

Regis Tremblay

Regis Tremblay is an organization development consultant and learning leader living in Cape Elizabeth, Maine. He is the author of numerous articles and workshops on Leadership, Change, Organizational Learning, and Youth Sports.

He began his career as a high school teacher and coach in 1975 at Salpointe Catholic High School in Tucson, Arizona. During those years, Regis began to discover some of the basic truths about how people learn and work together, especially the use of large group processes. His golf teams won three Southern Division Championships, made five trips to State, and won consecutive III-A State Championships in 1981-82.



After his high school career, Regis moved into the area of adult education and spent several years developing and presenting a variety of programs and workshops. In 1989, he became the Director of Staff Development and Training for the Arizona Department of Economic Security and managed a staff of 25 trainers, video production specialists, and program developers.

In 1993, Regis founded the Tremblay Group and began working nationally with a variety of organizations where he continued his study and research about organizational and personal transformation and how people learn and work together in complex adaptive systems. The author of more than 50 training programs and workshops, Regis is an expert in large group learning activities.

In 1993, he began coaching his own children in soccer, Little League baseball, softball, and ice hockey. He has served on several youth boards, and in numerous capacities with the NHL Phoenix Coyotes Youth Hockey program.

As a charter member of the Coyotes Amateur Hockey Association, Regis was responsible for developing the coaching development program and recruiting and certifying over 100 coaches. He has been involved in youth sports for over 30 years as a coach, league administrator, and board member, and continues to play adult hockey in an “over-40” league.

In 2002, Regis founded The Center For Kids FIRST in Sports as a resource for young athletes, parents, league administrators, coaches, and other adults who care about the influence of organized youth sports on child development, families, culture, and schools.

Regis co-hosted the Kids and Sports Radio Show in Phoenix, Arizona, where he still provides commentary, as well as parenting and coaching tips. After moving back to his home state of Maine in 2005, he began hosting his own show, The Kids FIRST Radio Show on WJAB in Portland.

With his long-time friend Jerry Stitt, the former head baseball coach at the University of Arizona, Regis has developed a Coaching Development Program that focuses on the 90% of coaching that involves teaching and dealing with young athletes.

The Center offers many valuable resources and services that include: workshops for athletes, parents, and coaches; sport awareness programs; video programs; a Blueprint For Change Toolkit; an Organization Scorecard, and helpful advice for parents and families, including families with children of special needs, to understand their involvement in organized youth sports.

Regis received an STL in Theology from the Gregorian University in Rome Italy in 1972, and an undergraduate degree in History and Philosophy from Mt. Carmel College in Niagara Falls, Ontario in 1968. Regis resides in Cape Elizabeth with his two sons, Ryan and Tanner. His daughter Ashley is a junior at Florida Gulf Coast University studying to be a teacher.