



MIDDLESEX SWIMMING NEW HEAD COACH & OWNER ANNOUNCEMENT



Middlesex Swimming is very excited and pleased to make the announcement that Mackenzie Salmon will be its new head coach and owner!!!

Mackenzie Salmon was originally born and raised in London, Ontario. He is a fully certified NCCP Level 3/Senior swim coach and certified personal trainer, who has a background as an international ranked athlete within Lifesaving Sport representing Canada on the international stage. Additionally, he was a high-level athlete in many sports and has been involved with competitive swimming over the past 20+ years as a swimmer and the 12+ years as a coach.

Throughout Mackenzie's journey, both within sport and out of it, he has had the opportunity to interact with many wonderful coaches, role models, mentors, and high-level professionals. These relationships have helped to further develop him into the person and coach he is today. Furthermore, they have enhanced his drive to improve in all areas of life and become the best coach and individual that he can be.

The following is some further background information on

Why Mackenzie Became a Swimming Coach:

- I decided to become a competitive swimming coach when I realized the positive influence I could have on the lives of others within this sport I love.

Mackenzie's Coaching Achievements:

- I am most proud of the long-lasting positive impact I am able to have on all the athletes I have coached. In particular seeing them leave swimming with the skills, memories, and tools to improve their lives along with the lives of others both within and beyond the sport of swimming.
- Coaching swimmers and lifesaving athletes, both able-bodied and disabled, from the local level all the way to the international stage.
- Helping athletes in breaking many club, provincial, and national records in both swimming and lifesaving sport.



Mackenzie's Athletic Achievements:

- Member of the Canadian National Team for Lifesaving Sport
- Nationally ranked competitive swimmer throughout age group and senior career
- Medalist at every level of sport from the local level to the international stage
- Awarded two letters of recognition from the House of Commons of Canada after representing Canada at the 2014 World Championships for Lifesaving Sport in France and winning the 2015 Canadian Pool Lifesaving Championship

Mackenzie's Important Components to Being Successful:

- Family & Friends
- Health & Finding Balance
- Learning & Growing Everyday
- Not Being Afraid to Fail

Some Words from Mackenzie Salmon:

Hello Everyone,

Personally, I am very happy and honoured to have the opportunity to take over the head coaching role and ownership of Middlesex Swimming. Being able to return to my hometown to where everything started for me in the waters of the London-Middlesex region is a true privilege. As well, getting the chance to branch out into nearby Perth County after coaching in other parts of Ontario and the country for the past 11 years, is an exciting challenge.

I want to acknowledge and thank Johnny Hewardine for his continued support and guidance while I am taking on this position during a transitional period. As without his support this would not be possible. My goal is to keep building and improving upon what Johnny and others have done in getting Middlesex Swimming to where it is today. I love what I do for a living and take great pride in providing the very best to all those that I come into contact with, both in and out of the water. With that said, I am looking forward to meeting and working with everyone very soon!

I hope that you have all had a wonderful summer 😊

Mackenzie Salmon – Middlesex Swimming Head Coach & Owner