

MENTAL HEALTH: SUPPORTING ATHLETES AND COACHES



MAVIS DZAKA

Mavis Dzaka is a performance certified coach in sprints/hurdles and has coached with the Saskatoon Track and Field Club since 2001 and the University of Saskatchewan Huskies since 2011. Her focus is speed/power events. Mavis believes it is her job to not only help athletes get faster, stronger and technically proficient, but to help them grow as well rounded, healthy individuals. She believes every athlete has the potential to improve. She has a special interest in mental health and shares her experience whenever she can to shed light on the often-stigmatized topic.



DR. HEATHER WHEELER

Dr. Heather Wheeler, PhD, is a Clinical Psychologist registered with the College of Psychologists of Ontario (Cert. no. 4088). She is also the Athletics Canada High Performance mental health lead. Dr. Wheeler provides therapy that is rooted in evidence, effective, compassionate, and respectful. She has expertise in working with high-performers such as competitive athletes, performers, and executives. You can learn more about her approach by visiting the TREATMENT section.



KATE VAN BUSKIRK

Kate Van Buskirk is an Olympian and 10-time National Team member, focusing on the middle-distance events. Her career highlights include a 2014 Commonwealth Games bronze medal, a former Canadian indoor mile record, and placing 27th at the 2020 Tokyo Olympic Games. Kate is the host and producer of Canadian Running Magazine's Podcast "The Shakeout". She has also served for the last 2.5 years as the Athletics Canada Female Athlete Director. Kate is a strong advocate for mental health research and destigmatization, particularly in the world of sport.