

Whistler Sliding Centre BC Sliding Development Centre

grow
sport



Cassie Hawrysh, Head Coach Skeleton

Cassie was born and raised in Brandon, Manitoba. Sport has always been a major part of her life. With successful athletic careers in both volleyball and the heptathlon she found her passion, skeleton, in 2009. In just two short years, Cassie earned her place on the Canadian World Cup team. Medals and multiple top results lead to an 8th place overall in the 2011/2012 world ranking, and in 2013/2014 Cassie was named as the alternate for the 2014 Olympic Winter Games. She officially retired from competition following the 2016/2017 season.



Athletic Career

Cassie has always lived her life at full speed. From the early days of discovering her passion volleyball, to harnessing speed and power as a heptathlete through her 20s – it was no surprise that, when asked to try Skeleton through a recruitment initiative at the age of 25, she fit right in. Calgary was the first track she learned on. She climbed the ranks fast, and by 2011, she made her first World Cup team alongside athletes (and friends) such as Melissa Hollingsworth, Jon Montgomery, Sarah Reid, Eric Neilson and John Fairbairn. Cassie’s first year on the World Cup circuit included World Cup medals (individual and team races), an overall world ranking of 8th and countless memories from around the globe. The following season, she secured the 2013/2014 Canadian Championship Title and, after a tough-fought battle, she was named as the Alternate for the 2014 Winter Olympic Games in Sochi, Russia. Cassie retired after the 2016/2017 season.

Why Coaching?

For Cassie, coaching is a fantastic way to express her passion for sport, as well as help give back to a community that has taught her so much throughout the last decade. She has always known that coaching runs in her blood, as her grandfather, Steve “Boomer” Hawrysh, was an integral part of bringing hockey to Manitoba. As a scout for the Detroit Red Wings, he was and still remains a well-known name to many legendary players throughout the NHL.

Biggest Career Influence

Her parents were Cassie’s biggest influence in her life and sporting career. At every level, her Mom and Dad are her #1 fans at every game, competition, race or event. From the very beginning they encouraged her to try it all, push her edges, trust her gut and always focus on truly having fun. When she became a professional athlete the stakes got higher, but their support and love were her constant. Seeing the pride and joy in their eyes throughout her journey, inspires her, even today.

Whistler Sliding Centre

BC Sliding Development Centre

grow
sport



Cassie Hawrysh, Head Coach Skeleton

Meaning of Sport

Cassie could not imagine her world without sport. At every stage of life sport has helped to shape who she is. In her words, sport shows us how to quickly identify and create friendships and partnerships. Sport teaches us the importance of power to lead and the grace to follow. It helps us understand the importance of knowing when to speak and when to listen and ultimately, helps us discover new ways to utilize and master our ultimate tools— our body and mind!

Coaching Philosophy

Drawing from her experience as a skeleton racer, Cassie quickly identifies smaller details that will influence how a pilot is developing. Her understanding is very technical and she can identify fine movements even at high speeds. While training athletes of all ages and all skill levels, Cassie looks at each athlete individually. Skeleton is extremely unique in that not everyone understands the same concept or steer plan in the exact same words. Each athlete will require different styles, cues, words, examples, so Cassie's philosophy is to equip each athlete with individualized tools and awareness to understand his or her own movements, to ultimately harness their on-ice techniques with precision and skill.

- *Be Patient:* With yourself, others and with the process!
 - *Set Realistic Goals:* Find the balance in where you are and where you want to be!
 - *Energy In. Energy Out:* The amount of energy you put into the sled directly translates into the amount of energy you get back. Done in the correct moments you maximize your opportunities for success, both in life and in sport!
 - *Keep Adjusting Your Lens:* In a sport where we race to the 1/100th of a second, the smallest choice matters (on and off the ice), but it is crucial to zoom both in and out throughout each stage of development and skill.
-

Further Education

- BA Journalism with distinction, University of Regina - School of Journalism
-

Partners

- ZEAL Optics
- 2XU
- RYU Apparel
- Point6
- Thuggies