



## **ATHLETICS, RECREATION & FITNESS**



### **Nicolette Langhout**

Is a strong female role model in the field of athletics, with more than 18 years of synchronized skating experience and four national championship titles. As a coach with the Edmonton Synchronized Skating Club (ESSC), Nicolette has coached her Pre-juvenile team to two gold medals at the Western Canadian Championships. Most importantly though, Nicolette believes in the ability of young female athletes to grow, develop and improve, and empowers her girls to believe in themselves. Under Nicolette's leadership, parents have watched their daughters develop attributes that will serve them well for the rest of their lives. The love and mutual support the girls demonstrate to one another on and off the ice is a reflection of what they have learned from their coach and role model, Nicolette.

