



LESLEY A. SMYTH

- Competed as a high-performance swim athlete (1989-1995), ranking 5th overall in Canada (1992).
- Competed at the age of 14 in the Senior Women's Canadian Olympic Trials in Montreal (1992).
- Bronze medallist in the 100m backstroke at the Canadian Youth Nationals (1992).
- Awarded the Commemorative Medal for the 125th Anniversary of the Confederation of Canada (1992).
- Pre-selected for the New Brunswick Canada Games Team (1993), but withdrew due to unforeseen circumstances.
- Held numerous provincial swim records that remained hers for over 30 years (1990-2012).
- Awarded Dalhousie University Swim Team Rookie of the Year (1996) and Atlantic University Athletic Association (AUAA) Women's Swimming Rookie of the Year (1996).
- Named an AUAA Swim All-Star (1996).
- AUAA Champion in the 50m backstroke, 200m backstroke, 400m medley team relay (1996).
- Member of the AUAA Champion Dalhousie University Swim Team (1996) and a three-event finalist at the Canadian Interuniversity Athletics Union (CIAU) Championships held in Guelph (1996).
- Competed in triathlons and marathons, including the New York City Marathon (2004).
- Achieved Levels 1 and 2 of the National Coaching Certification Program. She has coached various middle and high school sports teams, as well as the Codiac Vikings Aquatic Team.
- After teaching in the public school system for 10 years, she became a therapist and founded Atlantic Wellness (2011) and Mindfit (2017).
- Licensed Counsellor and Mental Performance Coach providing services to support and guide athletes, parents of athletes, coaches, and teams in a variety of sports. Her work offers strategies to enhance the athlete's mental, emotional and physical success in sport and life. She has worked with athletes competing in the Olympics, National Hockey League (NHL), Canada Games and at the national, university, provincial and local recreational level.
- Lesley has been a keynote speaker at numerous business and wellness events, promoting positive mental health.
- Founder and member of the Ron Smyth Memorial Scholarship Committee (2000).
- Awarded the YMCA Peace Medallion (2014) for her work in the non-profit sector.

INDUCTED TO THE RIVERVIEW SPORTS WALL OF FAME 2024.

