



# **Ray Elrick**

**Associate Head Coach**

**X-Country**

**Middle Distance Track**

Ray returns to the “new start” GG Program after serving as Head Coach of Men’s GG XC and Track & Field Programs from 1995 to 1998. He had inherited the coaching reins from the retirement of uOttawa Coach Denis Landry (3 Time CIS Coach of the Year).

Ray then coached OUA Champion - Ian Potter (1996) and 3-Time CIS Women’s Champion - Nathalie Cote (1996, 97, 98).

In his +20 years of coaching with the Ottawa Lions Club, Coach Elrick has become one of the most accomplished and recognized Endurance Coaches in Canada. Year after year, his athletes compete at a consistently high levels in provincial, national and international competitions and have been on numerous National Teams, including World Student Games, Francophonie Games, World X-C Championships, Olympic & Paralympic Games.

Coach Ray has produced countless medalists at the CIS and National Open levels and many always return to him after college graduation in other programs. His international coaching assignments include World X-Country, the Chiba International Race in Japan and the Jeux de la Francophonie.

Elrick is a Vancouver native up to the end of secondary school, a Carleton U. Graduate in Law & Economics and is now RCMP (Retired). He is a Master Course Conductor for the Coaching Association of Canada and is a decorated 2-time National Coaching Excellence Award Winner (2004 & 2006). His “tough-but-fair” approach to coaching has earned him the respect of athletes and peers alike.

Top Athletes, both current and former, include: 2000 Olympian - Sean Kaley, 1996 Olympian - Steve Agar  
Senior Internationals, Nathalie Cote, Sarah Dillabough, Scott MacDonald, Chris McGregor

Junior Internationals, Murray Link, Tracey Robertson, Katie Engle, Kristin Marvin, Danelle Woods, Jennie Biewald  
Current athletes include the return of Mike Woods - many time International Team member and

Paralympic Games Medalists - 2004-2008 - Jason Dunkerley and Stuart McGregor. (2004)