

**Monica PINETTE** – Born: 5th February 1977 in Vancouver B.C.

Hometown: Langley, B.C. Coach: Philipp Waeffler

▪ Monica Pinette came through the Budapest 2008 MVM Modern Pentathlon World Championships with an 11th place finish—one of the best finishes in Canadian history at a World Championships which is great pre-Olympic news. Achieved a notable sixth-place result at the prestigious 2006 World Cup Final in Chianciano Terme, Italy. Finished 29th in the individual event and teamed with Elena Bales and Kara Grant to finish fourth in the women's relay event at the 2006 World Championship and sixth in 2007. Captured the gold medal at the 2006 Pan American Modern Pentathlon Championship and the silver medal at the Pan American Games 2007. Recorded a pair of top-10 finishes during the 2006 and 2007 World Cup season. Represented Canada at the 2004 Olympic Games in Athens and was the top Canadian in the women's individual event, finishing 13th. Was Canada's lone aboriginal athlete at the 2004 Olympic Games. Recorded a seventh-place finish at the 2003 Pan American Games. Captured gold at the 2003, 2006 and 2007 Canadian Championship. (Source: Olympic.ca)

▪ Profile: <http://www.bcempa.bc.ca/serv02.htm> <http://www.realchampions.ca/athletes/mpinette/index> & <http://www.pentathloncanada.ca/profiles.php?id=13>



**Kara GRANT** – Born: January 9, 1979 in Charlottetown, P.E.I.

Hometown: Stratford, P.E.I. Coach: Philipp Waeffler

This March, Kara won bronze at the Mexico City World Cup of Modern Pentathlon, which is more great pre-Olympic news for Canada. Kara competed in the 2004 Olympics where she placed 22nd. She won the bronze medal at Pan Am Games 1999 and placed 4th in 2007. Kara finished 9th at the 2006 World Championships. 2007 results: 5th Place in Switzerland; New Brunswick "Men's" Epee Champion; Mill field World Cup, Great Britain - 14th; Cairo World Cup, Egypt - 40th; Mexico City World Cup, Mexico - 8th. Canadian National Champion in 1999, 2000, 2001, 2002. and 2004. Finished 3<sup>rd</sup> at the World Cup in Mexico 2008.

Profile: <http://www.karagrants.net/> & <http://www.esteemteam.com/index.php/athlete/47>



**Joshua RIKER-FOX** – Born: September 6, 1983 in Delacour, Alta.

Hometown: Delacour, Alta. Coach: Philipp Waeffler

Josh captured a bronze medal at the 2007 Pan American Games. He represented Canada in the individual event at the 2006 World Championship in Guatemala. In 2006, finished fifth at the Open Polish Championship, eighth at the USA Open National Championship, 12th at the Pan American Modern Pentathlon Championship and 14th at the African Open Championship...Represented Canada in the individual event at the 2003 Pan American Games in Santo Domingo, finishing seventh...Captured gold at the 2006 Canadian Championship. (Source: Olympic.ca)

Profile: <http://www.bcempa.bc.ca/profiles.htm> & <http://www.pentathloncanada.ca/profiles.php?id=15>



National Team Coach **Philipp WAEFFLER** has a pedagogical degree in teaching, a post-graduate specialization in secondary school education, and a post-graduate diploma in sport management. He has worked as an elementary school teacher, a secondary school teacher, and headmaster but is currently putting his teaching talents to use as the national team coach for the Canadian Modern Pentathlon association. Philipp was an elite pentathlete from his youth until 2000; he competed at the 1996 Atlanta Olympic Games for Switzerland, won several international competitions and a silver medal in the relay at World Championships. Philipp began coaching in 2000 and in 2002 he became the Canadian pentathlon national team coach.

Profile: <http://www.pentathloncanada.ca/profiles.php?id=19>

