



Rachelle de Jong 2011 RBC Olympian

Sport: Rowing

Hometown: Regina, SK

Current Residence: Toronto, ON

Career Highlights:

2010 — Member of World Championship Team in New Zealand

2008 — Member of 2008 Canadian Olympic Team in Beijing

2007 — Qualified for Women's Quad at the Beijing 2008 Olympic Games

2004 — Member of Canadian Olympic Team in Athens, Greece

2002-2007 — Competed in five World Championships

1997-2001 — 30 national titles and 14 international titles with the University of Victoria Rowing Team, Victoria, BC

1997 — Silver and Gold Medals at Jeux Canada Games, Brandon, MB

Rachelle's Bio:

World-class rower Rachelle de Jong has accomplished much in her 13 years of competition. Her achievements to date include spots on the 2004 and 2008 Canadian Olympic Teams, winning 30 national titles and 14 international titles with the University of Victoria Rowing Team and competing in six World Championships.

Athletic Goal:

Gold Medal at the 2012 Olympic Games

Favourite Olympic/Sporting Moment:

Walking in the Opening Ceremonies at the Beijing Olympic Games. The energy was unreal, and I was so proud to represent my country.

Best Advice You've Ever Received:

Practice does not make perfect ... perfect practice makes perfect. This means that anyone can put in the kilometres and train, but you need to be putting in those kilometres with maximum skill and effort to be a champion. It's a simple combination of quantity and quality, which can be applied to all aspects of life.

Being an RBC Athlete Means...

I am so proud to represent RBC. Their endless support of Canadian athletes has been a major contributor to our Olympic success. I also have an opportunity to share my experiences from a 23-year athletic career and teach the valuable lessons gained from competing in two Olympic Games.

