



## GO CANADA!

The Canadian Modern Pentathlon Association is proud to announce the names of the three athletes who will compete at the Olympic Games in Beijing this August. They are Kara Grant, Joshua Riker-Fox and Monica Pinette. Learn more about these proud Canadians and how to support them in their quest for excellence!

SUPPORT CANADA'S BEST ATHLETES GOING TO THE BEIJING 2008 OLYMPICS

**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. She also represented Canada at the 2004 Olympic Games in Athens and was the top Canadian in the women's individual event, finishing 13th. Captured gold at the 2003, 2006 and 2007 Canadian Championship.



**Monica Pinette:** *"I have a certain level where I am able to perform—but I need to be in the right head space to reach this level," said Monica Pinette after competing in the World Championships in May. "It seemed like a very long and hard day, but I was able to be mentally strong for the whole 10 hours with no low moments. I am really proud that I could do this at such an important pre-Olympic competition."*

**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, more excellent pre-Olympic news for Canada. Kara competed in the 2004 Olympics so has Olympic experience. 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.



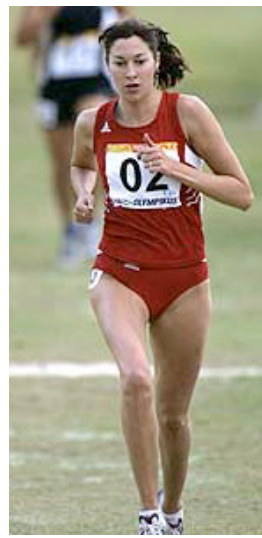
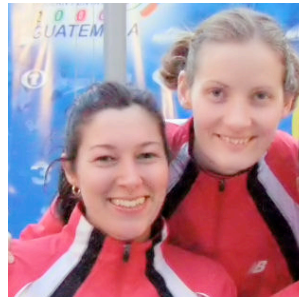
**Kara Grant:** *"I had the day of my life! It's been a long time coming with a lot of soul searching over the past couple of weeks to try and get myself in the right frame of mind to have a great competition," said Kara after winning bronze at the Mexico city World Cup in Modern Pentathlon—which is Canada's first World Cup Medal in Modern Pentathlon.*

**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. In 2006, finished fifth at the Open Polish Championship, eighth at the USA Open National Championship, 12th at the Pan American Modern Pentathlon Championship. Captured gold at the 2006 Canadian Championship.



**Joshua Riker-Fox:** *"This competition highlighted the constant increase in competitiveness. With 105 athletes, the margin for error is very narrow. This was illustrated by the small time gap of 1:04 dividing first place and my position, 19th, at the start of the run in the semi-final," said Josh after the World Championships this May in Budapest.*



Joshua Riker-Fox preparing for the swim

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### **Every successful team needs a great coach**

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.



### **Every successful team needs enthusiastic supporters and volunteers**

*“Modern Pentathlon has taken a huge step forward...we have come so far in the last few years. It hasn't been easy but three spots for Beijing with the qualification of **Kara Grant, Monica Pinette and Josh Riker-Fox**...I can't think of a better reward than that.”*

*Dave Lynnes, High Performance Director, CAMPA*

*“No matter how talented an athlete may be, it takes hard work and determination to train successfully for the 5 diverse technical and physical sports which comprise the Modern Pentathlon competition. We are very proud of our Canadian athletes who are now proving themselves to be amongst the best pentathletes in the world. We are extremely fortunate to have experienced, dedicated coaches to work closely with them.”*

*Angela Ives, President, CAMPA*

### **Did you know?**

The sport of Modern Pentathlon has been called the “true Olympic sport”. The athletes will compete in their 5 events in one day, in approximately 10 hours—shooting, fencing, swimming, riding and cross-country running. At the Beijing Olympics, the men will compete on August 21 and the women will compete on August 22.

**The Canadian Modern Pentathlon Association, CAMPA, ([www.pentathloncanada.ca](http://www.pentathloncanada.ca)) is dedicated to developing high performance athletes with a focus on competing at the highest levels of international competitions.**