

# The Cal Botterill Lecture

## DR. CAL BOTTERILL HAS WORKED WITH ATHLETES IN THE FOLLOWING OLYMPIC GAMES

### Olympic Games

1976 Montreal

### Sport

Coaching Association of Canada  
services to athletes

1984 Sarajevo

Figure Skating  
Hockey

1984 Los Angeles

Men's Basketball

1988 Calgary

Men's Hockey

1996 Atlanta

Women's Volleyball

1998 Nagano

Bobsleigh  
Speed Skating

2002 Salt Lake City

Speed Skating

2006 Torino

Cross-Country Skiing  
Speed Skating

2010 Vancouver

Bobsleigh  
Cross-Country Skiing  
Skeleton

2014 Sochi

Biathlon  
Bobsleigh  
Cross-Country Skiing  
Curling  
Skeleton  
Speed Skating

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## ADDITIONAL ATHLETES AND TEAMS

### **Athlete**

Bobby Ursell  
Canadian Men's Basketball  
Catriona Lemay Doan  
Chandra Crawford  
Colleen Miller  
Dave McEachern and Pierre Lueders  
Devon Kershaw  
Guylaine Dumont and Kathy Tough  
Susan Auch  
Tanya Dubnicoff  
Team Jennifer Jones

### **Event**

World Junior Curling Champions  
FISU Champions 1983  
Speed Skating Olympic Gold  
Cross-Country Skiing Olympic Gold  
World Champion Rowing  
Bobsleigh Olympic Gold  
Cross-Country Skiing World Champion  
Beach Volleyball  
Speed Skating Olympic Silver  
Pan Am Gold Cycling  
Curling Olympic Gold and World Champions

### **Team**

Calgary Flames  
Canada Cup Hockey Champions 1991  
Chicago Blackhawks  
Kerri Einarson Curling Team  
Los Angeles Kings  
Manitoba Badminton Team  
Manitoba Junior Golf Program  
National Women's Field Hockey Team  
National Women's Hockey Team  
National Men's Volleyball Team  
New York Rangers - Stanley Cup Champions 1994  
Philadelphia Flyers  
University of Manitoba Women's Basketball Team

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## CAL BOTTERILL, PHD.

Cal Botterill is part of an "active" family. His wife, Doreen (a former 2-time Olympian Speed-skater) was a career elementary physical education teacher. Their children, Jason and Jennifer, have excelled in collegiate, international and Olympic sport.

Daughter, Jennifer, a graduate of St. Johns's Ravenscourt School and Harvard University, is a 3-time Olympic Gold medallist in hockey. Son, Jason, an MBA Graduate from the University of Michigan, won 3 Gold Medals with Canada's World Junior Hockey team, as well as the Stanley Cup as Assistant General Manager of the Pittsburgh Penguins of the NHL.

The family's appreciation of "perspective" and recovery in today's busy World evolved as the family grew up in Wildwood Park, traveled, and explored the world's opportunities. Sabbatical research opportunities took the family to 18 countries in Europe, Australia, New Zealand, Fiji and various North American cities such as: California, Victoria, Calgary and Ottawa.

Cal has received teaching excellence awards at both the University of Winnipeg and the University of Calgary. As a sport psychology consultant, Cal has been part of Canadian Support Teams at 10 different Olympic Games, and has consulted for five NHL teams (including the 1994 Stanley Cup Champion New York Rangers). At the 2014 Sochi Olympics, 7 of the 14 athletes Cal had worked with won Gold medals.

Cal's experience and research in youth sport, high performance and perspective, led to books titled "Every Kid Can Win", "Human Potential", "Perspective: The Key to Life" & "Sustainable High Performance". As the author of hundreds of articles, books, videos and presentations, Cal has helped popularize "health and performance psychology". He has mentored many top young professionals and provided services to a wide range of clients.

St. John's Ravenscourt private school and its "dedication to excellence" provided a rich environment for the start of Cal's career as a "high performance" educator and consultant. He went on to complete a PhD at the University of Alberta and become a full professor at the University of Winnipeg.

After PhD graduation, Cal pursued the best professionals in the world in "Performance Psychology". He sought out mentoring from Dr. Bruce Ogilvie, Dr. Robert Nideffer, Dr. Ken Ravizza, Dr. Terry Orlick, Dr. Lars-Eric Unestahl, Dr. Keith Henschen, & Dr. Richard Gordin. He also spent 4 years in International Sports Administration with the Coaching Association of Canada and Sport Canada.

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Sport Psychology has become "Health and Performance Psychology", and Cal has enjoyed opportunities to contribute in medicine, business, health, education, emergency professions, performing arts and the media. He has championed "interactive learning" and delivered "on-line" and "TV" courses with international input and contributors.

After a 27-year career at the University of Winnipeg, Cal became more active in the medical and health fields. He has 8 years of experience teaching "high performance physician" courses for medical residents & physicians. He has mentored colleagues, Jason Brooks and Aman Hussain (during their Doctoral studies at Queensland University, Australia). They have been active in delivering and researching the HPP program.

Cal is committed to improving health care effectiveness and to optimizing psycho-physiology for patients and professionals. He has presented at several "Grand Rounds" Seminars, a regional Orthopaedic Conference, a Physiotherapy Conference, and the work with Medical Residents was recently presented at a national medical education conference in Ottawa.

In business, Cal has delivered presentations/workshops for Richardson Securities, Manitoba Hydro, MTS, Great West Life, Investors Group, Coca Cola, Manitoba Law Society, London Life, Canadian Olympic Committee, Australian Sports Institute, Alfred Adler Psychology Conference, University of Winnipeg Departments and University of Manitoba Administration.

"Recovery" has become a personal and professional interest for Cal. Their family cottage at West Hawk Lake has often functioned as a retreat centre for under-recovered and burnt-out performers. Nature, family, travel, and professional colleagues have played a huge role in Cal's perspective, health and happiness. He stays active professionally as a mentor and service provider. For personal recovery, "Serenity" cottage is now the favoured destinations.

## **Favoured Topics:**

- "Sustainable High Performance"
- Lessons in Perspective & Performance
- Preparation, Focus & Recovery
- "Real" Team Building
- Recovery & Human Potential
- Optimizing Growth & Development