

Classifieds
ONLINE

<http://classifieds.nnsl.com>

Go there now 

 Northern News Services **online**



Home page



Text size



E-mail this page

Newspaper portals 

In the news

[Sports Talk](#)

[Baseball player makes the grade](#)

[Olympic star shares life's lessons](#)

[New coach heads up girls' gymnastics](#)



Search NNSL

SPONSORED BY: **SSI**

Sports - Nunavut

[Arctic Winter Games](#)

[Arviat Hockey League](#)

[Iqaluit Clubs and Activities Guide](#)

[Iqaluit Recreation & Community Services](#)

[Iqaluit Sports](#)

[Ivakkak Dog Race](#)

[Rankin Senior Men's Hockey](#)

[Sports Nunavut](#)

Sports - NWT

[Arctic Winter Games](#)

[NWT Basketball Assoc](#)

[NWT Biathlon Assoc](#)

[NWT Broomball Assoc](#)

[NWT 5pin Bowling](#)

[NWT Hockey Assoc](#)

[Sports North](#)

[NWT Super Soccer](#)

[NWT Tennis Assoc](#)

[NWT Volleyball Assoc](#)

Sports - National

[CFL Football](#)

[NFL Football](#)

[NHL Hockey](#)

[Major League Baseball](#)

[NBA Basketball](#)

[Professional Golf Ass'n](#)

Sports - Yellowknife

[Aurora Minor Soccer League](#)

[YK Badminton Club](#)

[YK Basketball Assoc](#)

[YK Curling Club](#)

[Yellowknife Dog Derby](#)

[YK fastball Assoc](#)

[Yellowknife Golf Club](#)

Olympic star shares life's lessons

James McCarthy

Northern News Services

Friday, September 18, 2009

SOMBA K'E/YELLOWKNIFE - It was an unplanned event, but a good surprise nonetheless for swimmers in Yellowknife.

Members of the Yk Polar Bear Swim Club were given the opportunity to have a meet and greet with former Canadian Olympian Mark Tewksbury - a gold medalist at the 1992 Summer Olympics in Barcelona - on Sept. 14 at the legislative assembly.

Tewksbury was in town for a completely different reason - working with Indian and Northern Affairs Canada on a project - but managed to find some time to have a 90-minute conversation with those who came out. He said he received the invite on short notice, but couldn't say no.

"I tried to tell everyone that I'm a real person, like them," he said. "I told them a few stories about overcoming some obstacles, the power of a team coming together, just be as prepared as you can be on a race day. This was a great forum for me to connect with the kids."

Because of the short notice for the talk, Tewksbury said he flew blind with absolutely no help.

"I walked in with absolutely nothing prepared, but I'm a very spontaneous person," he said. "I've been speaking for 21 years and it's usually very formal, but when I speak to kids, I gauge the ages of the crowd and tailor it to that. I know most of them just came back from the Canada Games, so it was mostly all relevant to big competitions and relate to that. I saw a lot of little kids here as well, so I told a story about Dairy Queen and mixed it up so it was relevant to them also."

Most of those in attendance didn't say much during the question and answer session which followed his talk, but Tewksbury said he appreciated the silence.

"It was a good silence," he said. "They were attentive and listening and really great, but they were laughing when they were supposed to."

Jane Mooney, the head coach for the swim club, said Tewksbury's speech was a brilliant moment for the club.

"He managed to reach the kids in a different way," she said. "We had Mike Brown (current Canadian swim team member) come up and he was more technical in his talk. Mark came at it from a different aspect with his stories about life and his past successes. It was a positive way to start the new season for the club." Tewksbury also brought his Olympic medals with him, something Mooney said was an exciting moment for her.



Former Canadian Olympian Mark Tewksbury and Yk Polar Bear Swim Club head coach Jane Mooney lead the crowd in a cheer during an evening gathering with members of the swim club at the legislative assembly's great hall on Sept. 14. - James McCarthy/NNSL photo

YK Gymnastics Club
YK Little League
YK Minor Hockey Assoc
YK Multisport Club
YK Polar Bear Swim Club
YK Rec Hockey League
YK Skating Club
YK Ski Club
NWT Squash Raquet Assoc.
YK Volleyball Assoc

"It was phenomenal to hold an Olympic medal for me and I'm sure for the kids also," she said.

With the Ruth Inch Memorial Pool undergoing some maintenance right now, there was no chance for any demonstration of Tewksbury's swimming prowess, something he said wouldn't be much of a benefit to the kids.

"I haven't stayed on in the technical aspect, but it would have been nice," he said.

