

# CSMTA ON Chapter Member Awareness

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**Happy New Year** to all of our current and new members with the CSMTA! If you are new to the association welcome to a group of health care professionals who help one another succeed to be the best therapist. Starting this year, the Ontario chapter will be recognizing a member every three months to help build an understanding where many of our members work and live. This month's member is certification candidate **Catrine Trudel**, from North Bay!



## What massage school and year did you graduate?

Collège Boréal, Sudbury ON

## Why did **you** become a member?

I grew up in organized sports and am still an avid participant. I live for sport and am fascinated by the human body, the mechanics and how it grows and adapts to new stimuli and environment. Working with athletes (grass roots to elite) I feel at home.

## What type of experience do you have with **sports** so far in your career?

I've been privileged and honoured to have been able to work in sport, while in school and fresh out of college. It started with local charity tournaments in various sports, which then grew to working directly with our local college's varsity athletes (Canadore College). I am proud to say I have been lucky enough to spend some of my time within the Ontario Women's Hockey Association's High Performance programs, which has allowed me to work with Team Ontario (Blue and Red) for the past 2 seasons at the U18 National Championships.

## Do you have any other certifications/education other than RMT?

Sport Massage, Deep Tissue Massage, K-Taping & Myofascial Release Therapy

## Why did you chose to **join** the association?

I am a VERY PROUD Canadian. Therefore, to be able to become a member of a great association known internationally, was a no-brainer.

## What is your **favourite** part about being a therapist?

My favourite part about being an RMT is to be able to work with the public, educating them on how to take better care of, and how to listen to their bodies. I often explain it to clients like this. "Your body needs regular maintenance, as does your vehicle. When you purchase a vehicle, you're making an investment. You want to make sure you take good care of your that investment."

**Contact Us:**

<http://www.csmta.ca>

