



ALUMNI PROFILE

WHO IS HEATHER MOYSE?

Heather Moyse is a former Commonwealth Sport Canada SportWORKS intern, a former CSC Member-at-Large, and an elite athlete who represented Canada in three different sports.

Moyse, a two-time Olympic gold medallist in the sport of bobsledding, as well as member of the World Rugby Hall of Fame, participated in Year 1 (2001) of the Canadian Sport Leadership Corps program, when she was assigned to Trinidad & Tobago. Her initial responsibility was as a “Disability Sports Program Officer”, working with the Special Education section of Trinidad & Tobago’s Ministry of Education. She started a Sports Leadership Camp for children who are deaf or hearing impaired – Camp ABLE (standing for Active Bodies, Leadership, and Esteem), with participants coming from Trinidad & Tobago, Barbados and St. Lucia.

“I took sign language courses”, she says, “in order to break down the language barrier. To see their faces light up when they realized I was making the effort to communicate with them had a big impact on me. And to see the kids signing to their parents when getting picked up after camp, their hands flying when sharing their excitement about their weekend, it was an awesome feeling.”

She continued to work with people with disabilities, and teamed up with another Canadian consultant to develop a proposal for the government that would provide incentives and awareness to taxi drivers to provide rides to people with disabilities. “The biggest thing I was proud of”, she said, “was running workshops and teaching about inclusion and finding ways to include people with disabilities, as well as creating that camp that has continued on for so many years.”

From an initial internship of nine months, Heather ended up remaining in Trinidad & Tobago for almost three years, turning down an initial request to join the national bobsleigh team before the Salt Lake City Olympic Games to do so. Having helped coach rugby during her time there for her initial contract, she was hired by the Trinidad & Tobago Rugby Union as a Women’s Rugby Coach and Development Officer. She built up one club team from the ground up, starting with two young women, who each brought a friend the next week, and so on. Then she worked with other clubs, and then developed a league.

She and teammate Kaillie Humphries captured the gold medal in the women’s Olympic Bobsleigh event at the Vancouver 2010 Winter Olympic Games (fellow Canadians Helen Upperton and Shelley-Ann Brown won silver).

The pair repeated the feat four years later, winning Gold at the Sochi 2014 Winter Olympics.

Moyse was also a star in Rugby and represented Canada at many international competitions. She was leading scorer at the Women’s Rugby World Cup in 2006. After injuring her ankle at the 2010 Rugby World Cup, Moyse began cycling during her rehabilitation and earned a spot on Canada’s 2012 Pan American Track Cycling Championships team. Moyse was also named to the Canadian team for the 2013 Rugby World Cup Sevens where she helped the team win a silver medal.

Today, in referring to her Olympic gold medals and other incredible sporting achievements, Heather says: “It’s not about the medals, it’s the journey you were on and the people you were able to impact. It’s about getting to the “underlying why” and not the “surface why” – getting to

the root causes for actually pursuing something. I am proud that my Olympic medals have afforded me a platform from which I can go and empower other people to discover and fulfil their own potential.”

