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**SPEECH INTRODUCTION**

Our guest speaker is one of few Olympians ever to go from complete beginner to Olympic medallist in less than four years.

He is the author of the national bestselling book, *The 4 Year Olympian,* which recounts his journey and the lessons learned along the way.

After the Olympics, he became the leader of a new athlete career transition program for the Canadian Olympic Committee called *Game Plan.*

These days, when he’s not writing or speaking, he likes to share his Olympic medal with Tim Horton’s staff in exchange for free Timbits.

Please welcome…. **JEREMIAH BROWN.**