

Vince Fay

Assistant Coach



X-Country & Middle Distance Track

Coach Fay (uO Alumni) comes to the impressive uOttawa coaching team with a history in the Ottawa Lions Distance Programs associated with the hugely successful Junior Women's middle distance and cross country programs over the past the 15 years. More recently, since 2007, Vince has also taken on the leadership of both male and female (14-17 years) endurance programs for the Lions. He has been coaching for over 30 years and 15+ years with the Ottawa endurance programs.

Vince's teams have won National Junior and Youth Cross Country Team Titles and numerous Ontario Team titles. Each year, monitored by Vince's guidance, training and leadership many athletes win and have won countless Ontario Club, school and National medals.

Many of this program's athletes graduate on to the NCAA or CIS University system with a large degree of success. Coach Fay is excited by the new GG Program and the options now presented to student athletes to "have a choice" to remain in Ottawa and continue to develop under the Club's ideal long-term athlete development models.

Vince has also served as the Ottawa Lions Club President for over 10 years during it's transformation into the best program in Canada (1987-1999). His dedication and commitment to sport, to athletes and the Ottawa programs have ensured the status of many successes to come.

Raised in Montreal, he is graduate of both the University of New Brunswick (undergrad) and uOttawa (Law) and just having recently retired from the Ministry of Fisheries and Oceans, Vince is ready to pour everything into the sport as a coaching leader and working in the administration of the Ottawa Lions.