

2021 Coaches Symposium Presenter Biographies

Elk Ridge Resort – October 15th-17th, 2021

Rob Tomyn

Master Coach Developer

Coaches Association of Saskatchewan

Rob has been coaching at a high level for over 20 years. His greatest passion is for volleyball but coach education is a close second. He is a physical education teacher and father of four from Prince Albert, SK. He has coached volleyball at three Canada Games and two Western Canada Games. Rob is a Master Coach Developer for two disciplines - Volleyball and Multi Sport.

Georgette Reed, OLY, ChPC, MA, BA, CSCS, TSAC-F

Health and Wellness Coordinator

Edmonton Fire Rescue Services



Georgette Reed has had a keen interest in Sport, Fitness, Health and Wellness all of her life. She is a former Olympic athlete and is a certified track and field and strength and conditioning coach. She has over 43 years of competition and experience under her belt in the sports of athletics, bobsleigh, swimming and water polo. Georgette now puts all of the knowledge and expertise to good use as the Health and Wellness Coordinator for Edmonton Fire Rescue Services and Mental Health First Aid, Psychological First Aid and R2MR (first responder) instructor for the City of Edmonton. She holds a MA in Coaching Sciences, a BPE in Physical Education and a BA in Communications and is a mental health first aid instructor for the City of Edmonton.

During her athletic career, Georgette Reed represented Canada in the Olympic Games, the World Athletics Championships, the World Bobsleigh Championships, the Pan American Games, the Commonwealth Games and many other international events. As a competitor, Georgette won 17 national titles (15 in the shot put and two discus titles). Upon retiring from competing, Georgette was the head cross country and track and field coach for the University of Alberta for 10 years. As a result of her education and

Special Olympics Saskatchewan

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Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities

competitive experience, she was able to develop provincial, national and international champions. Georgette also mentored/coached Special Olympics Athletes.

Reed's presentations are inspirational and genuine. Her enthusiasm and optimism shine through her as she shares the positive lessons, values and virtues of sport. Through relevant and humorous anecdotes, Georgette Reed demonstrates and brings to life the trials and tribulations of her sporting life and how they have influenced the way that Georgette Reed deals with the challenges of everyday life that she faces today. She also incorporates practical solutions from her experience as a consultant in dealing with home or workplace health and wellness challenges.

Georgette Reed's presentations motivate audience members to frame an individual vision to overcome obstacles and barriers in order to succeed in whatever they decide to accomplish. Her presentations are transformational. It will present attendees with the opportunity to alter their own destiny through hard work and perseverance.

Dr. James Makokis, BSc, MHSc, MD, CCFP

Family Physician

Kinokamasihk Nehiyô Nation | South Common Medical Centre



Dr. James Makokis leads one of North America's most progressive family medical clinics serving both LGBTQ2+ and First Nation peoples from all over Canada. He is a proud Cree, Two-Spirit doctor from Saddle Lake First Nation in Northern, AB. Known as one of Canada's most progressive doctors and experts on numerous topics, he is on a mission to serve marginalized populations and to change the outcomes for Indigenous and LGBTQ2+ peoples. Dr. James Makokis and

his partner Anthony Johnson were crowned winners of the Amazing Race Canada Season 7, where they received international recognition for their advocacy of marginalized individuals by making the world aware of the impact of discrimination and the



mistreatment of anyone labelled as being “different”. They both currently reside on Treaty 6 Territory outside of Edmonton.

Dr. Makokis has received international attention for his holistic approach to medicine. He is also one of the few doctors that combines traditional Cree and Western practices. Known for his compassion, numerous accomplishments and his unique insights, Dr. James Makokis has inspired all types of Canadians to challenge stereotypical and often discriminating views towards First Nation and LGBTQ2+ peoples. Dr. Makokis has won numerous awards, sat on many boards and councils, and continues to give back to his communities in any way he can. Through his work and his previous contributions, he continues to break down stigmas and identify the societal structures and forces of oppression that LGBTQ2+ and First Nation people face.

Dr. James Makokis wanted to be a doctor since he was four, and it was during his education that he decided to focus on LGBTQ2+ and Indigenous health so that he could make a difference for those often left out of the healthcare system and society as a whole. Because of the attitudes and discrimination individuals he serves face it often leads to his patients being misguided by the healthcare system, which then leaves them to mistrust the advice they have received. Dr. Makokis is here to create real change by serving marginalized populations and rebuild relationships with those who are often left behind. Many of his patients travel from long distances to receive his advice and services.

Dr. Makokis earned his Master's in health science from the University of Toronto in 2006 and graduated from the University of Toronto's medical school in 2010 and the University of British Columbia's Aboriginal Family Medicine Residency Training Program in 2012. He is also trained in family medicine. Dr. Makokis has also worked as an instructor at the Yellowhead Tribal College, the University of Toronto, and the University of Alberta, teaching courses on Indigenous health, Indigenous cultural practices, and traditional medicine.

Dr. James Makokis faced many challenges earlier on in establishing his career as an Indigenous doctor. Being Two-Spirit, from a small segregated and poverty stricken community forced him to prove himself, try to ignore hurtful statements against him, and to develop coping strategies to manage systematic and social forms of discrimination. This is in large part a big part of his success as a doctor as he can relate to his patients and can emphasize with them before providing his medical advice. He has worked alongside former Governor General Michaëlle Jean on a diplomatic mission to Brazil and had the rare opportunity to work next to Dr. Patch Adams in the Amazon Jungle. He also received certification from the Aboriginal Family Medicine Training Program and served as the Spokesperson for the National Aboriginal Health Organization's Role Model Program for many years.



He brings his mix of expertise, knowledge, commitment, understanding, compassion and ultimately – love to every person he interacts with, and we are all blessed to hear his progressive approach and his unique insights. Dr. James Makokis has been called to serve individuals that struggle to make sense of themselves and to bring awareness to become an ally in improving the lives of those who struggle to find purpose and make sense of their world. He shares the stories he and his patients live with while celebrating each person's uniqueness and showing us all how to contribute to improve each other's lives and our world.

Anthony Johnson

*Project Coordinator & Project Consultant
Kehewin Health Services*



Anthony Johnson is a Two-Spirit, LGBTQ2+ and Indigenous advocate originally from Navajo Nation located North of Phoenix, Arizona. He is currently project consultant and project coordinator at Kehewin Health Services, Northeast of Edmonton, where his partner Dr. James Makokis currently operates his medical practice. Both were crowned winners of the Amazing Race Canada Season 7 in 2019 and have become Internationally recognized for their advocacy for LGBTQ2+ and Indigenous peoples during their time on the show. After winning the Amazing Race Canada, Anthony Johnson continued his journey to bring awareness and advocate for racial and gender equality to all types of organizations through public speaking.

Before moving to Canada, Johnson worked as a consultant, contractor, and representative in Navajo Nation, which is the largest land area retained by an Indigenous tribe in the United States. The Navajo people's tradition of governance is rooted in their clans and oral history. The clan system of the "Dine" is integral to their society, as the rules of behaviour found within the system extend to the manner of refined culture that the Navajo people call "to walk in Beauty", a term that Anthony holds dearly and lives out in his everyday life.

Anthony Johnson has a B.A. in Economics and Social Anthropology, from Harvard University. His education sparked a realization of the injustice done to his people, and all



First Nation groups across the world due to colonialism. Anthony felt an urge to rediscover himself in recognizing systems of oppression so that he could reidentify with his purpose. It was here that Anthony decided that his greatest value was in giving back to others, to break the cycles of oppression and to make the world a better place.

Anthony Johnson was the first person in United States history to do a live installation and performance piece at the National Archives in Washington DC. The area he occupied was literally steps away from the US Constitution and the Declaration of Independence. His art piece was a prayer for the Indigenous people of this continent, the veterans who died to support our country in Asia, Europe, and the Middle East, and people in prison who use books to find freedom, ceremonies, lodges, arts and crafts, and the power of creativity.

Anthony has a wide range of experience as a consultant, culture documentarian, artist, small film producer, poet, photographer, community leader, project manager, organizer, product developer, fundraiser, social justice advocate, philanthropist, messenger, and teacher. He is even fluent in Mandarin after studying at East China Normal University in Shanghai. Anthony is committed to the oath of adventurous transformation and believes that anyone can make a difference by aligning their mind, body, and soul.

His move to Treaty 6 Territory in Edmonton, Alberta marked the beginning of the newest chapter in his life when he wed his husband Dr. James Makokis while running the BMO Harris Vancouver Marathon in 2017. The married couple then represented the LGBTQ2+ community as the first Two-Spirit Team (Team Ahkameyimok) on and to win the AMAZING RACE CANADA. He is now working to revitalize traditional Cree/Nehiyaw traditional practices, medicines, and ceremonies while continuing to advocate for racial and gender equality.

Lindsay Randall

Learning Facilitator

Special Olympics Saskatchewan



Lindsay Randall has been involved with Special Olympics Saskatchewan as a Learning Facilitator since 2016. She moved to Saskatchewan from Nova Scotia to utilize her Masters in Special Education at Churchill Community High School. Her favourite sports to coach are bocce, snowshoeing, and golf. Lindsay loves getting to see our athletes enjoy new experiences through sport.

Lindsay lives with three of the best tiny dogs, Demetrius, Hippolyta, and Lysander and they keep her active most of the time (unless they are cuddled on the couch). Lindsay's perfect night is with her dogs, tacos, and any Harry Potter movie.

Al Bodnarchuk, RMT

Consultant

Sport Medicine & Science Council of Saskatchewan

Al has been fortunate to have worked with Athletics Canada for over 30 years doing Sport Massage. His years of experience include being selected to work at Summer Olympics, Winter Olympics and Paralympic Games, numerous Commonwealth, Pan Am and Para Pan Am games. Al enjoys teaching athletes ways in which they can look after their bodies. He frequently presents sessions for the Sport Medicine and Science Council of Saskatchewan in the areas of drug education, sports first aid, sports taping, sleep and recovery and self-massage. Al is a Registered Massage Therapist with MTAS and a CSMTA Sport Massage Fellow. Al has his own practice and is a member of the Huskie Sport Medicine Coalition. He has worked with Huskie Athletics for over 30 years with a variety of sports.

In this session, Al will introduce self-massage techniques athletes can use to help them prepare for activity or help with recovery. The presentation will give the athlete some practical ways to help relieve tightness from training or competing. How to use a foam roller or a tennis ball and other methods will be presented in ways to help deal with preparation or recovery.