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CANADIAN WHEELCHAIR BASKETBALL COACH TIM FRICK HONOURED WITH GEOFF GOWAN AWARD FOR LIFETIME ACHIEVEMENT

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(Ottawa, ON) Wheelchair Basketball Canada is pleased to announce that former Canadian Sr. Women's Wheelchair Basketball Coach Tim Frick is the co-recipient of the Geoff Gowan Lifetime Achievement Award in 2009. The Coaching Association of Canada is honouring Frick and world-renowned gymnastics coach Keith Russell with the award for their lifetime contributions to coaching development.

Through his outstanding coaching career Frick has proven to be an invaluable resource for Canadian athletes in a variety of sports and most notably in wheelchair basketball where under his tenure the success of the Canadian Sr. Women's National Team rivals that of any Canadian team. He led Canada to seven straight Paralympic and World Championship gold medals from 1990-2008.

He is the "winningest" coach in wheelchair basketball history and his involvement with the Canadian program corresponds with an incredible winning streak that spanned over a decade.

Frick is a leader whose scope and influence stretches far beyond the basketball court. He has consistently demonstrated an ability to push competitors to new levels and peak performance. Athletes of all ages, skills, and backgrounds respect Frick as a tireless teacher, an esteemed mentor, a great motivator, and a generous advocate; skills that have earned him the respect of his peers around the world.

"Tim's career has been marked by an innate ability to bring out the best in people," said Wendy Gittens, Wheelchair Basketball Canada Executive Director. "He inspires, motivates and encourages through his actions, words and examples. He treats his athletes and colleagues with the utmost respect and challenges each individual to look within themselves and discover what drives them to succeed."

Despite his retirement from international coaching in 2008, Frick remains a valuable and committed mentor for other coaches.

"Tim Frick's positive approach has brought Canada the respect and admiration of athletes and audiences worldwide," says Jean-Marie De Koninck, chair of CAC's Board of

WHEELCHAIR BASKETBALL CANADA

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Director. "His willingness to go above and beyond what is expected is a testament to his dedication to the coaching profession."

About the Geoff Gowan Award

Dr. Geoff Gowan is a former track and field, soccer, and rugby coach who now resides in Halifax. He was president of CAC for 16 years and for 25 years was a popular and respected colour commentator for CBC's television coverage of track and field.

The Geoff Gowan Award was created in 1996 and recognizes lifetime contribution to coaching development. It is awarded to a coach who has presented a positive public image of coaching and enhanced the role of the coach with the Canadian public.

The Geoff Gowan Award will be presented during Petro-Canada Sport Leadership sportif, scheduled to take place in Vancouver, November 12-15, 2009. The Sport Leadership Awards Ceremony will take place on Friday, November 13, 2009 at 6:30 p.m. at the Sheraton Vancouver Wall Centre Grand Ballroom.

Previous winners of the Geoff Gowan Award are:

- 2008 Douglas Leigh, Figure Skating
- 2007 Andy Higgins, Athletics
- 2006 Clare Drake, Ice Hockey
- 2005 Charles Cardinal, Volleyball
- 2004 Donald Dion, Diving
- 2003 Marilyn Savage, Artistic Gymnastics
- 2002 Al Morrow, Rowing
- 2000 Doug Clement, Athletics
- 1999 Jack Donohue, Basketball
- 1996 Geoff Gowan, Athletics

About CAC

The Coaching Association of Canada is a not-for-profit amateur sport organization with the mission of enhancing the experiences of all Canadian athletes through quality coaching. CAC and its partners deliver a leading-edge coaching system whose goal is to have an impact on 1,000,000 athletes through the training of 100,000 coaches each year in the National Coaching Certification Program.

Visit coach.ca for more information about coach education and training.





About Wheelchair Basketball Canada

Wheelchair Basketball Canada is the national sports governing body responsible for the organization of wheelchair basketball in Canada. It is a non-profit, charitable organization that is the Canadian member to the International Wheelchair Basketball Federation (IWBF).

Please visit wheelchairbasketball.ca for more information.

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