



## Gerry Dragomir named 2014 Jack Donohue “Coach of the Year”

OTTAWA (November 7, 2014) – The Coaching Association of Canada (CAC) is pleased to announce that athletics coach Gerald (Gerry) Dragomir is this year’s winner of the Jack Donohue “Coach of the Year” award.

This award recognizes a coach who exemplifies the great qualities that made Jack Donohue the legendary coach he was. These qualities include honesty, integrity, a positive attitude, competitiveness, a love of the sport, and that sport is about more than just wins and losses.



“Gerry epitomizes the traits that Jack Donohue exemplified. His resourcefulness and vision have brought the discipline of race walking to the forefront and his successful, growing program is a testament to the impact a great coach can have,” said Wayne Parro, Executive Director of Coaches of Canada, a department of the CAC. “We are very proud to have Gerry as the 2014 Jack Donohue Award winner!”

“There is no higher honour than to be selected by your peers for excellence in your profession. I am overwhelmed to have been selected. The momentum that this award will give to our little training group will carry us the rest of the way to the podium and beyond,” said Dragomir.

Dragomir, a Chartered Professional Coach (ChPC), is a very humble man who has weaved his way through the coaching spectrum from little league baseball to the Olympic Games. In 1978 he got a taste of coaching through his son’s little league baseball team and has been passionate about helping athletes reach their potential ever since. With a keen eye for technical skills, an interest and aptitude for sport science, and an amazing ability to motivate others, he continued to coach other neighbourhood baseball and fastball teams, then athletes with Special Olympics BC, and eventually started his own Race Walking Club.

Dragomir’s own competitive instincts pushed him to coach himself onto the podium at the World Masters Championships in 2005, 2007, and 2010. This love of sport and addiction to pushing the limits of performance led him to establish Racewalk West in 2001 with the lofty goal of excelling at the world level. He is well on route to this goal with almost all of the top race walkers in Canada growing up through his club and securing a remarkable fourth place team finish at the Men’s World Race Walk Cup in 2014 (held in Taicang China). To show the depth of this performance, during the race, all three of his athletes broke the Canadian Record. It is extremely difficult for an athlete to put forth their best times at a major event and these results clearly highlight the outstanding mental preparation, nutrition, and technical coaching skills that Dragomir possesses to aptly prepare not just one but three of his athletes to do so.

Dragomir is a National Coaching Certification Program (NCCP) Level 4 Certified Athletics Coach in Endurance and a 2010 Graduate of the Advanced Coaching Diploma Program. In his non-sporting life, he is a Chartered Accountant who owns a Financial & Management Firm called Pace Accounting which specializes in non-profit organizations.

The Jack Donohue “Coach of the Year” Award was presented at the Petro-Canada Sport Leadership Awards gala, which took place in Ottawa on Friday, November 7, 2014.

Photos and video vignettes are available here: <http://coach.ca/-p156822>

**Previous winners of the Jack Donohue “Coach of the Year” Award:**

**2013:** Joan McDonald, ChPC, Archery  
**2012:** David Ross, ChPC, Gymnastics (trampoline)  
**2011:** Marcel Lacroix, ChPC, Speed Skating  
**2010:** Melody Davidson, ChPC, Ice Hockey  
**2009:** Steve Bush, ChPC, Water Ski & Wakeboard  
**2008:** Tim Frick, ChPC, Wheelchair Basketball  
**2007:** Paul Kristofic, ChPC, Alpine Skiing  
**2006:** Xiuli Wang, ChPC, Speed Skating  
**2005:** Patrick Oaten, ChPC, Water Polo  
**2004:** Kelly Manjak, ChPC, Gymnastics  
**2003:** Michel Larouche, ChPC, Diving

**About the Coaching Association of Canada**

The Coaching Association of Canada unites stakeholders and partners in its commitment to raising the skills and stature of coaches, and ultimately expanding their reach and influence. Through its programs, the CAC empowers coaches with knowledge and skills, promotes ethics, fosters positive attitudes, builds competence, and increases the credibility and recognition of coaches. Visit [www.coach.ca](http://www.coach.ca) for more information about coach education, training, and support.

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