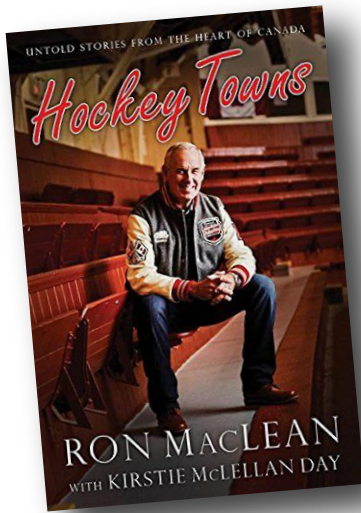




JASON DORLAND

There's always opportunity!

[author • olympian • coach • storyteller]



“This view connects with the other mentor I know, but haven’t met, Jason Dorland.” —Ron MacLean

Read what Ron MacLean has to say about Jason Dorland is his latest book, *Hockey Towns* . . .

This view connects with the other mentor I know, but haven’t met, Jason Dorland. Jason was an Olympian in 1988 in Seoul, Korea. His men’s eights rowing team had a disappointing sixth place result, but as Gino would have understood, whether Jason knew it or not, that was not the final word. It started Jason on a wonderful journey he details in his book, *Chariots and Horses*.

The former Ridley student has gone on to a career in coaching and public speaking. After that sixth place finish in Seoul, Jason’s crew was eviscerated in the media. He was devastated and it took years to overcome. One thing he knew was that it was not for a lack of effort.

His team was well-conditioned, driven and good to go. But there was a snag on the day of their final in Korea. Just as they lined up for the start, one of the other boats had a technical glitch and so they asked for a 15-minute delay to the start of the race.

The other competitors agreed to allow the delay. The Canadians, however, were profoundly rocked by that delay. Their boat became “unplugged,” it was flat. It happens.

Naturally, the boat which had requested the timeout won the gold. It was another reason to be furious. Jason used hate as a prime motivator. After losses, he despised the winner. Before races he would scan the other boats, look at the athletes sitting in his position, the three-seat, and conjure anger.

But Jason soon realized that all the hate he had been using to psych himself was not easily mustered twice in one sitting. Perhaps that kind of motivation was a problem? In the years since he has learned that hate and revenge are terrible reasons to chase victory. He now teaches to stop reaching for wins and fearing losses, and to make fun the foundation of the experience.

Says Jason: “When we feel safe to fail, when we have that freedom, we fail less often.”