

BIOGRAPHY

Debbie Muir

Debbie Muir was an international medalist in the sport of synchronized swimming. In 1976, she moved into a leadership role as the head coach of the Canadian National Synchronized Swimming team. Over the next 12 years she took her athletes to an unprecedented seven out of nine possible world championship titles, two Olympic gold and two Olympic silver medals. Her excellence in coaching led to inductions into the Canadian Sports Hall of Fame, the International Swimming Hall of Fame, and being named Alberta's Coach of the Decade for the 1980's.

In the 1990's, Debbie began applying her coaching techniques outside of her sport. She mentored a competitive swimmer to Olympic victory, worked with companies to create world class results, and undertook the challenge of coaching the Australian National Synchronized Swimming team from last place to being competitive in the finals at the 2000 Sydney Olympic Games.

Beyond connecting individuals and teams to their best, Debbie is committed to organizational excellence. For the past six years she has been an integral part of the sport system, working behind the scenes with Road to Excellence, the Canadian Olympic Committee and Sport Canada to review and evaluate numerous national sport organizations.

Debbie's strength is in finding ways to create the environment where world class results can happen. She has led the formal review process for numerous organizations, including Swimming, Cycling, Triathlon and Athletics Canada.

But perhaps her greatest strength remains connecting individuals to their best as a world class coach. She will be sharing her experience and expertise across the country and in Beijing for the 2008 Olympic Games as a Canadian Olympic Committee mentor coach. Debbie Muir's first book, *The Great Traits of Champions*, co-authored with Mark Tewksbury, captures the fundamental traits that have made her one of the world's coaching greats!

Please join me in welcoming Debbie Muir.

BIOGRAPHY

Mark Tewksbury

Mark Tewksbury knows what it means to be a champion.

He is the star athlete who burst out of the water at the Barcelona Olympics following the come from behind victory in the 100 meter backstroke; an Olympic Champion with gold, silver and bronze medals in hand, numerous awards, and inductions into three major Halls of Fame.

He grew into the leader who traveled the world with the International Olympic Committee at 28, was on the executive of Toronto's Olympic bid for 2008, and took a difficult and public stand against the IOC for athletes' rights and ethics in sport. He has championed the causes of sick children, Special Olympians, and stood with Martina Navratilova for human rights at the 1st World Outgames in 2006. For his active humanitarianism and ethical leadership with an honorary doctorate of laws, he was recognized by the University of Western Ontario.

Mark is perhaps best known today as a champion communicator. 20 years ago Mark returned from his first Olympics and starting speaking to students. That has led to Mark sharing his ideas and stories to millions of people around the world.

A few highlights include a key note address at the Sydney Opera House, the Salzburg Music Festival and being master of ceremonies for the Dalai Lama's Canadian appearance in 2007.

Beyond the podium Mark has hosted two television shows including Discovery Channel's popular How It's Made, authored three books and remains a popular media commentator. His latest book, The Great Traits of Champions, co-authored with Debbie Muir. Mark explores what it means to be a champion in life from the perspectives of achievers, leaders and legacy leavers. Things he knows well.

Please join me in welcoming Mark Tewksbury.