

Meet Lúcás Ó'Ceallacháin

Head of Kinlab Perform

MSc Sport and Exercise Management

Lúcás has accumulated over 20 years of global sport experience in high performance and development. A skilful and empathetic leader, his experience as an athlete, coach and administrator quickly allows him to build rapport with diverse stakeholder groups and understand their needs.

As Development Director at United World Wrestling, he was instrumental in creating a new department, recruiting a team and creating new programs. The implementation of a global talent identification system saw a significant increase in the number of athletes qualified and medalling for Rio 2016.

Most recently, as High Performance Director at Wrestling Canada Lutte he led the program to a record-breaking performance at the 2018 Senior World Championships securing 4 medals and successful qualification for Tokyo 2020.

Lúcás' background in rugby saw him play and coach internationally in Kazakhstan. He is a member of the Wavemaker Collective, and currently a strength and conditioning coach to elite big wave surfers in Portugal.

Combining his understanding of international high performance sport and the Canadian system with his experience of diverse cultures, makes Lúcás the ideal Kinlabber to be working with Karate Canada. He speaks English, Russian and French.

