

With a long background of Competitive swimming and coaching, Sally fell in love with the sport of surfski and paddling three years ago at her local paddling club in Kelowna. Since then, she has volunteered time coaching alongside teammate Tamlyn Bohm, as well as training and racing hard for Canadian Championships 3 years in a row. Sally is currently ranked 1st in Canada after last years Canadian downwind camps in Squamish, and is excited to share her knowledge and passion for the sport with other strong and inspiring women! Having strong mentors throughout her paddling career,