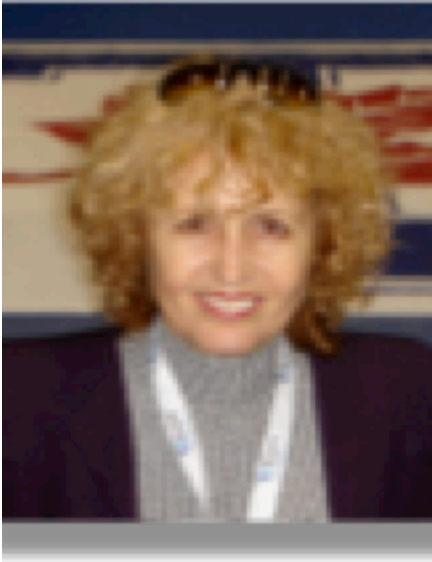


Barb Vida BIO 2013

Barb Vida is the owner of VIDA ATHLETICS, offering a unique combination of personal training, high-performance coaching, and athletics education. Born and educated in Hungary, Barb has been a professional high-performance track & field coach since 1979. She made the successful progression from being a nationally ranked middle distance athlete, through coaching athletes at the grassroots level, to coaching elite athletes for international-level competition. Her coaching and training clientele ranges in age from 9- to 90+-year-olds, some of whom hold BC, Canadian and/or World Records. In addition to her rigorous European training as a coach, Barb holds an NCCP Level 4 Coaching Certificate and a Coaching Diploma from Victoria's National Coaching Institute.



She is also an Athletics Canada Master Learning Facilitator, teaching Sport and Club Coach Courses, workshops and event-specific clinics all over the country.

Barb is a recipient of the 2004 BC Athletics Excellence in Coaching award, and serves on the BC Athletics Youth, Juvenile, Junior and Senior Committee as a jumps event representative.

Barb regularly holds camps in various areas of Greater Vancouver and the Lower Mainland in the spring and summer for recreational and high-performance athletes in track and field and other sports. She is also a dedicated Jerome Outreach Society coach since 2012.

In addition to her extensive experience and technical knowledge, Barb injects enthusiasm, passion, and a positive attitude that energizes and empowers participants to perform to their greatest potential. Barb works with an open mind and compassion while remaining creative yet practical with some humor.

Athletes who improved under her direction at the provincial, national and international levels are too numerous to mention. Some examples include:

Olga Kotelko, Master, set 7 indoor and 43 outdoors World and Canadian records

Andy Miller, Senior, ranked #1 in Canada in pole-vault 5.21m

Mike Mason, Junior, ranked #1 in Canada, won WR JR Champs in high jump 2.21m

Jarid Vaughan, Youth-Junior, ranked #1 200m, #2 HJ and 100m, #3 LJ in BC

Jas Gill, Senior, in high jump ranked #1 in BC, # 2 in Canada, place 10th. at FISU

Liza Whitehead, Youth-Junior, ranked #1 in 100m sprints in BC

Mark Wallbank, Youth-Junior, ranked #2 in 400mhurdles in BC

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Since 1999 Barb was named several times for the BC Juvenile, Junior and Senior Team as coach for jumps, sprints, hurdles and combined events –to the Canadian National Championships.

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