

J. P. Hugh Sproule – Bronze & Silver Team Coach  
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### Hugh's Bio

My interest in swimming began at a very early age. Growing up on the shores of Lake Ontario, I had the privilege of watching the great Gus Ryder train his famous protégé Marilyn Bell for her swims across Lake Ontario and the English Channel. I knew that one day I would become involved with the sport.

A Physical Educator by profession, I worked in that field (in Atlantic Canada) both in the Canadian Navy and in civilian life with the YMCA. During this twenty-five year period, I assisted the coach for the Canadian Naval Swim Team as it prepared for the 1954 Canadian British Empire Games Trials, and started an adult swim club at another naval base.

While working for the YMCA I enjoyed a long and fruitful relationship coaching age-group swimmers at 5 different YMCA's, and started swim teams at 2 of them.

Although I did some consulting work and officiated occasionally after leaving the YMCA, it wasn't until the spring of 2004 that I

became involved with the TSUNAMI Swim Club as an assistant coach for the entry level competitors. My interest was reborn, and I discovered that my knowledge of the sport remained intact.

**Personal Swimming Highlights:** The enthusiasm, dedication and support I received over the years from the young athletes has been extremely rewarding. Many former swimmers are personal friends today.

My four most memorable events were:

- Coaching the Nova Scotia Team that went to the Canadian Pan-American Trials in Montreal.
- Coaching the New Brunswick Team that went to the 1<sup>st</sup> Canada Summer Games in Halifax.
- Being nominated (one of six) for the Nova Scotia Sportsperson of the Year award.
- Having one team member obtain an athletic scholarship to an American University (1<sup>st</sup> in Atlantic Canada for Swimming).

### **Additional Information:**

I have authored the 2003/04 booklet 'The Complete Program' - a step by step organizational guide designed with the rural age-group swim club in mind.