



**Sport BC Community Sport Hero Award Recipient - 2008: Joan Cowden
Nominated by Action Schools! BC and Premier's Sport Awards Program (p.s.a.p)**

Recently retired, **Joan Cowden** was a primary teacher for 36 years. A true advocate of physical activity, Joan dedicated endless hours to sports programming within her school and district. As the volunteer sports coordinator in her school, she organized schedules, games and tournaments for basketball, volleyball, swimming, ice skating and coached cross country and track and field. A firm believer in the benefits of daily physical activity, Joan engaged children during the school day through school based initiatives, such as the Premier's Sport Awards Program (p.s.a.p.) and Action Schools! BC. Joan also was a member of the Elementary Sport Council, which supports teachers with school and district sports programming.

Joan has also volunteered in the community for over 20 years and has sat on the Board of Directors for Kamloops Youth Soccer, the Kamloops Classic Swim Club and the Sun Peaks Alpine Club. A few of the incredible contributions she has made as a community volunteer include coaching soccer and being responsible for all mini soccer teams and tournaments in her zone, serving as a level 2 accredited swim official, organizing countless ski races and track and field events, and assisting with the fundraising and development of Kamloop's new indoor track and field venue (BC's first) and updated outdoor track. She is also a level 5 international official with Athletics Canada, the Vice President of Kamloops Track and Field Club, and a member of the planning committee for the World Masters Indoor Track and Field Meet taking place in Kamloops in 2010.

On a personal level, Joan enjoys skiing, hiking, backpacking and recently returned from a 3 month cross Canada cycling trip with her husband.

As a tireless volunteer, supporter, and role model of physical activity in the Kamloops area over the past 35 years, and for inspiring thousands of children to pursue active lifestyles, Joan Cowden is a Community Sport Hero.