

BC Coaches Week – Feature Coach

Julia Fremeau – CanoeKayak BC – CanoeKids on the Road



If you could be any color in the Crayola box, which one would you pick and why? Purple! Because it's awesome and so am I!

How long have you been coaching? And coaching at the current club? 13 years/1 year with CKBC

Why did you decide to be a coach? Because I love to share with the kids something I have so much fun doing, have them develop goals, and teach them to become enthusiastic about everything in life they are passionate about.

What, if any, professional development plans are in your future? I would love to work at incorporating community and sport. Providing more accessibility to youth in sport will allow them to develop life skills that will provide them with strong foundations for success.

What is your proudest coaching moment to date? Watching Lucas Turnbull win a silver medal in C1 this year at Nationals as a bantam. I knew he would do it, but never imagined it would be this young. He was a peewee I coached who would always finish the workout in his C1, no matter how windy it was. He kept coming out, and would always be the first one on the water and the last one off. He wanted more than anyone to make it to the Development Group.

Who is your 'idol' coach? Nathan Luce, who was my coach. I strive to explain things to youth as well as he did to me. He changed my technique all together and taught me how to be efficient in the water.

How important is winning? If you train as hard as you can, and prepare yourself so you have no doubts that you couldn't have done anything better than you've already won.

How do you define success as a coach? By the positive energy I create in the group I'm working with.

If you could be a super hero for 24 hours; which one would you be and why?

Batman because he always has a side kick. You can't do everything alone, there is power in numbers and power in working as a team.

