

## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### **Harry Jerome Comeback Award recipient announced**

Winner will be recognized at the Athlete of the Year Awards on March 13, 2019

**VANCOUVER, BC (February 6, 2019)** — Sport BC is pleased to announce the recipient of the *Harry Jerome Comeback Award*. The recipient in this distinguished category will be recognized at the 53<sup>rd</sup> Annual Athlete of the Year Awards in Vancouver on Wednesday, March 13 at the Fairmont Pacific Rim Hotel.

The ceremony will recognize BC's best in amateur sport including athletes, coaches, and officials for outstanding performances in their sport over the 2018 season. Each finalist was nominated by their Provincial or Multi-Sport Organization, High School, College or University. The Selection Committee, chaired by Bernie Pascall, included 15 highly regarded sportswriters, broadcasters, and amateur sport leaders in British Columbia.

This award recognizes an athlete who competed in a sport, individual or team, in 2018 after having suffered an unusual setback (i.e. illness, injury, etc.).



### *Harry Jerome Comeback Award Recipient*

#### **Emily Overholt, Swimming**

HPC – Vancouver / UBC Thunderbirds

Emily has shown amazing resilience and fortitude in confronting the challenges of her injuries. She has a never-ending drive to get back to the form prior to her setbacks. Emily's Olympic experience, while for most would have appeared to be successful, was not met with her personal expectations. For her to overcome the difficulties realized in her Olympic performance and return to form this year is a profound success.

“In the months leading up to the Rio Olympics I injured my hamstring and was also diagnosed with depression. I managed my symptoms for both setbacks and competed at the Games to the best of my ability. After returning home, while taking time off to heal my hamstring, I fell into a deep depression. After suffering in silence for months it became unmanageable and I was eventually hospitalized for 2 and a half months. I was discharged in December 2016, but my recovery was not a straight line. I continued to have setbacks and bad days but the unwavering support of everyone around me helped me through it. It took months for me to feel like myself again but in September 2017 I was finally ready to return to training and start the comeback.”

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Tickets are now available at [www.sportbc.com](http://www.sportbc.com)

### **About the Athlete of the Year Awards**

The Athlete of the Year Awards, founded by Sport BC, is the longest standing amateur sport recognition event in the country. Awards in 18 different categories are given each year to athletes, coaches, and officials on their performance and contribution to sport in the province of British Columbia. The awards play a valuable role in nurturing athletic success while recognizing extraordinary accomplishments in BC.

### **Presidents' Awards**

The 25<sup>th</sup> Annual Presidents Awards is proudly sponsored by *Sports with Balls*. This group is comprised of Basketball BC, Volleyball BC, Softball BC, BC Lacrosse Association, Tennis BC, Baseball BC, BC Rugby Union, Ringette BC and BC Soccer. These awards are presented annually to volunteers from Sport BC member organizations who represent the spirit of volunteerism, and whose dedication, energy, and commitment contribute to the development of their sport or organization.



### **About Sport BC**

In 1966, a small group of dedicated volunteers created an organization to provide a unified voice for amateur sport in British Columbia. While much has changed in 52 years, our core purpose remains the same.

#### **Who we are:**

Sport BC is the non-profit sport federation, representing over 60 Provincial Sport Organizations in British Columbia. As a member-based organization, Sport BC offers services and programs to build the capacity of our members and advocate on their behalf to improve the landscape for organized sport in BC.

#### **Mission:**

Sport BC, as a member-based organization, supports the growth of amateur sport in BC and provides leadership through delivery of its programs and services for members.

#### **Vision:**

Sport in British Columbia is thriving through the leadership of Sport BC and our members.

#### **Values:**

Integrity, Transparency, Collaboration, Creativity and Innovation

*For additional information, please contact*

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**PREVIOUS AWARD RECIPIENTS:** For a list of previous award winners and additional information, including recognition of our corporate and community sponsors and partners, please visit: [www.sportbc.com](http://www.sportbc.com)