



Catharine Edwards, Western Representative

Catharine has been a volunteer with DBC since 2010 member of the DBC Board of Directors since 2011. Since then she has also been the chair of the High-Performance Committee and an official with Dragon Boat Canada. In the summer of 2019 Catharine was the Team Lead for the DBC National Teams at the World Championships in Pattaya Thailand. She is also a paddler on the Nusa'Lon Dragons Women's Team and is a Community Coach at the Nanaimo Paddling Centre.

The High Performance Committee under Catharine's leadership has over the past 4 World Championship cycles transformed the DBC National Team format to what it is today. From race offs in 2011 to truly National teams with paddlers and coaches from across the country in 2019.

Catharine lives with her family in Nanaimo, British Columbia. She is PacificSport Vancouver Island's General Manager and has worked with the organization for over 15 years. She champions Physical Literacy Training and Development for Teachers, Coaches, and Recreation Professionals, and has been involved with coaching for the majority of her life. Catharine also oversees PacificSport VI's Multi-Sport Programs for children aged 4-12, PacificSport WheelKids, as well as the After-School Programs offered in primary and intermediate schools across the district.

After over 20 years of coaching in Ontario and New Brunswick, Catharine became the first Head Coach of the PacificSport Regional Synchro Swim Centre, Victoria, BC in 1995. She has coached artistic swimming at all levels from the beginners through to high performance and masters. Catharine is a graduate of Physical and Health Education from Queen's University.

Her other coaching qualifications include:

Master Coach Developer:

- Artistic Swimming; and
- Fundamental Movement Skills.

Learning Facilitator:

- NCCP Competition Introduction Artistic Swimming;
- NCCP MultiSport Competition Development Leading Drug Free Sport & Coaching and Leading Effectively;
- Sport for Life PL101 & 501; and
- High Five Principals of Healthy Child Development;
- Appetite to Play

Coach:

- NCCP Artistic Swimming Level 3/Competition Development
- DBC Steersperson course

Official:

- DBC Level 1 Official



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