



**Sport BC Community Sport Hero Award Nominee – January 2010: Cathy McCartney
Nominated by Action Schools! BC and Premier's Sport Awards Program (p.s.a.p.)**

Cathy McCartney has been a dedicated volunteer in the community of Campbell River for over 35 years. Cathy's exposure to motivating and committed volunteers in community recreational programs as a child inspired her to help children engage in positive physical activity experiences throughout her life.

As the Athletic Director at Southgate Middle School, Cathy coordinates athletic programs for all grade 7, 8, and 9 students. In addition to her teaching duties, she volunteers her time coaching a number of school sports teams including volleyball (indoor and beach), basketball, and track and field. She has coached at least one sports team for the past 38 years! As a true educator, Cathy helps create an active and healthy school environment by utilizing teaching resources like the Premier's Sport Awards Program (p.s.a.p.).

Outside the school, Cathy has coached community soccer, indoor and beach volleyball, softball, and badminton and keeping herself healthy, she has been an active member of her local badminton and soccer clubs.

As an Action Schools! BC Regional Trainer, Cathy supports healthy living in local schools and promotes physical activity, physical education and healthy eating best practices. As part of Cathy's extensive commitment to healthy living, she has been a Board member of PHE Canada (Physical and Health Education Canada) promoting Quality School Health Programs.

As a supporter and role model of physical activity and sport in the Campbell River area for almost four decades, Cathy McCartney is a Community Sport Hero.