

## LISA JAMES – ATHLETE & COACH BIOGRAPHY

Lisa James possesses over 20 years of experience in coaching athletes as well as competition experience and personal achievement in track and field, basketball and volleyball. Track and field was the first exposure to sports training and competing both within and outside of school programs at University of Toronto Track Club resulting in many wins and record-setting performances in Toronto. Basketball was the next competitive sports activity added playing for the reputable program at Oakwood Collegiate in Toronto as well as additional competition & training in leagues.

Lisa's 17 years of volleyball coaching include development in students ranging from 9 to 24 years of age in private school, public school, club and Canadian University settings. Lisa is an experienced player competing on the FIVB and OVA Beach Tours (2010 AA Women's 2s Provincial Tournament Gold Medalist, 2007 Single A Women's 2s Provincial Tournament Silver Medalist), OVA indoor tournaments, as a varsity athlete in the Ontario College system and the most recent achievement being in July 2013 at the World Masters Games (Turino, Italy) – Women's Indoor Volleyball, Gold Medalist.

Lisa maintains an exceptional commitment to the development of fundamental skills, nutrition, confidence and athleticism in athletes no matter what the sport may be.

1985 – 1993: University of Toronto Track & Field Club; summer & after school training programs. 100m, long jump, hurdles; repeat city finals medalist & OFSAA qualifier.

1987 – 1996: High School & League Team Basketball Athlete (Jarvis Collegiate & Oakwood Collegiate).

Basketball career includes competing in OFSAA finals in 1993 and 6MVP trophies.

Volleyball athlete, middle player (Jarvis Collegiate & Oakwood Collegiate).

1992 – 1994: Oakwood Collegiate Institute – Track & Field Student Coach (approx. 10 student athletes).

\* Trained a Long Jump athlete (16 year-old basketball player) who medaled at OFSAA in his first year.

1995 – 1996: Centennial College Varsity Volleyball Team – middle player

1999 – 2002: Assistant Coach with both the Junior and Senior Girls volleyball team Oakwood Collegiate

2005 – 2006: Assistant Coach with Etobicoke Titans Volleyball Club U14 girls

2006 – 2007: Assistant Coach with Interclub Volleyball Club U14 girls

2007 – 2008: Head Coach with Interclub Volleyball Club U17 girls

2009 – 2010: Toronto French School:

– Assistant Coach, Senior Girls Volleyball Team

– Head Coach, U12 Girls competitive team and developmental volleyball program (11<sup>th</sup> to 3<sup>rd</sup> place standings)

– Assistant Coach, Junior Boys & Girls Track & Field Team (2010 CISSA Champions)

– Assistant Coach, Junior Girls Basketball team

2009 – 2011: External/Head Coach for St. Michael's Choir School:

(i) Junior Volleyball Team; (ii) Cross Country Team; and (iii) Track & Field Team.

2010 – 2013: Assistant Coach, Co-Founder & Executive Member of X-Men Volleyball Club (Toronto)

2012: Head Coach, St. Brigid Catholic School Boys' Basketball (2012 South Region Divisional Champions)

2012 – 2013: University of Waterloo, Women's Varsity Indoor Volleyball - First Assistant Coach

Volleyball Canada Centre of Excellence Volleyball Clinics (Waterloo) – Volunteer Coach

2017: Head Coach, Kitchener-Waterloo Collegiate Institute Junior Boys Volleyball Team

Currently, Lisa participates in beach & indoor co-ed and women's leagues in the GTA and Waterloo Region. Always having been a lover of team sports and valuing the innumerable benefits of healthy physical activity, Lisa also participates in softball, soccer, ultimate Frisbee whenever the opportunities present themselves, enjoys swimming, golf and international travel which often leads to more opportunities to play volleyball.