



Nathalie Cote

Assistant Coach

Cross Country

& Middle Distance Track

Nathalie joins the new coaching staff at the University of Ottawa in 2008, returning to her alma mater. She is also a secondary school teacher (social sciences / languages) and highly successful coach at Colonel By Secondary School. Nathalie has nurtured a passion for coaching since her own high school days and has pursued it since her competitive retirement. Having had instant coaching successes, some highlights include coaching the 2002 Boys' Montana State Champions at the Loyola Sacred Heart Catholic High School (USA), and at Colonel By (Ottawa) with OFSAA Champions, medalists and Club Ontario Champions with the Ottawa Lions.

In 2008, Nathalie also began working with Paralympics' athletes. Nathalie is delighted to be back at the University of Ottawa and is looking forward to contributing to the development of the Gee-Gee XC / Track running tradition.

As a 7-time CIS Champion (XC & Track), she is clearly still the most accomplished all-time individual sport female athlete in uOttawa's sport history, and the only women in the CIS X-Country History to ever win three consecutive CIS Cross Country Championships. Nathalie's GG XC career parallels former GG Men's XC Star - John Halvorsen (mid-80's) having the most ever CIS Men's National Titles (4). On the all-track rankings and record books Cote still rules the uOttawa, Ottawa Lions and CIS Lists and vows to help find develop the athletes in Ottawa to challenge and change these lists.

Winner of the prestigious top 10 Royal Bank Academic All-Canadian award in 1999, "Nat" graduated with degrees in political science and education and went on to compete for Canada at the World Cross Country Championships, the World University Games and the Francophone Games while obtaining a Masters Degree in Political Science.