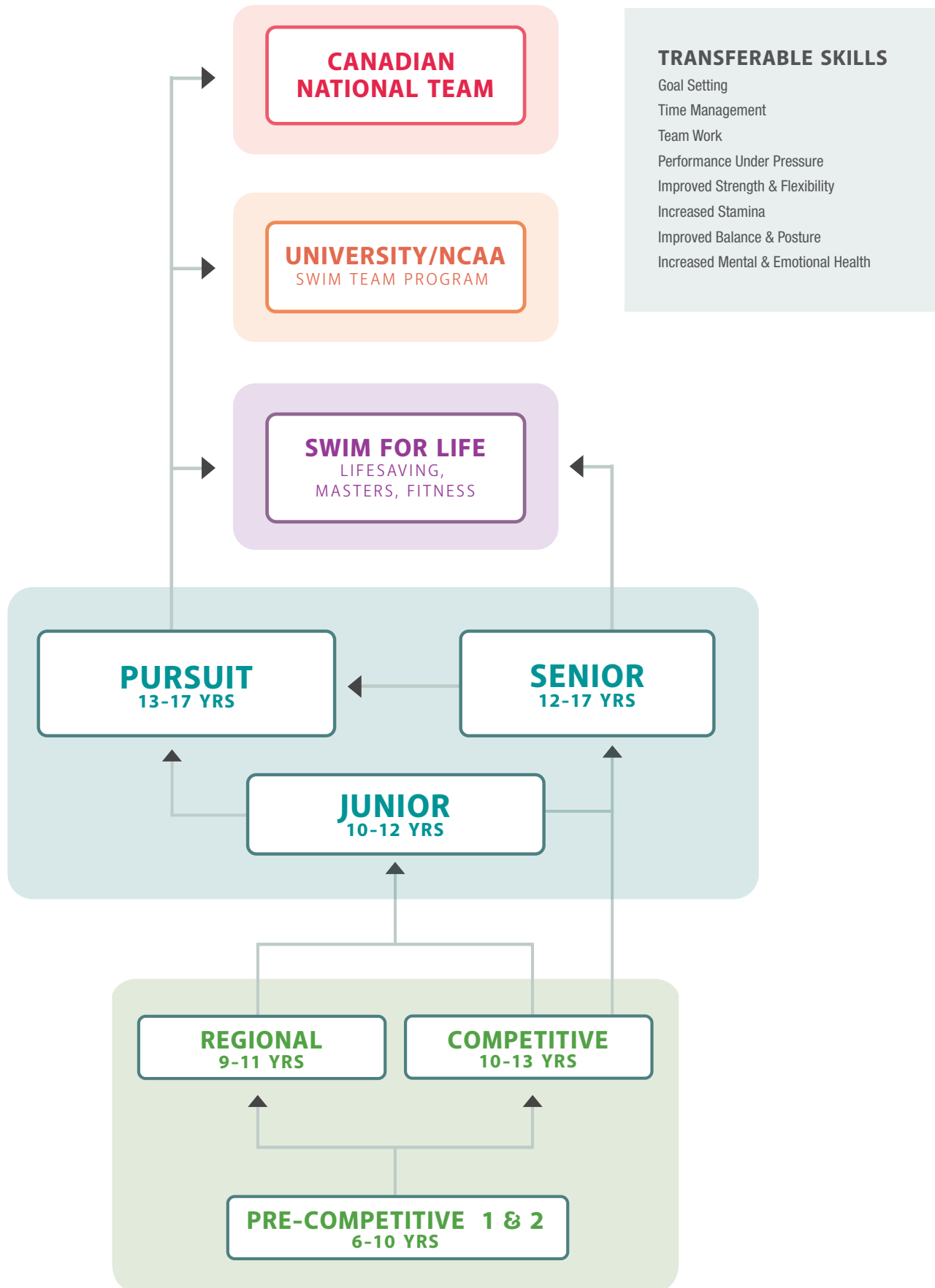


COACHING PHILOSOPHY:

As an age group coach strive to develop a
foundation in each swimmer to perform at the
most elite levels. I aim to motivate each swimmer
to reach their goals and foster a passion for the
lifelong sport of swimming.



SWIM TEAM PATHWAY





Julia Chen

Badminton Head Professional



**LENGTH OF TIME
IN YOUR FIELD:**

**30+
YEARS**



**STARTED AT
HOLLYBURN:**

1997



**SUCCESSFUL ATHLETES
THAT YOU'VE INSTRUCTED:**

2008 & 2012 OLYMPIAN:

Anna Rice

2005 Canadian National Champion:

Anna Rice

2004 Canadian National Champion:

Anna Rice

2004 Athens Olympic Games:

Anna Rice

2003 Pan-Am Games Silver Medallist:

Anna Rice

Pan-Am Junior Champion:

Anna Rice, Sophina Verjee Lysa Morishita

Passed Canadian Jr National Champion:

Anna Rice, Sarah MacMaster, Sophina Verjee, Lysa Morishita, Sabrina Lee

Passed BC Provincial Champion:

Anna Rice, Sabrina Lee, Sarah MacMaster, Sophina Verjee Lysa Morishita, Josh Bovard, Juliet Emlyn, Stella Seo



WHY YOU DO WHAT YOU DO:

I started playing badminton at an early age in China and was selected to play on the provincial team as a professional athlete when I was 10 years old. After achieving the No. 2 spot in National Junior Singles, I progressed to train and play on the National Youth Team of China in Beijing. In the late 90's, I moved to Canada and played both at a college level (multiple CAA champions) and national level.

In my professional badminton career, I won many titles in elite Canadian competitions (*top ranking: No. 2 in Canada*). I had the opportunity to travel with the national team, represent Canada at the World Championships (Uber Cup) and won gold medals in Ladies Singles and Mixed Doubles at the Spain Open in Saville. I am proud to say I was the coach for the Canada National Team for the World Championships in 2000 and Pan-American Games in 2003. As a coach, I enjoy working with players from a young age to see how they grow into strong, capable and respectful adults, not only in badminton but also as an individual. That is the most rewarding experience!



COACHING PHILOSOPHY:

Excellence: It represents helping my players achieve their goals, whether they be to compete at the Olympic Games or to simply enjoy the game. It also represents the constant goal of challenging myself to reach a higher standard.

Honesty: Trust comes from being honesty to myself and to the athletes. Being honest and fair in games is also essential for a successful sports career.

Respect: In order to earn respect we must give respect. To be a real winner in sports, we not only have to win the game, we also need to earn respect from our peers, opponents, and officials.



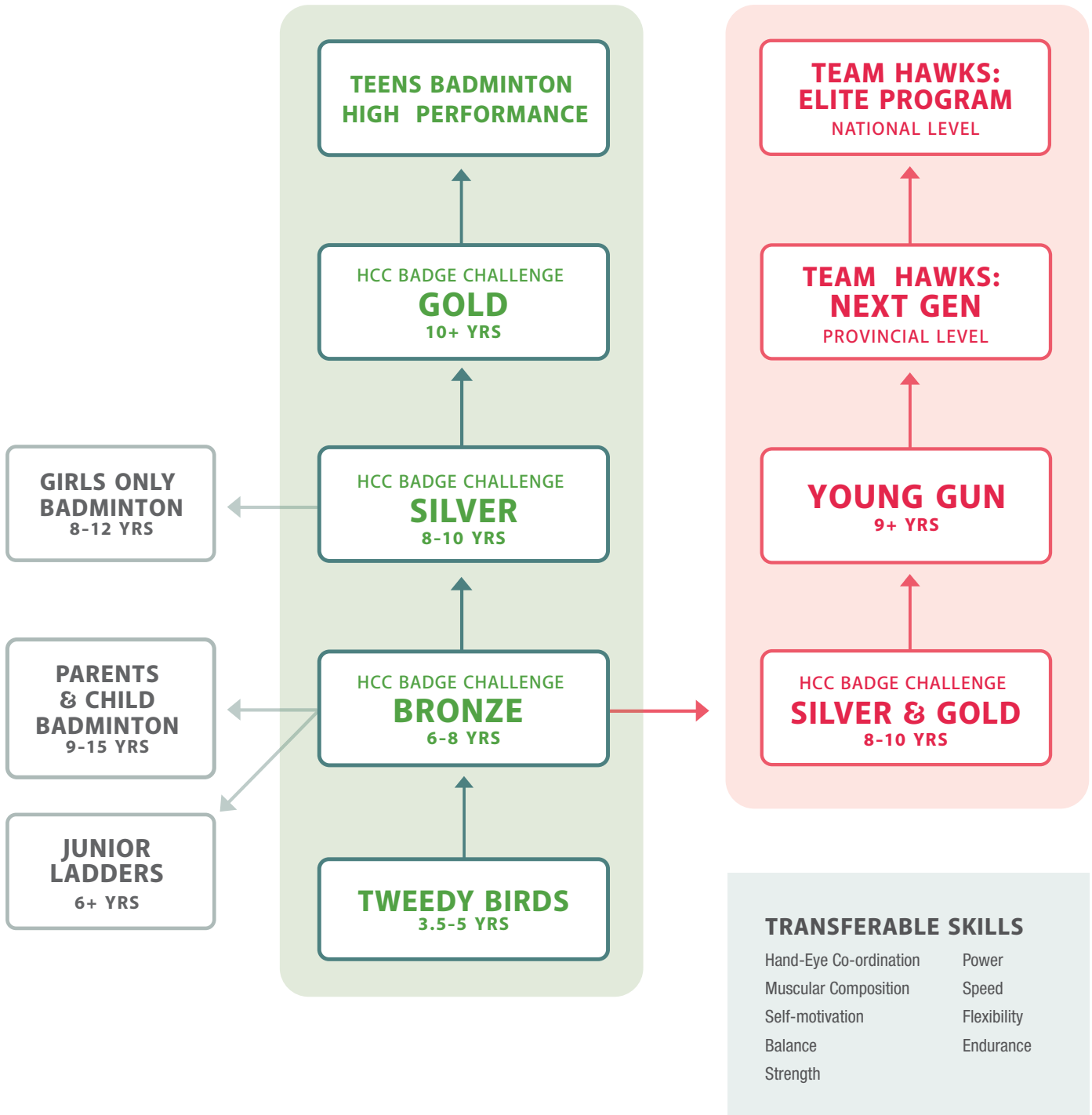
BADMINTON PATHWAY

RECREATIONAL

High School and University levels

COMPETITIVE

Provincial and National levels





Diane Beaudet

Skating Professional



Joanne Sloman

Skating Professional



LENGTH OF TIME IN YOUR FIELD:

40+ YEARS



STARTED AT HOLLYBURN:

1995



PLAYING/COACHING HISTORY:
1977 - 1990

- Program Director for the Quebec Figure Skating Federation for 13 years
- Creator of a specialized talent identification program
- Manager and coach of the Provincial training center in Montreal for elite skaters
- Travelled nationally and internationally with athletes to competitions and seminars
- Mission Staff for Quebec on numerous Canada Games
- Member of the national and international Olympic Academies.
- Television analyst in figure skating for the Olympic Winter Games
- 1980 -1984 -1988, Canada Games, National, International and World figure skating
- Hosted a television series called "Fantaisie Sur Glace"

1991- 1994

- Coached at the Arbutus Club
- Sportscaster Radio Canada (CBC Vancouver)



WHY YOU DO WHAT YOU DO:

After a life time in the sport of figure skating it brings me great joy to see young skaters developing their skills on ice and their personality for life. As a parent myself I wished for the teachers of my child to understand, inspire and act as a mentor. I hope in my own way to contribute in the life of my skaters.



COACHING PHILOSOPHY:

I want to offer each skater the possibility of training in a safe, fun and productive environment and develop their individual potential and especially to create good memories.



LENGTH OF TIME IN YOUR FIELD:

40+ YEARS



STARTED AT HOLLYBURN:

1981



SUCCESSFUL ATHLETES THAT YOU'VE INSTRUCTED:

Coached Victor Kraatz at Hollyburn who then went on to become World Ice Dance Champion with his partner Shae-Lynn Bourne.



PLAYING/COACHING HISTORY:

- Competed at the Canadian National Championships from 1973 - 1976 in singles and ice dance placing 2nd - 6th
- Achieved five gold levels in tests
- Canadian and American Gold Dance
- Canadian Free Dance
- Canadian Freeskate
- Canadian Figures
- Travelled with a professional Ice Show for 2 years 1977-1979 throughout the United States and Brazil
- Began coaching at the Vancouver Skating Club in 1977
- Hired at HCC in September 1981
- Coached many skaters in Singles and Ice Dance, qualifying for provincial and Canadian national championships
- Selected as Head Coach for team BC for Canada Winter Games in P.E.I in 1991
- Power Skating coach to many of their hockey players at HCC who have since been drafted to higher levels.



WHY YOU DO WHAT YOU DO:

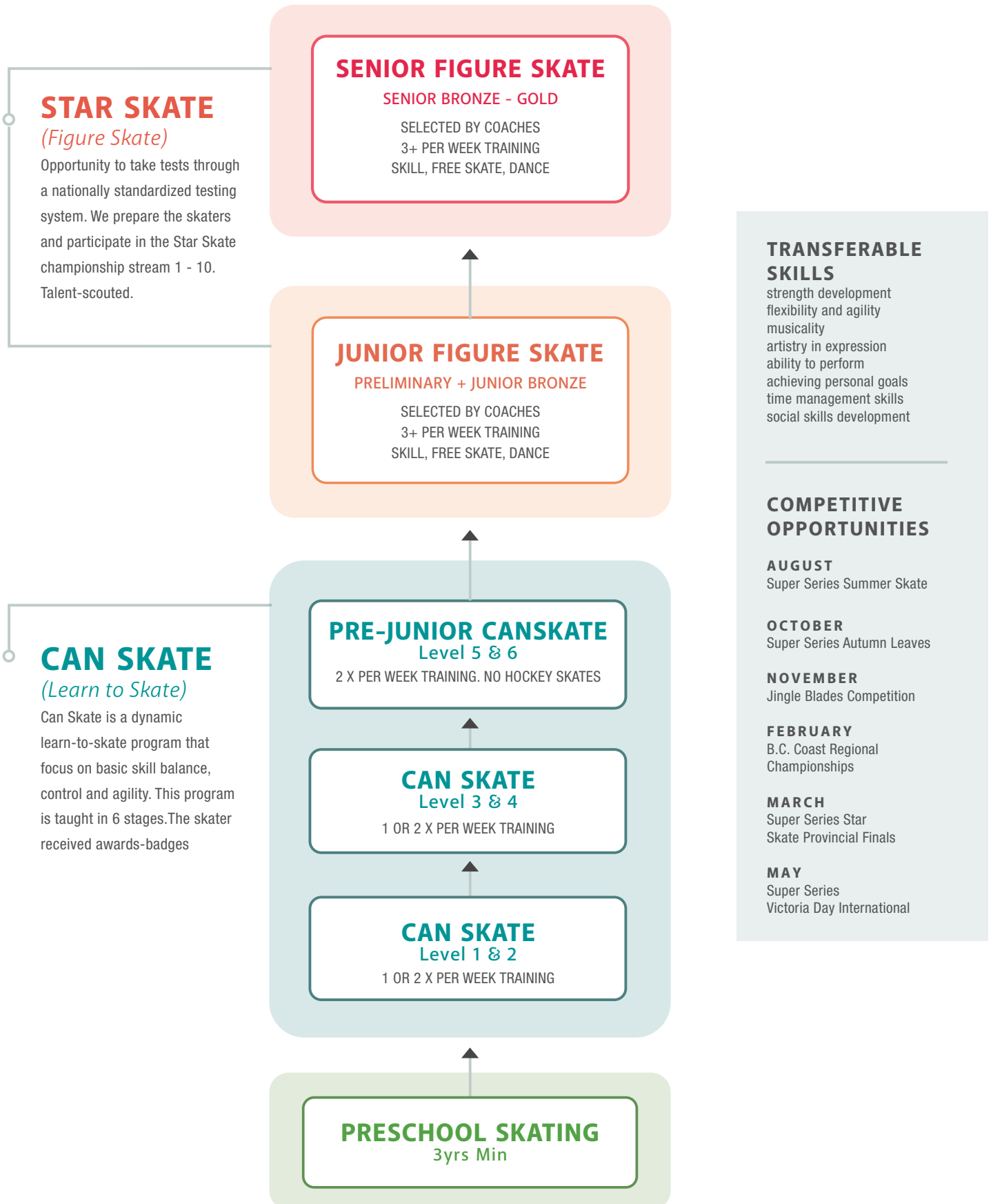
I do what I do because I have a passion for all types of skating. I try to instill my love of the sport for all levels to enjoy as competitively or simply as exercise.



COACHING PHILOSOPHY:

To help skaters reach their individual potential in a safe, encouraging and positive environment, focussing on sportsmanship and dedication.

FIGURE SKATING PATHWAY





Adam Hayduk

Hockey Director



**LENGTH OF TIME
IN YOUR FIELD:**

**20+
YEARS**



**STARTED AT
HOLLYBURN:**

2016



**SUCCESSFUL ATHLETES
THAT YOU'VE INSTRUCTED:**

Morgan Rielly, Sam Reinhart, Griffin Reinhart, Max Reinhart, Destry Straight, Paul De Jersey, Nic Petan, Curtis Lazar, Tristan Jarry, Macoy Erkamps, Shea Theodore, Yashar Farmanara, Joe Hicketts, Jake Virtanen, Jackson Cressey, Myles Powell, Connor Lacouvee, Brendan Gallagher, Josh Mitchell, Evan Tironese, Kurt Gosselin



PLAYING/COACHING HISTORY:

Coaching

- Head Coach, Simon Fraser University Men's Hockey Team, BCHL Champions, 2007/08
- Head Coach, Video Coach & Evaluator, BC Hockey High Performance Program (including Canada Winter Games gold medal, 2 BC Winter Games silver medals, IIHF World Under-17 Championships silver medal, bronze medal WHL U16 Western Canada Challenge Cup, multiple U16 & U17 BC Cup championships), 2004-2015
- Assistant General Manager & Assistant Coach, Alberni Valley Bulldogs Junior "A" Club (BCHL), 2011-2016
- 14 years minor hockey coach Hollyburn, North Vancouver MHA, and Vancouver Thunderbirds MHA

Hockey Administration

- Assistant Hockey Coordinator, Hollyburn Hockey 2004-2007
- Executive Director, Vancouver Thunderbird MHA 2007-2011

Officiating

- HCOP Level 4 Official, Junior and CIS Linesman, 2002-2007



WHY YOU DO WHAT YOU DO:

- Love to share my passion for hockey
- Rewarding to inspire and develop young hockey players to compete and improve their hockey skills
- Hockey has the ability to teach many life lessons: hard work, commitment, healthy lifestyle, dedication, team work, time management.



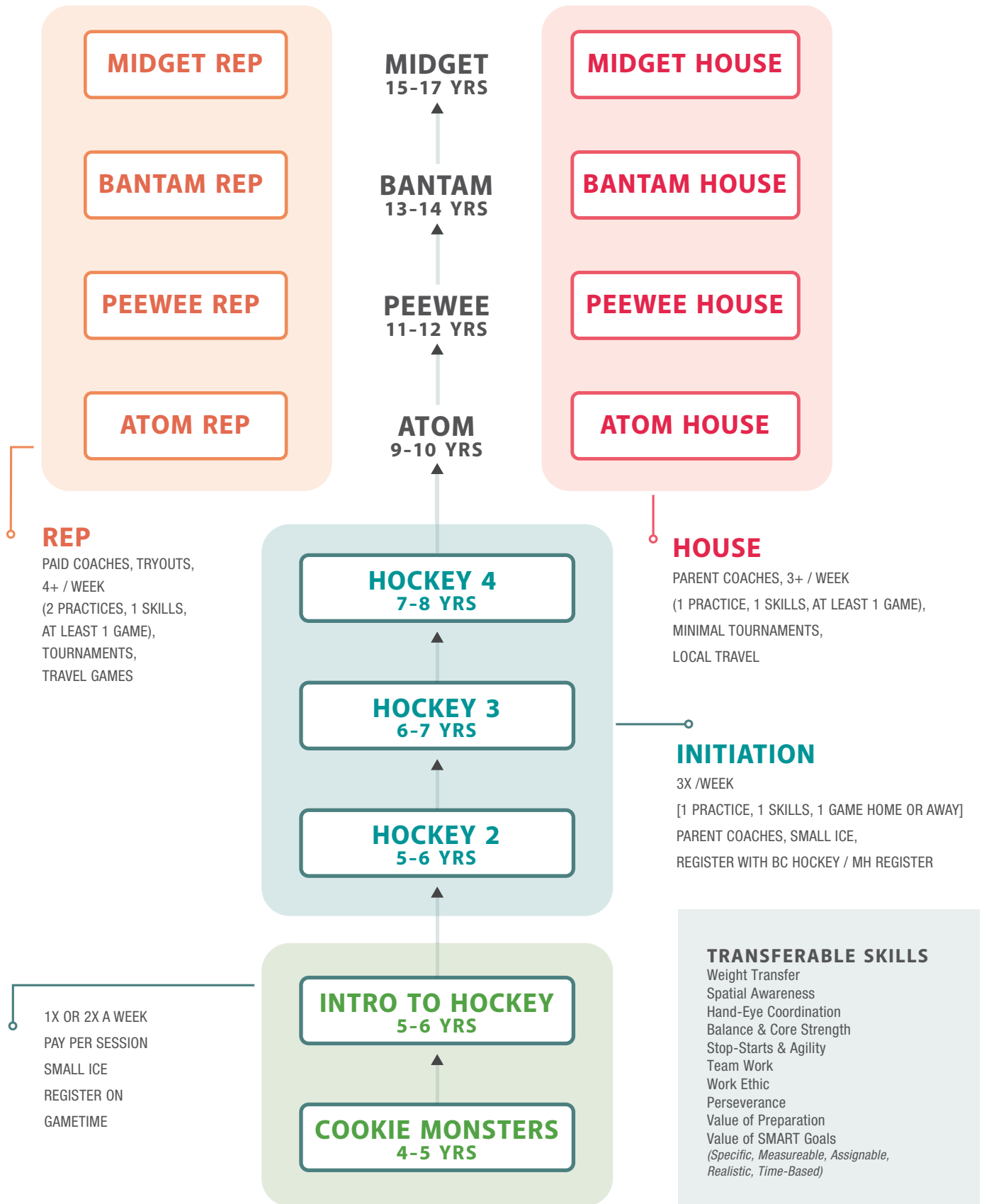
COACHING PHILOSOPHY:

Develop a passion for hockey and build good citizens.



HOCKEY PATHWAY

SEASON SEPTEMBER - MARCH





Peter Stoddart

Sensei



**LENGTH OF TIME
IN YOUR FIELD:**

**35+
YEARS**



**STARTED AT
HOLLYBURN:**

1998

**SUCCESSFUL ATHLETES
THAT YOU'VE INSTRUCTED:**

In its 20 year history, The Hollyburn Dojo has developed over 25 athletes to Black Belt level and currently has over 150 students. Several have gone on to win at Provincial, National and International events. Hollyburn has a direct relationship with the Japan Karate Federation Wado Kai, a Karate organization with one of the world's highest standards of technical excellence.



Callan Evans

Gold Medalist Forms and Sparring Champion
3rd Degree Black Belt, US Open Medalist, Ranked #2 at Karate Canada National Championships.

Isabel Gallant

Gold Medalist Sparring Champion
2nd Degree Black Belt. US Open Medalist,
Karate Canada Jr. Team Member

Brendan Wise

Gold Medalist Sparring Champion
1st Degree Black Belt, US Open Medalist,
Youngest ranked Nationally Ranked Referee



PLAYING/COACHING HISTORY:

Sensei Peter is a Karate Canada 6th Degree Black Belt, International Competitor, BC Winter Games Head Coach and a Karate BC Provincial Coach. He was a Double Gold Medalist at Wado Kai World Championships and 2016 Masters Gold Medalist. He has competed, and trained in Asia, Europe and North America over a 35 year career studying and teaching Martial Arts.



WHY YOU DO WHAT YOU DO:

Entering the world of Martial Arts is a fascinating experience. It has amazing benefits and teaches invaluable lessons that will benefit the practitioner in ways they cannot imagine until they train in a Dojo.



COACHING PHILOSOPHY:

Learning Karate challenges the mental, physical and emotional and has benefits for adults and children at all ages whether they seek discipline, self control, Respect or an increased sense of Confidence.

So much more than just a workout, its a long and winding road of discovery. Your first steps on that journey to the coveted Black Belt could start today!

KARATE PATHWAY

COMPETITIONS

Provincial Championships, BC Winter Games
Karate Canada Nationals
Pan Am Games, Olympics

ADVANCED

1-2 years



INTERMEDIATE

1-2 years



BEGINNER

Tiny Tigers & Little Ninjas, 1-2 years
Local Skill, Competitions, Invitational Events



BENEFITS OF KARATE

- Boost Endurance
- Mental Toughness
- Provides an Outlet for Excess Energy
- Provides a Sense of Belonging
- Teaches Responsibility
- Accountability and Goal Setting
- Build Stronger, Healthier Bodies
- Build a Rock-Solid Self Image
- Provides Positive Role Models and Influences

TRANSFERABLE SKILLS

- Self Discipline
- Self Confidence
- Focus and Listening Skills
- Flexibility
- Balance
- Strength and Short-Range
- Power Generation



Vlada Mars

Fine Arts Professional



**LENGTH OF TIME
IN YOUR FIELD:**

**30+
YEARS**



**STARTED AT
HOLLYBURN:**

1997



**SUCCESSFUL STUDENTS
THAT YOU'VE INSTRUCTED:**

Austin Nash Park, Rachel Davidson,
Sam McDonald, Gregory Duggan,
Katherine McNeill, Maddi Sampson.



PLAYING/COACHING HISTORY:

I started my music adventure at the age of 7 in Belgrade, Serbia at the prestigious school for talented children. My music education led me through 10 years of strict music education and 5 years of University of Arts. Classically trained, I performed in Canada and Europe. I started composing my own music in 2011 and recorded 4 CDs so far. My music is acclaimed and sold on five continents. I started teaching at the early age of 17 and continued successful career as a piano teacher and Fine Arts Professional developing and organizing music program at Hollyburn Country Club.



WHY YOU DO WHAT YOU DO:

There is no bigger gift to a child, or an adult, but gift of music, of teaching art. Many of my students stay with me from Kindergarten till grade 12, and being able to share with them music, and enrich their lives humbles me.



COACHING PHILOSOPHY:

I don't teach music for competitions, exams, rewards, I teach music so it will stay with my student for the rest of their lives. It is a language of its own, it stays in memory when we get older, and it is scientifically proven that music makes kids smarter and more successful in school and later at work.





Brad Kahn

Personal Training &
High Performance Coordinator



**LENGTH OF TIME
IN YOUR FIELD:**

**15+
YEARS**



**STARTED AT
HOLLYBURN:**

2015



**SUCCESSFUL ATHLETES
THAT YOU'VE INSTRUCTED:**

I have had the distinct privilege to coach many athletes from youth developing athletes through professionals. Some of the notables include: Eric Lindros, Jamal Mayers, Nik Antropov, Evgeni Nabokov, Sonya Jayaseelan, Vanessa Webb, Rich Clune, Tory Nyhaug, Nathan Leonhardt, Georgia Simmerling, Spencer O'Brien.



PLAYING/COACHING HISTORY:

Hockey

Played through the end of Midget AAA

Hockey Referee

Including 8 seasons in the Greater Toronto Hockey League and 8 years in Junior hockey

High School Football

Including 1 provincial championship and several trips to the semi-finals and finals

Golf

Single digit handicap player for several years

Marathon

6 time marathon finisher, personal best 3:00:09

Half Marathon

20+ finishes, personal best 1:25:40

Half Ironman

5 finishes, personal best 4:56:00

Ironman

3 finishes, personal best Ironman Maryland 10:54:50 (2 x Ironman All World Athlete Silver distinction)



WHY YOU DO WHAT YOU DO:

In the end of the day I like to coach, I like to help and most importantly I like to give people I work with the tools to empower, inspire and transform their lives. For some this can be the physical side and for others it is nutrition or psychology – for most it is a combination of everything.



COACHING PHILOSOPHY:

Too often we are looking for a 'silver bullet' or magic exercise/workout/food that is going to accelerate our results. The reality is we need to show up day in and day out and get the work done. I believe my coaching philosophy combined with personal experience helps people get 1% better every day. There is a story that at 211° F water is hot but at 212° F water boils. If one degree can turn hot water into boiling water creating steam to power a great locomotive up a hill then imagine what we could achieve if we too strived to get just 1° or 1% better EVERY DAY. If I had to sum up my philosophy in one statement it might read like this:

Have a plan & execute your plan by showing up ready to work EVERYDAY. Eat fresh food, drink lots of water, and get enough sleep to let you recover and live life to its fullest!





Jeff Boag

Head Squash Professional



**LENGTH OF TIME
IN YOUR FIELD:**

**20+
YEARS**



**STARTED AT
HOLLYBURN:**

2001



**SUCCESSFUL ATHLETES
THAT YOU'VE INSTRUCTED:**

- **Abbey Foster** (*Cornell*)
Cdn Jr Team, BC Junior Champion
- **Thomas Brinkman**: *2018 Canadian
Doubles Champion*
- **Ryan Herden** (*Western*), **Mac Foster**
(*Western*) - *BC Junior Champions*
- **Stuart Clark** (*McGill*)



PLAYING/COACHING HISTORY:

Coaching

- **Level III NCCP**: *Provincial level coach*
- **2011 Canada Games**: *BC Head Coach,
Women's Gold + Men's Silver medals*
- **2011 Pan Am Squash Championships**:
Team Canada Head Coach
- **2007 Canada Games**: *BC Head Coach,
Men's and Women's Team Bronze medals*



Achievement

- **2018 Canadian Doubles Championships**:
Men's 40+ Bronze
- **2017 & 2018 BC Doubles Champion**:
Men's 40+
- **2017 BC Singles Champion**
Men's 40+
- **2016 Created 'Junior Pathways Program'**
for Squash BC
- **2015 Western Canadian Doubles Champion**
Mixed Open
- **2009 BC Doubles Champion**: *Men's Open*
- **2001-05 BC Men's Provincial Team**
- **1995 Canada Games**: *Team BC, Gold Medal*
- **Top 5 Canadian Junior Ranking 13 - 18yrs**
- **Top 5 BC Singles Ranking 1994 - 2006**



WHY YOU DO WHAT YOU DO:

I've loved this sport from day 1! I have met so many great people from around the world who all share a love for the sport. I believe playing squash at every age and level offers unique challenges to both the physical and mental aspects while also creating a one of a kind social setting both on and off court. By challenging myself to become a better player and coach I have learned many valuable lessons which I hope to pass onto others.

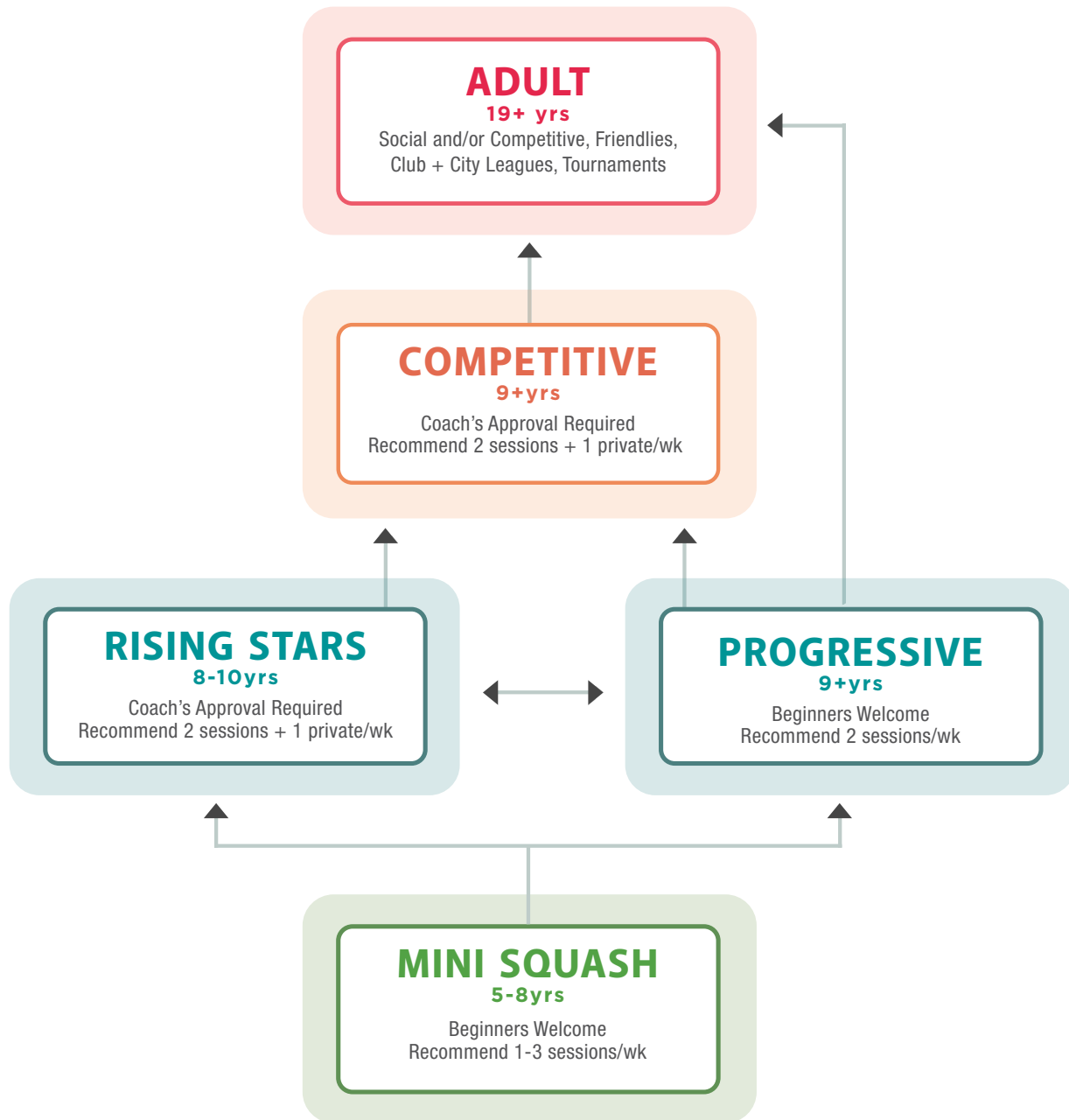


COACHING PHILOSOPHY:

Sport should be fun while experiencing and overcoming its many challenges. A continual focus on achieving ones goals will pay off with big rewards over time and a great ability to perform at any level. Squash is commonly referred to as a form of 'physical chess' and requires dedication to both the physical and mental aspects to achieve success. Achieving excellence in sport will provide fundamentals to achieving excellence in life. Squash is an excellent social sport to play regardless of when you start or what your level of play is.



SQUASH PATHWAY



TRANSFERABLE SKILLS

Hand/Eye + footwork development
 Rotational development for golf/hockey/baseball
 Core Strength, Flexibility + Cardio
 360 degree awareness
 Strategic problem solving
 Social development

COMPETITIVE STREAM - JUNIORS

Club - *Progressive Events*
 Regional - *Leagues, tournaments*
 Provincial - *Tournaments*
 National - *Canada Games, Canadian Championships*
 International - *Canadian, US + British Junior Open, National Teams*
 (Sponsorships Available)



Alex Korch

Tennis Director



**LENGTH OF TIME
IN YOUR FIELD:**

15+
YEARS



**STARTED AT
HOLLYBURN:**

2015



**SUCCESSFUL ATHLETES
THAT YOU'VE INSTRUCTED:**

Rebecca Marino

Coaching in Vancouver and on tour as Travelling Coach (former WTA #38 in the world)

Lachlan Robertson

Current Private Coach (number 1 in BC U16)
Numerous Top 16 Provincially Ranked Juniors



PLAYING/COACHING HISTORY:

Playing

- #1 Ranked Junior (U18yrs) in Canada, Career High Junior (U18) World Ranking ITF #157
- Held an ATP tour doubles ranking, Champion of numerous International and Provincial Titles. Gained experience playing on the Mens ITF tour for over 3 years.



Coaching

Trained by Peter Burwash International (largest and most successful tennis management firm in history). Annual training led by USTA Master Professional Peter Burwash during 8 years with PBI. Current Tennis Canada High Performance Coach 2.



ASSIGNMENTS:

Tennis Director Hollyburn Country Club
West Vancouver

Tennis Professional
JW Marriott Desert Springs

Tennis Professional
Four Seasons Singapore

Tennis Professional
JW Marriott Phuket, Thailand

Tennis Director
Peter Island Resort, British Virgin Islands

Tennis Professional
Four Seasons Nevis, British West Indies

Tennis Professional
Caneel Bay, U.S. Virgin Islands

Tennis Director
Four Seasons Great Exuma, Bahamas

Tennis Director
Four Seasons Punta Mita, Mexico

Director of High Performance
UBC Tennis Centre, Vancouver



WHY YOU DO WHAT YOU DO:

Tennis has been a massive part of my life since the age of 7. I think tennis is the greatest game in the world and I still love to play. Coaching gives me the opportunity to surround myself with the game and pass on all the knowledge I acquired over the years to students of all ages and levels. I do what I do because I love seeing my students improve and I feel like I am having a positive effect on their lives.



COACHING PHILOSOPHY:

Teach individuals, not systems. No two players are alike so a customized approach to training will help students quickly and safely reach their full potential.

TENNIS PATHWAY



**SUPER
ACHIEVERS**



**FULL COURT PROGRAMS
12+ YEARS**



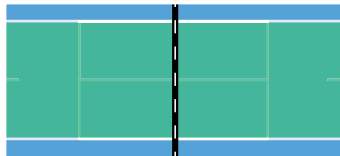
**FULL COURT
FUNDAMENTALS**



**FULL COURT
COMPETITIVE**



**FULL COURT
PRO**



**GREEN BALL PROGRAMS
9-11 YEARS**



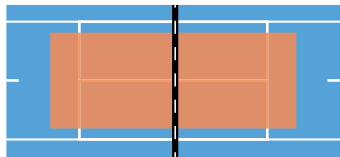
**GREEN BALL
FUNDAMENTALS**



**GREEN BALL
COMPETITIVE**



**GREEN BALL
PRO**



**ORANGE BALL PROGRAMS
7-9 YEARS**



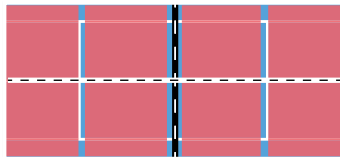
**ORANGE BALL
FUNDAMENTALS**



**ORANGE BALL
COMPETITIVE**



**ORANGE BALL
PRO**



**RED BALL PROGRAMS
5-7 YEARS**



**RED BALL
FUNDAMENTALS**



**RED BALL
COMPETITIVE**



**RED BALL
PRO**



**PLAY BALL
3-5 YRS**



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