AthletesWorld

WINTER 2026

A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

James Barclay

Athlete based in Dundas, Ontario, Canada

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James Barclay, Athlete based in Dundas, Ontario, Canada

ABOUT JAMES

James is an athlete based in Dundas, Ontario, Canada with a background in fitness / gym, cycling, yoga, football, and tennis.

ATHLETE PROFILE

Name	**James Barclay**
Location	**Dundas, Ontario, Canada**
Athlete Status	**Athlete**
Sports / Activities	**Fitness / Gym • Cycling • Yoga • Football • Tennis**
Available for Opportunities	**No**

James's passion for sports and fitness began at an early age, growing up on the football field under the guidance of his father, Ken, who also served as his coach. From a young age, Ken instilled in James the importance of discipline, hard work, and perseverance — lessons that would shape his character both on and off the field. Even as James grew older and developed a social life, his father found creative ways to keep him active and accountable. Ken was always willing to pick him up, but there was one condition: James had to join him and the family dog for a run, rain or shine, before getting a ride home. Those early experiences helped build a strong work ethic and competitive spirit that carried James through an impressive high school football career, earning him the prestigious Athlete of the Year award in Grade 12. His athletic success eventually led him to play college football at Acadia University in Nova Scotia.

Today, James has translated the lessons he learned through athletics into a successful career in sales. He

credits his years in competitive sports with teaching him the value of teamwork, accountability, determination, and the ability to push through challenges. The same mindset that helped him succeed on the football field has become a foundation for his professional success, proving that the benefits of youth sports extend far beyond the game itself. For James, being an athlete has always been about more than winning — it's about developing the character, confidence, and discipline needed to succeed in every aspect of life.

As he's gotten older, James's approach to fitness has evolved, but his passion for staying active remains stronger than ever. Today, he enjoys the physical and mental challenges of CrossFit and yoga, embracing a balance of strength, flexibility, and overall wellness. Alongside his girlfriend, Graciela, he continues to explore new adventures, from HYROX training to hiking and discovering new ways to challenge themselves together. James's journey is a reminder that the lessons learned through sports can last a lifetime. From early morning runs with his father to college football, professional success, and new fitness adventures, he continues to live by the values of hard work, teamwork, and never being afraid to try something new.

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