



Biography | Shauna Romano

Shauna Romano is a High Performance Coach, Movement Educator, and Professional Speaker. She is the founder and director of the Love2Move Lifestyle Centre and has a Kinesiology Degree from the University of Calgary.

Shauna's extensive sporting involvement includes a 1992 World Championship Gold medal in the sport of Skeleton, an extreme sport involving a sprint start then steering head first on a one-metre sled down the bobsleigh track. Shauna held the Canadian National Title for many years. The sport was included in the 2002 Olympic Games in Salt Lake City. Shauna retired from elite competition in 1995.

After becoming involved with Bobsleigh and Skeleton during the 1988 Olympics, she moved to New Zealand and took a position with the Waikato Polytechnic Elite Athlete Training & Development Centre. During eight years of teaching and consulting there, her achievements included a nomination for the "Waikato Coach of the Year".

Since returning to Canada, Shauna has shared the principles of movement and high performance coaching while working on a Masters Degree in Coaching Science, enhanced by a lifetime of athletic commitment. Shauna has operated Love2Move since 1997. She has been a professional Figure Skating Coach, High Performance Sports Consultant/Trainer, Fitness Consultant/Instructor, Massage Therapist, Lifeguard/Swimming Instructor, and Ski Instructor. Shauna has diversified into professional speaking and her greatest inspiration comes from her two children.

She has had the privilege of working with many great athletes, including:

- The Japanese Pro-Lifeguard beach sprint World Champion,
- Hawaiian Ocean Challenge World Select Team and Japanese team,
- Individual members of the New Zealand All-Blacks Rugby Team,
- New Zealand Olympic Luge, Skeleton, Bobsleigh, Speed Skating, and Rowing Teams,
- Puerto Rican Olympic Bobsleigh Team,
- New Zealand Cricket Academy Students,
- Members of the Canadian National Bobsleigh and Bob-Skeleton Teams,
- Members of the Canadian National Figure Skating Team,
- Individual CFL (Canadian Football League) and NHL (National Hockey League) Players

Some of her memorable experiences:

- Being taught how to "bowl" a cricket ball by Sir Richard Hadley (the Wayne Gretzky of Cricket) during a weekend workshop at the NZ Cricket Academy where I was teaching Speed Drills and Power Development,
- Working with Ben Johnson on (non-medicinal) speed drills and posture and gait techniques,
- Teaching Edwin Moses (a great athlete and a true gentleman) how to push a bobsleigh,
- Rowing in a double-sculd with Rob Hamill, Olympic rower and the "mad" Trans-Atlantic Ocean champion,
- Watching the sun come up through the fog in the coaches' boat with the NZ Olympic rowing team. (Breathtaking!),
- Taking tourists down the track in St. Moritz as a brakewoman in a four-man bobsleigh (They thought she was the hostess until she put on her helmet, then it was sheer panic!),
- Doing speed training in the Hawaiian sands with the Pro-Surf Lifeguards and Beach Sprint World Champion,
- Coaching the Russian skeleton team at the track in Altenburg, Germany,
- Sitting with the International Olympic Committee at the opening ceremonies for the 1994 Winter Olympics in Lillehammer,
- Building a 400 m natural ice track on Mt. Whakapapa in NZ and then crashing her sled straight through the wall!



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Biography | Shauna Romano (continued)

Lately, Shauna has been involved with the formation of the launch team for a fantastic new Canadian product, "Youth Juice", developed by Our World Network, a Vancouver company. This superfood has been called "Science in a Bottle". This science led to the formulation of a juice, not any juice but a potent whole food, a powerful combination of organic berries and sea vegetables containing scientifically proven disease prevention ingredients. For more information on this remarkable product or opportunity, talk to Shauna or visit the website at www.ourworldnetwork.com/l2m.