

## AZAMI Sports Trainer: Urszula (Ula) Zawadzka



Growing up in Europe, she was exposed to a wide variety of competitive sport, competing nationally in sailing, swimming and alpine skiing. Her passion for sport started by going to various sports camps starting from the age of 7, sailing, tennis, skiing, swimming, mountain biking, windsurfing and more.

Ula's mother is a doctor who laid the groundwork for a healthy and fit lifestyle from a very early age. To this day eating right, exercising and staying fit is an important part of her life and she actively participates in many sports.

Her **fitness** career started at a major fitness and leisure club as a trainer and **swimming instructor** when she moved to London to attend university for my Master's Degree in **Sport Psychology**. She's also taught sailing, skiing, tennis and windsurfing in Italy and my native Poland. Ula worked with the top **professional soccer** club in Krakow and both **professional volleyball** and national level runners as a mental trainer.

Ula first came to Canada in 2008 when she went to Jasper to get her ski and snowboard instructor's certifications and quickly fell in love with Canada. She's since moved to **Kamloops** and is a **snowboard and ski instructor** and **race coach** at Harper Mountain. She continues to develop herself by gaining knowledge, experience and qualifications.

**Urszula Zawadzka**

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## Team Building that makes a difference

*"Alone we can do so little; together we can do so much." Helen Keller*



Are you looking for interactive teamwork and skillful leadership at your [workplace](#), strong cohesion in your [sports team](#) or high-quality teamwork in your [school](#)? AZAMI Sports Team Building can help you achieve exactly that.

With our wide range of activities such as an outdoor challenge course, orienteering, sailing and many more every team can find something for themselves. The activities are tailored to the specific needs of each individual team.

We offer half-day, full-day and multi-day events to suit your team's needs and budget. Our main location is at Monte Lake Resort or we can come to you.

