

Olympian Mark deJonge



KCIC12—Tuesday, February 26, 4:30-6:00 Conference Hours

Mark de Jonge, of Halifax, Nova Scotia became a first-time Olympian last summer representing Canada in the sprint kayaking single 200-meter event (K1 200m). He won the 18th and final medal for Canada at the London 2012 Games and returned to Atlantic Canada with the only medal in the region. His Olympic medal performance came after 15 years competing in the sport.

Mark is also an up-and-coming engineer. He started working with Stantec Consulting (formerly Jacques Whitford) in 2008 and began a career in geotechnical engineering. He graduated in 2009 from Dalhousie University with a BEng. (Civil engineering). Mark is currently working part-time as an engineer while training for kayaking on a full-time basis.

Mark's approach to sport is all-encompassing. He believes that in order to achieve excellence it is important to focus on all aspects of one's life. Competing at the highest level of competition in the world, one must be in optimal shape both physically and mentally. Mark attributes his success to hard work, goal-setting, thorough planning, and performing on demand.