

CAAWS RECOGNIZES FIVE YOUNG WOMEN WITH PASSION FOR SPORT AND COMMUNITY

Ottawa, ON . . . The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) is pleased to announce the five recipients of the **2011 Stacey Levitt Women and Sport Scholarship**. These young women, from various regions of Canada, all share a passion for sport, serve as role models in their communities, and believe in empowering others to lead a healthy and active lifestyle.

The Stacey Levitt Women and Sport Scholarship was established in honour and memory of the life of Stacey Levitt, a superior athlete and top student who was struck and killed by a car while jogging on August 30th, 1995. Stacey participated in sport for the sheer joy of the experience, its camaraderie, its teamwork and its competition. This is the 15th year that the \$2,500 scholarship has been awarded by her family to a young woman, a girls' team or sport organization that exemplify Stacey's ideals and qualities. Each recipient will receive \$500 and a copy of the book *I Am a Rose*, which is a compilation of poetry written by Stacey Levitt.

2011 Recipients

Angel Anderson, Edmonton, Alta. – Boxing

Sheena Dubyk, Prince Albert, Sask. – Wrestling / Hockey

Alannah MacLean, Sudbury, Ont. – Cross-Country Skiing

Jordan Sequillion, Kingston, Ont. – Archery

Jenna Spencer, Mount Currie, B.C. – Luge / Dragon boat / Canoe / Kayak

Stacey's parents, Ned and Cheryl Levitt, selected this year's recipients from a candidate pool of more than 500 applications. "August 30th marked the 16th anniversary of our precious Stacey's passing. She would be very proud, as we are, of all the talented young women from across Canada who are setting and reaching their goals," said Cheryl Levitt. "Stacey said it best in her poem *To Everyone*."

Set a goal

and reach it!

Hold your head high!

Don't settle for second,

be first!

Aim for the top,

use your power!

Let yourself go

up, up,

to the zenith of your being!

Believe in yourself!

You can do whatever you want

if you really set your heart to it!

(Stacey Levitt, 1989 at the age of 12 years)

Congratulations to the 2011 Stacey Levitt Women and Sport Scholarship Recipients!

To read the recipients' full bios, visit: <http://www.caaws.ca/e/grants/levitt/2011.cfm>

Alannah MacLean, Sudbury, Ont. – Cross-Country Skiing

Since the time she could walk, Alannah MacLean has been involved in sports. Growing up in Labrador City (N.L.) her parents made sure she had every opportunity to participate in different sports, including downhill skiing, swimming and gymnastics. It was not until her family moved to Sudbury (Ont.) however, that Alannah found her true passion for cross-country skiing. With the support of her family, her ski coach and team and the Walden Fitness Club, and by maintaining focus, hard work and dedication, Alannah was able to reach her goal of becoming a national competitive skier, placing 3rd in the aggregate rankings at Nationals.

Sport has always been a huge influence in Alannah's life. Throughout her training, Alannah continued her involvement in high school sports. She was the co-president of her high school's Athletic Association and was named recipient of the Senior Female Athlete Award. Alannah's love for sport also carries over into her community. She regularly volunteers with the Walden Fitness Club, coaching young up-and-coming girls in the club. Alannah has also been a keynote speaker in the community, sharing her own experiences at events such as the Guts and Glory Luncheon and at the Ontario Midget Championships. In doing so, Alannah hopes to inspire girls and young women across Canada to pursue active and healthy lifestyles.

This year, Alannah was selected as a member of the National Development Centre for cross-country skiing in Thunder Bay. She will also be entering her first year at Lakehead University, pursuing an honours degree in Economics.