



Hélène Grégoire

Hélène started skiing, like many others, at the family cottage near the nation's capital in her hometown, Gatineau, Québec. Hélène believes her parents are responsible for her athletic accomplishments. Her father, Antoine Grégoire, ran the first water ski competition in the area at Blue Sea Lake.

She was a member of the national water ski team from 1970 to 1977, winning 10 national titles along the way. She also held Canadian records in girls jump, tricks and slalom, as well as those same records several years later in the women's category.



Jumping proved to be one of Hélène's strongest events. She won a bronze medal at the 1972 Pan American Championships. She followed that up the following year, placing fourth at her first World Championship, in Bogota, Columbia, narrowly missing the podium by 6 inches. She also placed 9th overall at the 73 Worlds. Showing proficiency to ski her best in pressure situations, her two Canadian Open Women jumping records were set at the 1973 and 1975 World Championships.

Returning to the highest international stage, Hélène solidified herself as one of the top female water skiers in the world. At the 1975 World Championships, she achieved a 5th place finish in jump, and a 6th in overall. Two years later, at the 1977 World Championships, she made a mark in slalom, earning a 7th place standing, as well as 10th in jump and 13th overall.

Hélène was inducted into the Ottawa Sports Hall of Fame in 1987. After retiring from water skiing, Hélène pursued her career in dentistry in which she has practiced since 1979. She is currently working in a dental office in Gatineau, QC, and is the proud mother of two daughters.

Awards

- 1970 Kiwanis Club Athlete of the Year, Gatineau-Hull
- 1970 Won the Jean-Charles Daoust French Canadian athlete of the year trophy
- 1971 Quebec Female Athlete of the Year
- 1973 Quebec Female Athlete of the Year
- 1974 Quebec Female Athlete of the Year
- 1975 Quebec Female Athlete of the Year
- 1977 Quebec Female Athlete of the Year
- 1970-1979 Quebec Athlete of the Decade
- 1987 Inducted in the Ottawa Sports Hall of Fame
- 1992 First woman to be selected as an inductee to the Hull Sports Hall of Fame
- 1995 Inducted in Pantheon of Sports Outaouias



National/International Results

- Pan American Championships 1972 Jump Bronze
- Can-Am 1976 Jump Gold

Canadian Records

Open Women's

SLALOM

1971 Man and His World Cup 3 @ 14.25 m

1973 Selection Quebec 1 ½ @ 13 m

TRICKS

1976 Eastern Championship 3480 points (held for 8 years)

JUMP

1973 Eastern Can-Am 110' (33.5 m)

1973 World Championship 111' (33.8 m)

1975 World Championship 112' (34.1 m) held for 6 years

Girl's

SLALOM

1969 Lac L'Achigan 3.5 @ 16 m

1970 Canadian Championship 6 @ 16 m (held for 11 years)

JUMP

1969 Lac L'Achigan 97' (29.6 m) exceeded Women's record of the time and was held for 7 years