

Valerie Hould-Marchand

2011 RBC Olympian

Sport: Synchronized Swimming

Hometown: Quebec City, QC

Current Residence: Toronto, ON

Career Highlights:

Gold Medal — 1999 Pan American Games

Gold Medal — 1998 Commonwealth Games

Silver Medal — 1996 Olympic Games

Gold Medal — 1995 Junior World Championships

Valerie's Bio:

Valerie's 15-year career in competitive synchronized swimming has been filled with athletic accomplishments that include winning a Silver Medal at the 1996 Olympic Summer Games and winning Gold Medals at the 1995 Junior World Championships, 1998 Commonwealth Games and 1999 Pan American Games.



Athletic Goals:

I have now retired from synchronized swimming, but I feel compelled to stay involved as a coach. It allows me to give back to my sport by sharing my passion, knowledge and experiences with the younger generation.

Favourite Olympic/Sporting Moment:

There are so many brilliant Olympic moments, but three of my favourites are:

- Mark Tewksbury's Gold Medal race at the 1992 Olympic Games
- Derek Redmond's inspiring 400m race at the 1992 Olympic Games
- Canada's Men's 8 at the 2008 Olympic Games

Best Advice You've Ever Received:

Follow your heart and never give up!

Being an RBC Athlete Means...

As an RBC Olympian, I have the immense privilege of bringing Olympic messages of excellence and leadership to Canadian communities.

