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COMMENTARY

Dr. Jack Taunton: A leading mentor and advocate for high performance trainees

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Abstract

This article outlines the important contribution that Dr. Jack Taunton has made to the mentorship of trainees working in the high performance setting with developmental and Olympic athletes. **Health & Fitness Journal of Canada 2020;13(3):12-13.**

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Keywords: Sports Medicine, Leadership, Inspiration, Exercise Science, Olympic

Introduction

I am honoured to be asked to write a brief commentary on behalf of Dr. Jack Taunton. Dr. Jack Taunton played an instrumental role in my career development. From the start of my PhD and with the Canadian Women's National Field Hockey Team in 2013, it was apparent how influential Dr. Jack Taunton has been to the development and success of high performance sport in Canada. During my tenure with Field Hockey Canada I quickly realized the foundation that the sport science and sport medicine teams were built upon was largely attributed to the development initiated by Jack, his research, and colleagues; work that has led to an internationally recognized sporting program that provides athletes with world class staff and sport science/sport medicine treatment. Through this research, I was able to publish a series of works that have advanced the high performance field (A.S. Perrotta, Koehle,

White, Taunton, & Warburton, 2019; A. S. Perrotta, Taunton, Koehle, White, & Warburton, 2018; A. S. Perrotta, White, Koehle, Taunton, & Warburton, 2018).

On a personal note, the opportunity that was provided to me to complete my PhD while working with a Canadian National (Olympic) Sporting Organization is something I will always be indebted to Jack for. However, for everything that Jack has done for my research and career, Jack's greatest attribute has been the genuine care and support he has given to my family and I. Elizabeth and I have always felt Jack's support since first moving to Vancouver to grow our careers, and most recently starting a family. Thank you, Jack for all your support and success over the years, we will always be appreciative and are honored to call you a friend.

Dr. Jack Taunton, thank you for all your support and guidance throughout my doctorate and my time working with Field Hockey Canada. My tenure as a PhD

Dr. Jack Taunton's Mentorship

student examining exercise physiology was enriched because of the platform you developed in high performance sport within British Columbia. Although these experiences working within a National Sporting Organization left a wonderful memory, it was, and is your commitment to supporting both myself and my wife Elizabeth that continues to change our lives. We will always be grateful for your friendship and support and look forward to using our platform to help others in a similar fashion. Thank you, Jack!

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Author's Qualifications

The author's qualifications are as follows: Andrew Perrotta MKIN, PhD, CEP, NSCA CSCS, and USSF "C" Coaching License.

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