



**Sport BC Community Sport Hero Award Winner – November 2009: James Messenger
Nominated by Action Schools! BC and the Premier's Sport Awards Program (p.s.a.p.)**

James Messenger has been an active promoter of physical activity in Port Alberni for over a decade. James is a physical education teacher at E. J. Dunn Middle School and leader of the physical education team at the school. Outside of his teaching duties in school, James has been volunteering with the Alberni Valley Wrestling Club since 1995, and dedicates much of his time to improving and developing the wrestling programs in his community.

As a prominent member of Canadian wrestling, James was selected as national coach for the women's cadet wrestling team earlier this year. James is the head coach at the Alberni Valley Wrestling Club, coaches the middle school team at E. J. Dunn, assists with the community's high school team, and helps with the wrestling program at North Island College. Through his experiences as a volunteer coach, James has coached a number of provincial teams and has led a number of athletes to attain both national and international success.

As a dedicated educator, James helps create an active and healthy school environment by utilizing teaching resources like the Premier's Sport Awards Program (p.s.a.p.) and by encouraging involvement in school based initiatives like Action Schools! BC.

James has recently picked up the sport of ice hockey, and enjoys outdoor activities such as camping and fishing.

As a supporter and role model of physical activity in the Port Alberni area for more than a decade, James Messenger is a Community Sport Hero.