

# Assoc. Professor Kay Cox OAM, ASM



- *Life Member MSA 1999*
- *Life Member MSWA 1983*
- *Life Member Carine MSWA 2020*
- *AUSSI Coach of the Year 1990*
- *Eunice Gill Award for services to coaching 1993*
- *Official of the Year, 1996, 2009*
- *Australian Sports Medal, 2000*
- *Medal of the Order of Australia (OAM) 2012*

Kay gained a Masters in Physical Education and went on to do her PhD, and eventually was appointed to the position of University of Western Australia Associate Professor on the Research Staff (Medical School Royal Perth Hospital Unit).

Together with Frank Mongan Kay was co-founder of Carine AUSSI the first AUSSI Club in Perth, WA and served as Vice President for Carine. She became a member of the WA Executive Committee (State Recorder/Registrar) when it was formed in 1978. She has been Patron of Carine Masters Club since 2009. As WA Director of Fitness and Coaching (1980-1981) Kay chaired the committee that developed the WA Aerobics Trophy in 1981.

After a three year trial this went on to become the National Aerobics Trophy in 1984 and has now morphed into the Vorgee Endurance 1000 program. Kay was a delegate for WA to the 1980 National Council Meeting. After a period in the north of WA she again served as the WA Fitness and Coaching Director during 1985-1999.

Kay was a delegate for WA to National Meetings from 1985 to 2004. Kay was a prolific contributor of fitness articles to AAS magazine from 1982 and became National Director of Coaching from 1994 to 2004.

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During that time she developed the Level 1 and Level 2 Masters Coaching course as accredited courses with the Australian Sports Commission. She formed the National Coaching Panel and conducted several coach education meetings and courses with state delegates and members. Kay was also the convenor for the Master's stream of the Australasian Swimming Teachers and Coaches Convention 1997-2003.

Kay was involved as the A.U.S.S.I. WA delegate to AUSTSWIM from very early days and was awarded its highest honour for her contribution. She developed the Adult Learn to Swim course and in 2006 wrote the book Teaching Adults to Swim. Kay is still involved as MSWA delegate to the State Advisory Committee on Adult Learn to swim programs.

Kay was also a member of several committees including: WA Technical Committee (developing technical education courses in WA), an associate member of the Medical sub-committee, chairperson of the National Coaching Panel, National Director of Coaching, and AUSSI Management Committee.

Kay has been a level 2M accredited swimming coach, MSA Referee and FINA Referee for Masters Swimming, served as Technical Director and Chief Referee refereeing at major events including the AMG 1993, Perth National Swims 1981, 1987, 1995, 2003, 1999 Masters Pan PACS and World Swim, Perth, 2008.

