



**Sport BC Community Sport Hero Award Recipient - 2006: Sue Springer
Nominated by Action Schools! BC and Premier's Sport Awards Program (p.s.a.p.)**

As a volunteer and supporter of physical education and healthy living in the Terrace area over the past 30 years, **Sue Springer** is an ideal candidate for the Terrace Community Sport Hero Award.

Sue has always been an active promoter of physical activity in Terrace. In addition to her past roles as a teacher, vice principal and principal, Sue spent over 13 years coaching numerous sports teams including volleyball, basketball and an after-school skipping club. She was also integral in the annual planning of Jump Rope for Heart within her school and she ran noon-hour fitness classes for the staff at the various schools where she taught. She also volunteered as a member of the School District Health and Safety Committee for 8 years.

In the community, Sue has spent numerous years volunteering her time promoting physical activity in Terrace. In the 1980's, she was a volunteer coach at a local gymnastics club, through which she was able to share her love of physical activity with many young children in Terrace. She also volunteered each spring for 7 years to organize the Work Out for Heart Aerobics Sessions which were held every February.

Sue also dedicated over 15 years to the promotion of healthy living as a BCRPA fitness teacher, trainer and evaluator.

In recent years, Sue has once again shown her commitment to promoting healthy living through her role as an Action Schools! BC Regional Trainer and advocate. For the dozens of people whose lives she has touched through tireless support and encouragement, Sue Springer is a Community Sport Hero.