

## **ESTEEM Team Olympic Hopeful Kia Byers to talk with Regina students**

**Ottawa (ON) May 4, 2011** – Motivate Canada's Esteem Team Athlete Kia Byers a dedicated canoe-kayaker is set-to speak with Regina students at Davin and St. Francis Community Elementary schools in Regina on May 11-12, 2011.

Motivate Canada's Esteem Team is made up of a group of top-level athletes from all across Canada who deliver the positive message of goal-setting and healthy living to youth through their personal stories of struggles, perseverance, and success.

Byers began kayaking when she was ten-years-old and her dedication to the sport has increased as the years have passed. She first donned the maple leaf in 2005, when she raced at the Junior World Championships where she competed in the K-4 500m and K-2 1000m events, placing 6<sup>th</sup> and 8<sup>th</sup> respectively.

In 2007 Byers paddled at the Pan American Games in Rio De Janiero, where she returned home with Gold and Bronze medals.

"One of the greatest moments of my life was hearing the Canadian national anthem play while I represented Canada atop the podium at the Pan American Games in Rio De Janiero," says Byers. "I hope to share the lessons I've gained from competing in Canoe-Kayaking in my role as an Athlete with Motivate Canada's the Esteem Team."

When Byers first started paddling, her goal was to compete at the 2010 Summer Olympic Games. With ongoing practice and dedication, her dream may one day become a reality. In the meantime she will continue to speak with youth about the benefits of sport.

The Esteem Team is a program of Motivate Canada, a national organization that specializes in the research and development of programs that help young people meet life's challenges and reach their full potential. For more information about the Esteem Team, please visit: [www.esteemteam.com](http://www.esteemteam.com)

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### **Presentation Dates:**

Davin School  
May 11, 2011 at 2:30 PM  
Grades 4-8

St. Francis Community Elementary  
May 12, 2011 at 1:00 PM  
Grades 4-8

### **All interested media please contact:**

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