



# LARA MUSSELL SAVAGE

Lara Mussell comes from the Skwah First Nation of Stólō territory in Chilliwack and has been an athlete all of her life. She has competed at the amateur level in several sports, including gymnastics, basketball, curling, golf and track & field but it was the fast-paced disc sport of 'Ultimate Frisbee' which captured her heart.

With many Regional and National Championships under her belt, Lara has been a member of the Canadian National Women's team since 1998 and is a two-time World Champion having won her second gold medal at the 2004 World Ultimate Championships. As one of the National Team captains, Lara led the team to Turku, Finland where the team faced off against eleven countries over six days and went undefeated - successfully defending their gold medal.

Thanks to her competitive achievements, Lara was named the Female Aboriginal Athlete of the year for Canada and received the prestigious Tom Longboat National Award. Lara is not only a champion in the sporting world, but, also a graduate and Wesbrook Scholar of UBC where she graduated at the head of her class with a degree in Human Kinetics, Leisure & Sport Management Program.

Lara has been working to support sport opportunities for Aboriginal youth, having worked for five years for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games and now working for the BC Aboriginal Sport Partners Council.

*Please join me in welcoming Lara!*

**A/V Requirements: Projector, cables to hook up to a laptop, screen, microphone, tv & dvd player**



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