

## *Larry Cain*

Larry began his career in the sport of sprint canoe racing as an 11-year-old in 1974. He dreamed of becoming an Olympic Champion after watching Canadian John Wood win a silver medal at the 1976 Olympics in Montreal. With perseverance and an ongoing commitment to making his goals become reality he realized his dream by winning gold and silver medals at the 1984 Olympics in Los Angeles. In a career spanning 17 years, 3 Olympic Games, 10 World Championships, and countless World Cups, Larry became one of Canada's most successful athletes. His efforts have earned him a place in Canada's Sports Hall of Fame and the Order of Canada.

Upon retiring from the National Team in 1996 Larry continued to paddle for fun and fitness while pursuing a career as a teacher at St. Mildred's-Lightbourn School in Oakville and a coach at the Burloak Canoe Club. He also transitioned into ocean-based paddle sports – first outrigger canoe and later, in 2011, stand up paddling (SUP). Calling upon his canoeing experience, Larry has become one of the top SUP athletes in the world and number one in the world over the age of 50.

In 2014, Larry retired from teaching to take a coaching position with the Canadian Canoe Kayak Team but unfortunately funding ran out for that position before the 2016 Olympic Game in Rio de Janeiro. At that point he launched Paddle Monster, his own on-line, subscription-based coaching business geared primarily towards SUP paddlers. With over 350 subscribers worldwide, Paddle Monster has become the global coaching leader in ocean-based paddle sports.

Larry has worked hard to develop a reputation built on excellence and effective communication and is a passionate and charismatic speaker who is known for his ability to relate his experiences in sport to not only other athletes, but to those experiences we all have in everyday life.