

Having won two gold medals at the Canada Summer Games, Daniel Chan takes aim at Olympics.

In the recently held Canada Summer Games, Ontario representative, Daniel Chan won two gold medals in the men's 400 meters hurdle and 4 x 400 meters relay. The time he ran in the 400 meters hurdles ranks him 3rd overall in Canada - a huge step closer to his Olympic dream.

Living in Markham and soon turning 22 years of age in November, Daniel is a social science student at the University of Toronto. This summer, he was one of the two athletes chosen by Team Ontario to compete in the Canada Summer Games, which is a biannual event. In his main event, the 400 meters hurdle, Daniel came first with the time 52.11 seconds. After the race, Daniel told that winning the race was his main target. Despite that the time 52.11 seconds was not his personal best, he did perform to his best and he was pleased with the result.

“My dream is to represent Canada in the Olympic Games, and to achieve that, I have to be the number one in Canada; I still have about two years to practice and to improve.” Says Daniel. To achieve his goal, Daniel has made tight training schedules for the coming years – six days of practice and one day of rest every week.

Other than athletic training, school is also a very important part of Daniel's life. Daniel believes that sports and school are mutually beneficial to each other. Without a clear goal in sports, he may lose drive in learning as well.

There are relatively few outstanding Asian track and field athletes in the world. Daniel also realizes that there are not many Asian athletes around him. However, he does not see track and field a particular weakness for Asian athletes. He is confident that he can do well. He adds that his practicing “Qigong” (life energy, a traditional Chinese martial arts) since childhood has boosted his performance in sports.

Daniel's mother, Yeung Wan-Yung, is a Qigong master, and Daniel started learning Qigong from her at a very young age. According to Daniel, Qigong helps him focus on his breathing, and this is especially important when he is on the track. Qigong also speeds up his recovery from injury.

Hurdlers get hurt easily. Daniel reached his first milestone in his athletic journey by representing Canada in the IAAF World Junior Championships in 2010. But in the two years that followed, he suffered various injuries that inhibited him from formal training and competing. Luckily with the help of Qigong therapy, Daniel recovered fully, and was able to win the gold at the 2013 Canada Summer Games.

Though hurdling may get him hurt, Daniel asserts that he will not give up the sport. He is attracted to it not because of what sports stardom may bring him one day, but because of values instilled in him by his mother - the importance of dedication, determination and perseverance.