

Caitlin Beresford Bio

Caitlin has been active in the rowing community since 2000, beginning as a competitive athlete, and moving into coaching in 2004; taking time off for school. She began coaching at the University of Western Ontario, following injuries that prevented her from continuing to participate in rowing as an athlete with the varsity program. Caitlin has coached at the competitive level at a number of rowing clubs, including the Orillia Rowing Club, Kingston Rowing Club, the Durham Rowing Club, and the Barrie Rowing Club. Prior to going back to school in 2011, she was the Head Coach of the University of Ontario Institute of Technology's varsity program.

Caitlin returned to the Orillia Rowing Club in 2019, as a coach, and has since become the Club's Head Coach. Her coaching career objectives include gaining valuable experience in every role she undertakes, and she is working to become a high performance coach at the provincial and/or domestic level. In spring 2020, Caitlin was selected to participate in the 2021 Canada Games Women in Coaching Apprenticeship Program in rowing.

Caitlin is completing her first term as a director-at-large with Row Ontario in 2020. She is currently Chair of the Governance Committee and an ex-officio member of Row Ontario's new Diversity and Inclusion Committee.

Off the water, Caitlin is a lawyer with her own practice in the area of Aboriginal law; focusing on land claims, consultation, and governance. She also does freelance legal work, working for lawyers or law firms in estate law, environmental law, and civil litigation. Caitlin has also held positions within the Ontario government, as well as the Government of the Northwest Territories.

When not working or coaching, Caitlin can be found writing for the Beresford Family Society magazine, in the garden, or canoeing and camping with her partner and two dogs.

Why I am Running

I hope to continue with the Board into 2021, so as to implement the mentorship program begun by past board members; to encourage other members of Row Ontario to run for board positions.

Being very passionate about diversity and inclusion, I also hope to continue with the Diversity and Inclusion Committee; assisting in developing and implementing programs, policies, and initiatives that will open the sport of rowing to other individuals and communities that have, to date, been underrepresented within our sport. I truly believe that I still have more energy, ideas, and passion to give to Row Ontario and the sport of rowing.