



The XXI Pan American Junior Karate Championships 2010  
August 20 to 22 / Montreal, Canada



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## Women's Leadership Conference

Wednesday, August 18th, 2010 from 5:30pm – 8pm

At the Centre Sheraton Montreal Hotel ([map](#))

Room: Salon 4/5

### Theme: Inspiration

This conference is open to the general public. Women and girls who are athletes, coaches, officials or administrators are greatly encouraged to attend, and all delegations of the Pan American Karate Federation are also invited and will be welcomed for free upon presentation of their accreditation.

The format will be a series of presentations by the panel, followed by question and answer sessions. The presentations will be in English, but all three panelists speak both English and French.

### Price

- The cost is \$125 per person
- All holders of a 3 day pass are admitted free of charge.
- All members of delegations are admitted free of charge.

[Click Here to Register!](#)

### Panelists

*Nathalie Lambert*

Nathalie Lambert is a former Olympian in short track speed skating whose career includes an Olympic Gold (1992), two Olympic silver medals (1994) and three world championship titles (1991, 1993 and 1994).

She is currently the communications director for the Club MAA in Montreal and a spokesperson for the Canadian Arthritis Society.

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Notwithstanding these commitments, she has still been able to contribute to the Canadian Olympic Team as Assistant Chef de Mission in 2004 (Athens) and Chef de Mission in 2010 (Vancouver).



### *Danièle Sauvageau*

Danièle Sauvageau was the coach of the first Olympic Gold Medal (Salt Lake City, 2002) winning women's hockey team in Canadian history. Sauvageau has taken part in six Olympic Games, as women's hockey coach, general manager and coaching consultant.



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She is currently a reknown speaker and coaching mentor to several national sport organizations and businesses.



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### *Sylvie Fréchette*

An Olympian in synchronized swimming, Sylvie Fréchette achieved Olympic Gold (Barcelona, 1992) and Olympic Silver (Atlanta, 1996), in addition to a World Aquatics Championship in 1991.



She then went on to become a key member of the design team that created Cirque du Soleil's acclaimed 'O', a water-based stage production based at the Bellagio in Las Vegas, and was most recently a team member of the Vancouver 2010 Canadian Olympic Mission.

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She is also currently an ambassador for Oxfam-Québec, a position she has occupied since 2006.

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