Let’s Talk Track & Field
with Patrice Labonté of ESIM - Excellence Sportive de l’Île de Montréal

The GMAA would like to invite our Track & Field athletes to a free virtual webinar, organized in collaboration with ESIM. This 45-minute-long webinar will feature M. Patrice Labonté, a rising star in the steeple chase and 10,000m run. This conference will give your student-athletes a chance to interact with a high-level track & field athlete on the various issues connected to the ongoing global pandemic. Patrice will introduce himself with a short bio and will outline some of his strategies on dealing with training, mental health, nutrition and motivation during the pandemic. This will be followed by an open question period.

This webinar is available to all your indoor and outdoor track & field students-athletes. It will be hosted by the GMAA on January 21, 2021 starting at 7:30pm. Schools must register with the GMAA and will be sent a Zoom link to log in on the evening of the 21st. Coaches are also welcome!
About Patrice Labonté
In High School, Patrice struggled with obesity. He was neither an athlete nor a particularly good student. He started running at the age of 14 and never looked back. Patrice continued to improve both academically and athletically year after year. He completed his law degree at the University of Montreal and then a master’s certification at the University of Geneva. During this time, Patrice also progressed in his sport and has reached elite levels in 3000m steeple chase and 10,000m. Patrice has competed at the World Championships and Jeux de la Francophonie. He won a bronze medal at the Pan American Half Marathon Championships in 2017. In 2019, he recorded the fastest times in the entire province of Quebec in the marathon and 10,000m. Both on the track and in his life, he firmly believes that consistency, agility, and a solid support system can help overcome any obstacle. His interests in other sports are cycling and cross-country skiing.

Besides being a world-class athlete, Patrice is also a lawyer and Certified Fraud Examiner. He has been in private practice with a national firm for over five years.

For more information or to register for the webinar, please contact Amanda at the GMAA by email amanda@gmaa.ca . Registration will close on January 15th, 2021.