



UXBRIDGE
SECONDARY SCHOOL

127 Planks Lane
Uxbridge, Ontario L9P 1K5
Telephone: (905) 852-3391
Fax: (905) 852-4075

TIGER CHAMPION

Congratulations Miss Sinclair Minshull on an outstanding high school track and field career! You have transformed yourself from a grade 9 girl who became an All Ontario hurdler to an elite nationally ranked pole vaulter. Your sheer determination of will to overcome the obstacles in front of you, and try new events was awesome! Throughout your high school track and field career, you established goals and then set out to achieve them. With every year, your perseverance and dedication grew, and you improved by leaps and bounds. Through many numerous drills both in the hurdles and pole vault, you turned yourself into an elite athlete. Of course, it wasn't always easy because I had to talk you into it! In grade 9, after much encouragement, you became an elite sprint hurdler. After each season you would continually train and improve throughout the rest of your high school career. We discovered that your real talent lies in the most technical event – Pole Vault! This is an event that requires strength, co-ordination, balance, speed and mental fortitude. You would inspire and help coach younger athletes in this event, and that was always greatly appreciated. Last year, you were a huge part of the Uxbridge Girls' team that won our first ever overall LOSSA Girls' team title! You even stepped it up when we needed it and ran the 4 x 400m relay – a race that you detest – to give our school the valuable points we needed to capture overall LOSSA Girls' team title. This year was heart breaking for me not to have our team competing in the high school season. I was looking forward to seeing all the improvements you had made in pole vault through your dedication and perseverance. It was fantastic news for me to learn that you had jumped 3 metres!

So, Sinclair, thank you for being not only a leader that inspired our Tiger Track team but myself through your dedication, perseverance and friendship. You're truly a TIGER CHAMPION!

Your friend,

Coach Starky