

# John Hastings

## 2011 RBC Olympian

**Sport:** Canoe/Kayak — Slalom

**Hometown:** Aurora, ON

**Current Residence:** Ottawa, ON

### Career Highlights:

1st — 2010 overall Canadian national ranking

8th — 2010 Overall World Cup

4th — 2009 World Championships

2008 National Champion

Two-time Pan American Games medallist

Four-time National Team member

### John's Bio:

John Hastings is a member of the Canadian National Kayak Team and has been part of the RBC Olympians Program for two years. John finished the season ranked first in Canada and 8th at the Overall World Cup. He was the 2008 National Champion and an alternate on the 2008 Olympic Team. John's ultimate goal is a medal at the 2012 Olympic Games in London. John earned a Bachelor of Commerce from Sprott School of Business (Carleton University) in Ottawa, where he currently resides. He is a CFA Level 2 candidate and has ambitions of a career in capital markets upon culmination of his athletic career.



### Athletic Goals:

- Gold Medal — 2012 Olympics
- World Championship title
- Overall World Cup title

### Favourite Olympic/Sporting Moment:

My most memorable sporting moment was winning the 2008 National Championships after failing to qualify for the 2008 Olympic Team.

### Best Advice You've Ever Received:

Winners never quit, and quitters never win. On any journey towards a goal or dream, we will be faced with challenges and hardship. To persevere, we need to hold our heads high through these challenges and continue to chip away until we overcome them.

### Being an RBC Athlete Means...

Being an RBC Olympian has many implications; not only does it provide me with the opportunity to reach out to Canadians and help inspire them to reach their goals and dreams, but also, it gives me practical hands-on business experience at Canada's top financial institution.

