

# THROWBACK THURSDAY

Colin Morgan

Olympian  
**1996**

Judo Club  
**Ishi-Yama**

Pan-American Games  
**1995 Bronze**

World Police & Fire Games  
**4 x Champion**



“Judo taught me how to maintain mental toughness. Since there is no one else on the mat to rely on, you have no choice but to be tough this way, or you will not succeed. When you pair mental toughness with dedication to training and competition, you become an incredibly challenging opponent to beat. The sacrifice you make enroute to becoming an elite athlete WILL pay off in both Judo and in life. Although there are never guarantees, you will know that you did everything within your power to succeed.”

Colin lives in Calgary where he is a 22-year member of the Calgary Police Service where he works as a Sergeant of the Auto Theft Team. He has been married 20 years to his wife Kim and has an 18 yr old daughter Kennedy and a 15 yr old son Cale. His proudest Judo accomplishment are competing at the 1995 World Championships, the 1996 Olympics in Atlanta, followed by his 4 gold medals at the World Police and Fire Games – and of course all the friendships he made along the way.

