

September 29, 2011

Eagles Women's Basketball Launch - "The Beak"

...an inside perspective into the lives of the Kwantlen Eagles Women's Basketball Team



(September 29, 2011) - Ever wondered what it was like to be a varsity athlete? Stay tuned this season and hear from members of the women's basketball team about their training, games and their experience as an Eagle.

First Issue!

CARRIE'S BLOG

by Carrie Snaychuk

#12

Position: Forward

Year: 2nd

My job as a forest firefighter kept me away working for the summer, so coming to the team for the first time in late August I had my concerns. I was worried about fitting in with the team who had already all met and started bonding as teammates. The first week of practice pushed those feelings aside.

From the moment I walked into the gym, the team was welcoming and I felt immediate support. We are now over a month into practices, we've won both our games, and our chemistry continues to build on and off the court. I would attribute this to the respect we have for each other, and the desire we all feel to push ourselves to be better. For example; early one Sunday morning our team set out to hike the Grouse Grind. It was meant to be a race against ourselves, a chance to really push ourselves and "go hard". I know there were times during that hike where each of us thought how easy it would be to stop and rest, but we kept moving and reached the summit. I had such a feeling of accomplishment when I achieved my personal best time, and it sure felt good to sit back and enjoy the view at the top.

I think our season will feel like this - a grind to the finish; a constant push. But when we get to the top, we'll know all the hard work will have been worth it, and hopefully we'll be able to enjoy the view.