



2019 CANADA WINTER GAMES ATHLETE BIOGRAPHY

NAME: JESSICA (JAY) GEGNER

Age 17

Years I have participated in my sport

5 years

Hometown Regina

Club Frontier Bowmen Archery Club

Position Recurve Archer

Previous games of this type I have participated in

I have never attended a multi-sport games, so this is an incredibly exciting opportunity for me. The largest competition I have attended is the Canadian Nationals in Nova Scotia this past summer, a single-sport competition, so I am very excited to explore and possibly take in some other athletic events.

My most recent athletic accomplishments in my sport or discipline

Year	Full name of competition/event	Placing
2018	Archery Canada Field Championships	2 nd
2018	Archery Canada Target Championships	3 rd
2018	Sask Archery Indoor Target Provincials	1 st
2018	Archery Canada Mail Match	4 th
2018	Alberta Classic	1 st
2017	Sask Archery Indoor Target Provincials	1 st
2016	Archery Canada Mail Match	1 st

My goals for the games

I want to achieve my personal best at the Canada Winter Games, and to feel satisfied with my result. My focus is not on achieving a specific placement, but on experiencing the Games to the fullest and achieving the best score that I can. After all, I believe that it isn't who is watching that matters, but my own satisfaction with my athletic performance.

My personal best result in my event

My personal best is a score of 265 in a country-wide mail-match competition.

Awards or major accomplishments that I have received

I am Junior coach at Frontier Bowmen Archery Club for the Junior Olympic Program, and I have been for over two years. I enjoy helping young archers improve their form and, as a result, their scores. I hope to get my Judge certification and help coach young archers for many years to come, regardless of where school or work takes me in the future. I have also achieved the Olympian 265 badge in the Saskatchewan Junior Olympic Program, and competed in the Canadian Nationals in Nova Scotia this past summer, where I placed second and third in Field and Target respectively. I have worked very hard to get to this point, and I am very proud of my efforts. I hope to experience the atmosphere of the games to the fullest while I am competing. This is truly a once-in-a-lifetime experience.

My personal role model

Keith Partridge and Mike Kupchanko are my two coaches, and two people which I admire and respect. Keith was the first person to notice me as a young archer. His patience and expertise has helped many young archers develop into skilled athletes, and in general good people who are respectful and sportsmanlike in every aspect of their lives. He has personally offered many hours to myself and other archers in our club, hours which we value greatly. Mike Kupchanko, although specializing in compound shooting, has been heavily involved in the local archery community for many years. His calm demeanor has taught multiple members of our club how to let go of our mistakes and move on to the next shot. His knowledge of the sport in general, from technique to equipment, is astounding, and inspires me to learn more about my sport. My coaches are two incredibly patient and wonderful people who have influenced many young archers, some of which will continue to spread their teachings to the next generation of athletes.