

NEWS RELEASE

Wilfrid Laurier
University



Laurier reveals three Outstanding Women of Laurier nominees

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Contact: Peter Baxter
Director, Athletics & Recreation
(519) 884-0710 ext. 2216

or Michael Strickland
Manager, Media Relations & Information
(519) 884-0710 ext. 3070

WATERLOO – Wilfrid Laurier University has selected three finalists for the newly created Outstanding Women of Laurier Award. Olympic medalist Cheryl Pounder and journalist-turned-diplomat Pamela Wallin will help present the winner with the award during a luncheon Thursday, March 23 at The Waterloo Inn & Conference Centre.

The award recognizes a female Laurier student who combines athletic and academic achievement with an active commitment to leadership and the development of young athletes through community teaching or coaching.

“This award is designed to recognize the significant contributions of our female players, both on and off the playing field, court or ice,” said Peter Baxter, director of athletics and recreation. “We are thrilled with the calibre of nominees, who represent such a range of sporting events and community involvement, and for the support the event is receiving from such accomplished role models as Cheryl Pounder and Pamela Wallin.”

The three nominees are:

Fiona Aiston, a third-year biology student and a member of the varsity women’s hockey team for three years. Aiston, who has played hockey since she was seven years old, was one of 40 players chosen to try out for the Team Canada under-22 hockey team in 2005. She describes the tryout as an amazing learning experience that tested her athletic abilities.

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Off the ice, Aiston volunteers with KidsAbility, a local centre that helps children with disabilities. She volunteers in a pool therapy program for children with speech problems. Aiston believes that significant physiological, psychological and social benefits can be achieved through sport and physical activity, which can positively influence women's growth and development.

Liane Chornobay is a third-year honours kinesiology and physical education student who has played varsity-level field lacrosse for three years. Prior to attending Laurier, Chornobay played at the club level with the U-20 Oshawa Lady Blue Knights team, where she was named outstanding graduating player.

As a coach of athletics and recreation in her hometown community, Chornobay promotes the importance of sports involvement to young women. She demonstrates to players the continued involvement that led her to interuniversity athletics and a high level of personal physical fitness. She strives to create a positive environment, which allows young women to learn, improve and enjoy themselves through lacrosse.

Meaghan McGrath, in the fourth year of kinesiology and physical education, has played on the varsity women's basketball team for four years. For the past 12 years, McGrath has participated on various basketball teams. This past summer, she played on the team that represented Canada at the International University Sport Federation games in Izmir, Turkey.

When McGrath is not on the court, she coaches at Laurier's summer sports camp. This camp includes drills and competitions that help girls, ages eight to 15, develop their skills. She also coaches at the annual showcase of elite high-school talent held at Laurier. McGrath believes that basketball helps many young women build self-confidence in a sport-specific setting and in other aspects of life as well.

Tickets for the luncheon are available at Wilfrid Laurier University and at The Waterloo Inn & Conference Centre. For more information on The Outstanding Women of Laurier luncheon, please visit <http://www.laurierathletics.com/owl>