



Mount Pearl Sports Hall of Fame Inductee
Jennifer Folkes
Builder 2016



Jen started synchronized swimming in 1988 and competed at Provincials and beyond, before turning her sights to coaching in 1994. She coached girls in every age category, with swimmers ranging from 6 to 24 years. As Head Coach for Mount Pearl Synchro for 9 years, her teams had numerous Gold, Silver and Bronze in team, combo, solo, duet and figures competitions. Of note, between 2002 and 2011 teams coached by Jen were honored seven times as ‘Youth Team of the Year’ (Mount Pearl Focus on Youth Awards), and 18 of her swimmers went on to become coaches, judges and referees, including a Provincial Chief Referee and the current Mount Pearl Head Coach. Jen also served as a Provincial level Judge and Chief Referee.

In 2011 Jen became President of Synchro NL, a position she would hold for 5 years. As President she took on several key initiatives, including the NL the Synchro NL Long Term Athlete Development Program (LTAD), and the evaluation and selection process for Team NL Synchronized Swimming for 2015 Canada Games. Jen also served as Manager for the 2015 Team NL Synchro – their best ever finish at Games – 5th in solo, as well as a Synchro NL swimmer serving as flag bearer for closing ceremonies. And of course, Jen never stopped looking for funds to deliver on the Synchro NL program and ensure that NL athletes and coaches benefited from national level training and development. There is no doubt that Jen’s enthusiasm and dedication to synchronized swimming has paid off, not just for Mount Pearl, but for the whole province.

It is with much gratitude and appreciation that the Sport Alliance recognizes Jennifer Folkes’ outstanding contribution to youth sport with her induction to the Mount Pearl Sports Hall of Fame.
