



**2013 MSC Excellence in Coaching**  
**-Wieslaw Musial, Trillium Y Masters Swim Club-**

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Wes was a successful National level swimmer in Poland in the 1970s, but was forced to leave competition due to other commitments in 1977. He left Poland in the late 1980s and arrived in Canada in 1990.

Wes has had a lifelong interest in swim coaching, and in fact in the 1970s he considered becoming a professional swim coach. That avenue was not available to him at the time, so he studied Engineering. Since the 1970s, he has continued to study coaching techniques and keeps himself fully informed of new developments. He is a true expert in all aspects of coaching, from elite competitive swimmers to beginners and general fitness swimmers.

Wes has been the volunteer coach coordinating the Adult SwimFit program at the Sheppard Avenue YMCA in Toronto for more than a decade. He designs workouts based on the latest coaching theories. In addition to being used for SwimFit, his workouts are also shared with many other coaches and swim programs. His workouts are very popular with participants, thanks to his professionalism, his thoughtful attention to all levels of swimmer and the fun and social atmosphere he establishes.

Wes is an exceptional volunteer with great expertise in coaching and a positive personality that encourages swimmers to achieve their best. He has created a training environment that fosters fun, friendship, respect and achievement for everyone in the Masters group. He is a tireless proponent of the sport, and you can usually find him at any swim meet in Southern Ontario.

In practice, Wes leads by example, which commands a great deal of respect from the other swimmers, motivating them to work hard and thus achieve great results.

Wes has held the World Record in 200m Backstroke on several occasions, as well as holding many Canadian records as a Masters Swimmer.

Wes is currently an Engineer employed in the high tech field in Toronto.