

# Health & Fitness Journal of Canada

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## COMMENTARY

### In Appreciation of Cheryl and Jack Taunton: Role Models and Mentors

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#### Abstract

This commentary outlines our experiences over the years with the Tauntons. We highlight how much they have done for us and the examples that they continue to provide for excellence in research, exercise, medicine, and life in general. We also comment on how the Tauntons have helped shape our lives and how they have been great role models for us, our parents, and many of our friends. We are honoured to know the Tauntons and look forward to learning from them for years to come. **Health & Fitness Journal of Canada 2020;13(3):8-10.**

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#### Introduction

We are happy to write this note about our mentors, Dr. Jack and Cheryl Taunton. They are good friends of our parents and we have known the Tauntons since birth. We consider the Tauntons to be a part of our family and we really look up to them as examples.

#### Childhood Memories

Some of our favourite childhood memories involve the Tauntons, where our parents have worked on many projects with the Tauntons. For example, although we were really young, we can remember our backyard being filled with equipment from top-secret research that was designed to give Canadian athletes an edge. We also remember our parents working with Dr. Taunton, trainers, and Olympic athletes at a building close to the Olympic Oval.

We can also remember attending the Olympics and some of the special events

around the Olympics. We remember the excitement of the Olympics and celebrating with our grandparents when athletes that were part of these projects won Olympic medals. We will never forget attending some of these events and the inspiration that it has provided to us in our own athletic pursuits. It was really amazing to watch short track and long track speed skaters win medals, including several gold medals, knowing the people involved. Over the years, we have been really privileged to meet professional and Olympic athletes, coaches, and trainers from different sports. We remember meeting Ashleigh McIvor and seeing her Olympic goal medal. Many of these opportunities were because of the Tauntons. These experiences have really helped and encouraged us to develop a passion for all types of sports.

We also know that the Tauntons played a big role in the Richmond Oval being created. They also helped in the vision for

the future of the Oval after the Olympics. We have been able to use the Oval a lot over the years. This includes us both learning to skate at the Richmond Oval.

Just last year (before COVID), the Tauntons invited us and we went skating on the Tsawwassen Springs outdoor rink with our dad while Dr. and Mrs. Taunton watched. Also, last year (between our hockey games) we were able to join a special event involving the launching of the Canadian Health and Fitness Institute. We were even invited to participate in a video that was sent to the Prime Minister of Canada. We are very appreciative and happy to be part of these special events.

### **Multi-sports and the Arts**

One thing that we really learned from the Tauntons is the importance of doing a lot of sports. Dr. and Mrs. Taunton talk about the importance of all sports and often comment that many of the top athletes participate in different sports. They also tell us how doing multiple sports can help improve our performance and also reduce the chances of injury. We feel that this is an important life lesson for all young athletes. This also goes beyond sport. We know that the Tauntons are also very supportive of the arts. We are also passionate about the arts and pursue a number of arts-based activities. It is nice to have a support network like the Tauntons who promote a well-rounded lifestyle that combines academics, sport, and the arts.

### **Injuries**

With our physical style of play, we have experienced some sports injuries over the years. Each time an injury has occurred the first person that our parents contact is Dr. Taunton. His advice (and Mrs. Taunton's) and his daughter's, Dr. Kristen Taunton, has really helped us deal with these injuries

and return back to play healthy and strong. When any of our friends get injured, we always recommend the Tauntons.

### **Where We Live**

The Tauntons have even had an influence on the neighbourhood we live in. Our parents told us that leading up to the Olympics that they had to make a decision of where to live. They spoke to the Tauntons who recommended the neighbourhood that we still live in today. The Tauntons had raised their family there and felt that this was a great place to raise a family. We are really happy that our parents followed their advice. Even though the Taunton's family has grown up and moved, many in our community still speak about them.

### **Mentorship**

The Tauntons have really helped us as mentors. They know the up and downs of sports and are there when we are up and even more importantly, always there when we are down. The Tauntons are the first to provide advice to help us make it to the next step.

### **Family First**

We have always seen the Tauntons as an example for placing family first. Our parents believe this and we are really grateful for this approach to life. We know how demanding working at a university can be and we are happy that our parents could learn from the experiences of people like the Tauntons.

Each time we meet them they are always smiling and welcoming. It is like we are part of their extended family. With our grandparents and family being in different areas of Canada and the United States, it is nice to have the support of the Tauntons in Vancouver.

## Tribute to Cheryl and Jack Taunton

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### Summary

We are really pleased to know Dr. Jack and Mrs. Taunton. They serve as great examples of what can be achieved when you are hardworking and considerate of others. A lot of wonderful memories from our childhood involve the Tauntons. We are proud to know them. Thank you for providing us an opportunity to add our thoughts to this special series.

### Authors' Qualifications

The authors' qualifications are as follows: Declan R. D. Warburton (Grade 10); Aedan D. T. Warburton (Grade 7).

