

NEWS RELEASE

Helen Smith – shooting-Legend

- born in Kirkland Lake July 26, 1950
- resident of London from age 3 to age 58
- attended Northbrae Public School, A.B. Lucas Secondary School, London Teachers' College, Westervelt Business School
- entered world of sport shooting in 1984 after taking fire arms safety course at Fanshawe College
- after passing course instructor, Don Kishibe, a level 3 coach, encouraged her to come to Crumlin Sportsmen's Association the week after she passed the course due to her proficiency
- joined the Canadian National Shooting Team in 1986, which was governed by the Shooting Federation of Canada
- was on the team until 1997 for 10 years (not a member in 1995)
- was a provincial and national champion for 7 out 10 years in either women's sport pistol or women's air pistol
- silver team medal winner at 1991 Havana Pan-Am Games
- gold medal winner, individual, women's air pistol, 1994 Victoria BC Commonwealth Games
- silver medal winner, women's pairs sport pistol, 1994 Victoria BC Commonwealth Games
- participated in World Cup events in California, Mexico City, Munich, Milan, Havana, Fort Benning, George and the 1996 pre- Olympics event held in Atlanta, Georgia
- recognized by the City of London (1988-1993) and the London Sports Celebrity Dinner (1995) for her accomplishments
- finished 2nd in Canadian trials for lone spot in her category for the 1992 Barcelona Olympics
- after retiring from sport, became a national level range officer and ran some events held at the 1998 National Championships held in Kitchener
- also in 1998 started coaching London Pony Club tetrathletes, ages 8 to 21, in shooting as part of their 4 event sport (riding, running, swimming, shooting) which she did for 10 years