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Liz Knox named Outstanding Woman of Laurier

WATERLOO – Liz Knox has been named the 2010 Outstanding Woman of Laurier. Knox, a goalie for the Laurier women's hockey team, received the award today during a luncheon at the Waterloo Inn Conference Hotel.

"Liz is an outstanding athlete, an excellent student and an active volunteer on the Laurier campus," said Peter Baxter, Laurier's director of athletics and recreation. "This event showcases our exceptional female student-athletes and the impact they are having within our community."

Knox is a fourth-year honours sociology student from Stouffville, Ontario, who has been a member of the women's hockey team since her first year at Laurier.

"I feel fortunate to be up here – it's a result of what I truly love to do, academically, athletically and in the community," said Knox. "I especially love working with young athletes – they help you to remember why you are here in the first place."

At the beginning of March, Knox was named the Canadian Interuniversity Sport (CIS) player of the year in women's hockey, and is the first Golden Hawk to claim the Brodrick trophy since women's hockey was added to the CIS program in 1997-98.

During her time on the Laurier women's hockey team, the team has won four Ontario University Athletics (OUA) championships, and two silver and one bronze CIS medals, giving Knox the opportunity to play on a national stage for the Canadian National Under-22 Women's Hockey team at the MLP Nations Cup in Germany. Knox is also a coach for the Laurier women's hockey annual summer hockey camp and an assistant coach for an atom girl's spring hockey team.

Off the ice, Knox has been asked to be a guest speaker at the Woolwich Girls Hockey Association's year-end banquet and at Laurier's Healthy Hawk Day. She is an assistant instructor at The Zone Training, an assistant coach for the Waterloo Ravens midget AA women's hockey team and a summer volunteer at the Sun Life Financial Movement Disorders Research and Rehabilitation Centre at Laurier.

Laurier launched the Outstanding Women of Laurier award in 2006 to recognize female students who combine athletic and academic achievement with an active commitment to the community through volunteerism. Knox received $1,000 as part of her athletic scholarship and a gold pendant for her accomplishments in front of a crowd of more than 250 people who attended the luncheon ceremony.

Eleven women competed for the prestigious award this year, including three who joined Knox as finalists: Megan Gilmore, Danielle Inglis and Brittany Shaw. Each of the finalists also received a gold pendant and a $500 scholarship.

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This year's event included a dynamic keynote address by Carole Bertuzzi Luciani, also known as the "Moodivator," and was hosted by Laurier alumna Diaene Vernile, anchor and producer for CTV Southwestern Ontario's *Provincewide*.

During the event, the annual Outstanding Women of Laurier Alumni Founders Award was presented to Heather Strupat. Strupat was an intramural and instructional student leader at Laurier from 1996-2000. During her tenure, she doubled the number of intramural teams and participants in two years, and tripled the number of group fitness participants and instructional users in dance, martial arts and sport skill classes.

Strupat was also a member of the Athletic Complex facility renewal renovation project, which addressed the inequalities of space for women and recreational users. She was part of the first group of student leaders to develop a student-leader driven model for developing, executing, marketing and operationalizing the intramural and recreation programs.

This year's event raised $23,000 to help support women's athletic initiatives, scholarships and the mentoring program at Laurier.

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