

SHEILA KEALEY

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SUMMARY – RELEVANT TO COACHING CROSS COUNTRY SKIING

Nutrition & health expert specialized in behavioral sciences who works on the analysis, interpretation, and dissemination of research findings in the fields of nutrition, health, and physical activity. Research interests also include sports nutrition and high performance sport. Specific experience relevant to coaching cross country skiing includes the following:

- **Coaching Experience.** Over 20 years of coaching experience that has included coordinating elementary school cross country running and track and field (over 100 students); 12 years coaching nordic skiing at Nakkertok Nordic including 8 years coaching in year-round Learn to Compete program (15- to 17-year-olds). I'd estimated that I've accumulated over 1000 hours of nordic ski specific coaching in the last 3 years alone.
- **Coach Educator.** Presenter to various sports teams and coach education conferences on research in sports nutrition and practical applications for athletes and coaches.
- **Coaching Manuals & Grants.** Collaborated on Cross Country Canada's 2017 coaching manual for female athletes. Wrote grant, and achieved [CAAWS](#) funding to organize coaching and run workshop to educate women in male-dominated sports roles (coaching/ski preparation). Through the workshop I collected and summarized data on [barriers to women in coaching roles](#).
- **CCC Coach Toolkit Developer.** Developed "[Hosting a Women's Coaching and Waxing Workshop – a Toolkit and Resources for Cross Country Ski Clubs.](#)"
- **Coaching Interests.** Putting sports science research findings into practice in the areas of sports nutrition, training methodologies and energy systems, and sports psychology. I'm also interested in developing strategies and infrastructure to reduce athlete dropout after high school. To that end I am helping efforts to bring a varsity ski team to uOttawa, and I also help run a regional nordic ski racing team ([XC Ottawa](#)).
- **High Performance Athlete.** Sports include rowing (Canadian national rowing champion – lightweight women's 8; Duathlon (2nd – Canadian national duathlon championships; 18th World Championships); Triathlon (Triathlon Quebec athlete of the year), and Nordic skiing (15+ years competing on NorAm racing circuit).
- **Sports & Physical Activity Work and Research.** Developed and currently maintain website with evidence-based health resources including [sports nutrition](#), [health](#) (athlete-focused), and [physical activity](#), including [sports science research updates](#), [sports injury management and prevention](#), and [sports science reading and resources](#).
- **XC Ski Marketing and Promotion.** I've used my communication & social media skills to promote xc skiing, including launching and help run social media sites and campaigns for Nordic ski teams (Instagram: [Nakkertokracing](#); [xcottawa](#); Facebook: [NakkertokRacing](#); [XCottawa](#); [uOttawanordig](#); Twitter: [XCottawa](#), [NakkertokRacing](#)).

Health Promotion. I have a Master's Degree in Health Promotion (Public Health) and am involved in research related to nutrition and physical activity interventions and health policy. I'm a member of multidisciplinary research team at UC San Diego investigating and implementing interventions related to health behavior change, disease prevention, nutrition, and physical activity.

Writing & Communication: Able to present complex scientific content in a clear, persuasive manner for a range of audiences and a variety of platforms/medium. Co-author of 17 publications in peer-reviewed scientific journals and research intervention and technical manuals.