



# BRENNA CASEY

BORN AND RAISED IN OTTAWA, BRENNAS CASEY GOT HER START IN SPORTS LIKE MANY CHILDREN, TAKING SWIMMING LESSONS; BRENNAS DID NOT CARE FOR THE COLD AND CROWDED WATERS OF THE LOCAL POOL. SHE ALSO TOOK SKATING LESSONS, BUT SHE DIDN'T LIKE THE COLD HARD ICE THAT SHE WOULD ALWAYS FALL ON. SHE TRIED GYMNASTICS AND LIKED IT BECAUSE IT WAS WARMER AND THE MATS WERE SOFTER TO FALL ON.

TRAMPOLINE WAS BRENNAS FAVOURITE PART OF GYMNASTICS, AND THROUGH HARD WORK AND SHEER DETERMINATION SHE EARNED THE CHANCE TO COMPETE ON THE CANADIAN JUNIOR TRAMPOLINE TEAM. SHE WON BACK-TO-BACK WORLD AGE GROUP GAMES IN DOUBLE MINI-TRAMPOLINE IN SOUTH AFRICA IN 1999 AND DENMARK IN 2001. SHE PROGRESSED TO JOIN THE SENIOR WORLD TEAM AND HAS SINCE COMPETED IN FIVE WORLD CHAMPIONSHIPS AND WAS THE TRAVELLING ALTERNATE TO THE OLYMPIC GAMES IN 2004 AND 2008.

**PLEASE JOIN ME IN WELCOMING BRENNAS!**

**Presentation Requirements: *Microphone, LCD & Laptop projector with audio (for Power Point)***



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## **More about Brenna:**

WHILE TRAINING AND COMPETING FOR CANADA, SHE ALSO COMPLETED DOUBLE DEGREES FROM YORK UNIVERSITY IN KINESIOLOGY AND ATHLETIC THERAPY. SHE THEN WENT ON TO ACHIEVE HER MASTERS OF PHYSIOTHERAPY FROM QUEEN'S UNIVERSITY, AND MEDICAL ACUPUNCTURE FROM MCMASTER UNIVERSITY.

BRENNA NOW WORKS AS A REGISTERED PHYSIOTHERAPIST IN OTTAWA, HELPING OTHERS IN THEIR QUEST TO PLAY THE SPORTS THEY LOVE. BRENNA IS ALSO A SPINNING INSTRUCTOR AT GOODLIFE FITNESS AND OF COURSE BRENNA IS ALSO STILL COMPETING FOR CANADA IN HER SPORT OF TRAMPOLINE. LAST YEAR SHE WAS A MEMBER OF THE MOST MEDALED GYMNASTICS TEAM IN CANADIAN HISTORY AS THEY WON THE SILVER MEDAL AT THE WORLD TRAMPOLINE CHAMPIONSHIPS HELD RIGHT HERE IN CANADA.

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