**Describe your overall experience in this activity type including awards, recognition and success. (approximately 300 words)**

My experiences playing soccer for the Central City Breakers Metro Select League and LA Matheson Secondary have taught me many valuable lessons. I started playing soccer at the age of eight and by the age of twelve, the select teams in my area became very competitive. It did not take long to realize that every player at this level was hard-working and all of them had the drive to be the best. Being casual in my preparation and relying upon my natural skills was not enough as I wascut from the select team at the age of thirteen. This experience was significant as it taught me to never take anything for granted and to put in the time to achieve my best. Given the competition I faced, it was not simply a matter of trying harder as I had to improve my technique and essentially practice in a smarter way; my dedication paid off as I earned a place on the Central City Breakers U14 Metro select team and a place as the starting goalkeeper for LA Matheson Secondary’s soccer team. Soccer at the high school level includes players from different community leagues and that makes it more challenging as more teamwork is involved. In Grade 9, our team bonded together and supported one-another to win the Junior Boys Fraser Valley championships. In grades 11 and 12, our team continued to work well-together and qualified for the highest level of high school soccer, the BC AAA Soccer Championships, two years in a row. Coming from an inner-city school that is not deep in soccer talent, we were playing against teams that had many more elite players than we did. Despite being undermanned, we placed sixth out of 16 teams in 2016 and fourth in 2017.

**Describe your overall experience in this activity type including awards, recognition and success. (approximately 300 words)**

Camp NEXT and Jumpstart Academy are programs designed to keep Elementary-school aged children active and teach them leadership and cooperation through sports and games. My involvement in these programs was satisfying as it was exciting to watch my students mature and become more confident. Being a part of Camp NEXT the past two summers taught me that preparation and communication within a group are essential to any program. A month before the first class, all camp leaders got together and brainstormed ideas to make the program as enjoyable for the children as possible. In this initiative, we were more than just mere volunteers. Instead, were responsible for managing all aspects of the camp from the length of the soccer program, to the daily drills for students. Fortunately, we worked to the best of our ability, which is one of the reasons why Camp NEXT will be returning in the summer of 2018. The positive experience I had with Camp NEXT helped immensely in my work with the Surrey School District’s Jumpstart Academy. This after-school program involves teaching athletic skills to 10, 11 and 12 year-olds from Kirkbride Elementary School in the hopes of motivating these children to be more active. In this program, each week was unique because there were new fundamental skills to focus on. For example, week 2 consisted of activities focused around throwing and week 3 focused on jumping. This variety allowed Jumpstart students to learn a very broad set of athletic skills. It was very rewarding to see how enthusiastic my group was to participate and this made me realize how eager young children are to learn. Both programs helped me feel grateful for the opportunity that my fellow student leaders and I had to influence the healthy development of our inner-city participants.

**Describe your overall experience in this activity type including awards, recognition and success. (200 words)**

I am not affiliated with any political party, but decided to volunteer during the 2017 BC election to learn more about our political system. I reached out to both major parties and eventually secured a position with the New Democratic Candidate, Rachna Singh, for Surrey-Newton. As a student volunteer, my obligations included door-to-door canvasing to determine the issues that were most important for voters. While canvassing, I noticed the business aspect of the NDP, Liberal, and Green Party campaigns. Just as a corporation markets its products, so too do political parties. Marketing and campaigning both involve persuasion that works best when it is backed by a solid product and a lot of hard work. While I had no vested interest in the outcome, I was surprised by how well the NDP got its message out to Surrey voters and how disorganized the Liberal’s Surrey campaign was. During the 100 plus hours I worked in the NDP office, I found myself becoming immersed with the advertising strategies being used by all of the candidates. I haven’t decided upon marketing as my major, but am definitely leaning in this direction based on how much I enjoyed analyzing the campaigns of BC’s political parties during the 2017 election.

**Describe your overall experience in this activity type including awards, recognition and success. (approximately 300 words)**

In December 2017, I had the opportunity to job-shadow the Assistant Branch Manager of Westminster Savings, Ms. Anjali Murray. In speaking with Ms. Murray and her colleagues, it became apparent that Westminster Savings’ operations center on building relationships with their clients and the community. Being a lending institution that is competing against other credit unions and multi-billion-dollar banks, Westminster Savings must rely upon superior customer service to be viable. In addition to serving clients as if they are extended family members, the credit union engages in a significant amount of community outreach. Ms. Murray spoke about her institution having one of the largest charitable credit union foundations in all of Canada. Last year, Westminster Savings provided charitable donations for seniors initiatives, the Special Olympics and was instrumental in launching the Arts Umbrella and RockIT school programs. I found the credit union’s community work to be exciting because it aligns with my own values about giving back and working with young people. My volunteer work has taught me that being a positive role model for pre-teens and teens in my community can be incredibly rewarding; I hope to continue to serve North Surrey youths next year by working with the Surrey School District’s Jumpstart program and by participating as a member of the Best Buddies club at SFU. Obviously, Westminster Savings is working hard to be a responsible corporate citizen. It seems that almost all major corporations see the value of giving back to communities and are striving to be more ethical in their activities. I feel that this is an exciting trend in business and hope to learn more about it through my studies at SFU.

**What do you consider to be your greatest achievement so far? Explain this achievement and why it's important to you.
(Word Limit: 300 words)**

My greatest achievement so far was recently finishing in 4th place at the 2017 AAA B.C. Senior Boys Soccer Championships. I not only value the accomplishment, but also the journey. Playing on a team that was not rich with talent, my teammates and I faced many challenges, which resulted in us taking the most difficult path possible. By losing early on in our qualifying group and only advancing to the championships through the “Losers Bracket”, we entered the provincials as serious underdogs. At the tournament, we tried to forget the setbacks we had experienced prior in the season and concentrated on each opponent one at a time. Staying present in the moment, and not looking back or ahead helped us to focus and play our best soccer of the season. By changing perspective, we were able to re-ignite the passion that had helped our team win the Fraser Valley Championships in 2015. As starting goalkeeper, I was proud of my ability to step up and take a leadership role. Playing in front of large crowds against the best 16 teams in BC made the younger members of the team very nervous. Having participated in the provincials the year before, I was able to use that experience to help keep players calm before and during games. The moments my team and I created on the field are truly unforgettable and will forever be cherished in my heart. My coach noticed the impact I had on my teammates and asked me to serve as Assistant Coach for our school’s senior girls team this upcoming Spring. I am now looking forward to taking some of the lessons that I learned about resiliency and determination on the soccer pitch and applying them to the girls’ team and eventually in my studies at SFU.