

SWIM MANITOBA



Olivier Trudel



Graduate in the sciences of physical activity (Doctorate, specialization in sports psychology), in education (Master's degree), and in psychology (Bachelor's degree); Olivier puts his knowledge and skills into practice on a daily basis with his athletes from the women's volleyball team at the Université de Montréal, where he has been associated since 1999.

Also, NCCP Level 4 certified, he regularly acts as a coach-tutor and professional consultant at the National Sport Institute of Québec.

As a coach, he has been a member of the National Coaching Staff on several occasions since 2000, including NORCECA in 2004 with the Junior Team and the Canadian FISU Games Team in 2015.

Myriam Paquette



Myriam holds a master's degree in kinesiology and is a Ph.D. candidate in exercise physiology. She is working as a sport physiologist at INS Québec since 2015. Her work focuses on optimizing the training of athletes, particularly through training planning and monitoring of athletes' status. She's working with Para-Swimming groups (Swimming Canada High Performance Centre Quebec and National Team) and with the National Para-Cycling Team. In her doctorate research, she aims to develop new tools to measure physiological adaptations to training and better understand the effect of different training protocols on performance. Myriam has also been a lecturer at Laval University and is a trainer for the Advanced Diploma in Coaching.

