

NEWS RELEASE

Wilfrid Laurier
University



Finalists announced for Outstanding Women of Laurier Award

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

Kevin Crowley
Associate Director, News and
Editorial Services
(519) 884-0710 ext 3070

WATERLOO — Wilfrid Laurier University has announced the four finalists for the third annual Outstanding Women of Laurier Award. This prestigious award will be presented at a luncheon on Thursday, April 3 at the Waterloo Inn & Conference Centre. Olympic gold medalist Catriona Le May Doan will deliver the keynote speech at the event, which will be hosted by Laurier grad Helen Stoumbos, the first Canadian ever to score a World Cup soccer goal.

The Outstanding Women of Laurier 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. The event has established a \$100,000 endowment in its first two years, with a goal of raising \$60,000 from the lunch and auction this year.

The finalists are (in alphabetical order):

Carolyn McEwen: A fourth-year honours kinesiology and physical education student, McEwen is the captain of the Wilfrid Laurier University varsity figure skating team. A former most valuable player and skater of the year, she competed in four events at the provincial championships after contributing to the team's two third-place finishes this season. Along with figure skating, McEwen is an avid bobsledder who has competed on the America's Cup circuit as a member of Canada's development program.

McEwen is a volunteer with the K-W Special Olympics program, a fitness advisor at The Athletic Club (a fitness gym), and a skating official and a technical specialist for Skate Canada.

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Lauren Meschino: Meschino is a fifth-year kinesiology student who has played for the Golden Hawks hockey team since her freshman year. She is a three-time provincial all-star and the only Golden Hawk in history to hold five provincial titles in her five years of competition. Starting her hockey career at Laurier in a defensive position and adjusting to becoming a forward, she has collected 117 wins with the Golden Hawk program, as well as a national gold and two silvers. Meschino was the team's captain this past season and the second-highest point contributor with 26 in the 27-game season.

Meschino has volunteered with the Bloorview Macmillan's Children's Centre, working with children with spina bifida and cerebral palsy, and she helped organize the Laurier Women's Hockey Camp for the past four summers. She currently volunteers at a rehabilitation centre called Link with Work, at Waterloo Sports Medicine at RIM Park, and at The Zone training centre.

Frances Minnema: A fourth-year kinesiology and physical education student, Minnema is the president of Laurier's Women's Athletics Association. During her four years at Laurier, Minnema has been an active participant and leader within the Golden Hawk recreation program. As a captain for eight varsity teams, a referee, and most recently, the student coordinator of a large intramural program with more than 6,000 participants, Minnema has made an impact promoting healthy and fun lifestyles. Throughout her athletic career she has participated in many sports, including figure skating, baseball, swimming, basketball and volleyball.

Minnema has worked as a lifeguard and a swimming instructor. She has also volunteered with the Excelsior Wheelchair Fencing Club, the Centre for Child Development at Kids Ability, and she helped introduce the Swim to Survive program for local students in grades 3-6.

Danielle Walker: A fifth-year kinesiology and physical education student, Walker is the captain of the varsity women's volleyball team. The veteran left-side hitter is a five-time provincial all-star and former national rookie team member. Walker concluded her career as the provincial Award of Merit recipient as the highest voted all-star this past season. During her career as a Golden Hawk, she led the team to provincial silver and bronze medals in 2005 and 2006. Walker led the team in "kills" in three of her five years, including this year despite a season-ending injury.

Walker volunteered with the Oakville Lightning Special Olympics Track and Field team, the K-W Special Olympics swimming team, the Town of Oakville Culture and Recreation Department as a lifeguard and a swimming instructor, and at the Physiotherapy Clinic in Oakville teaching rehabilitation and exercise programs.

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Tickets for the lunch are still available and can be purchased by visiting <http://www.laurierathletics.com/owl> or calling 519-884-0710 ext. 3821.

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