

Instructor Bio:

Cheryl Roose has been a paddler for 16 years competing at local, national and international levels. Her background is in business, educating and coaching.

Her Philosophy:

"I am a perfectionist, a bit scrappy, committed, persistent and most times intense. When I discovered the motivating beliefs that governed these attributes I was able to use them constructively rather than judge them as positive or negative. This method of conscious creation has become a philosophy and way of life for me."

Certification and Training:

- Certified Dragon Boat Canada competitive coach
- Certified canoe and kayak coach
- Competitive mindset training
- Level one sport psychology training
- Completed Leading Edge Business Training course
- Educator in the Mekka System of Cutting
- Certified in energy attraction and vibration methods

Experience:

- Club Crew world athlete 2012
- Club Crew world athlete 2014
- Canadian Outrigger National Athlete 2020, 2021
- Canadian Dragon Boat National Athlete 2015
- Coach for novice, intermediate and competitive teams 2014-2020
- Head coach for Parkland Dragon Boat Racing Club 2018 - present

Awards and Accomplishments:

- 2 time world gold medalist in Dragon Boat Canada 2015
- 3 time world athlete