

Peel Bios. LIANG, Kaitlyn 1.

Athlete recognized for scholastic, volunteer efforts

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MN Nov. 4, 2016

Being well-versed in several areas has paid off for Kaitlyn Liang, a local archer who has been recognized as the Mississauga Toyota Athlete of the Month.

Now in her first year studying Physics and Chemistry at the University of Toronto Mississauga, Liang is an accomplished archer who has also done well in other sports such as karate, swimming, rhythmic gymnastics, table tennis and cross country.

But it's her efforts outside the realm of sports that are more noteworthy.

On top of maintaining a 92.5 per cent average in her top six courses through her senior year at Mentor College, she took on several volunteer efforts at her school and out in the community.

Most notably, she volunteered as an assistant teacher for the CHELP Saturday school program and helped out with the Aboriginal pavilion for the Toronto 2015 Pan Am Games.

It all begs the question, how is she able to balance everything?

"I think spending your time wisely is very important," said Liang, who also plays the zither harp and sang in the Mississauga Children's Choir for nine years. "Another thing, I know I couldn't do it without is dedication and motivation towards what you want to do. I want to accomplish specific goals and in order to do that, I need to put so much time and effort into it."

While she's been successful in a variety of sports, Liang enjoys the challenge that comes with archery. She feels there's a big mental component involved as competitors have to block out all of their surroundings.

"You have to zone out from the hubbub or the environment and just focus on what you're doing," she said. "It's a good time to



Archer Kaitlyn Liang is the latest Mississauga Toyota Athlete of the Month.

just relax and not be stressed out about all the other things happening."

Liang is the reigning provincial indoor and outdoor champion and also placed third at the national outdoor championships in August.

She's working towards making the Canadian team for the World Youth Archery Championships in Argentina.

For more information or to nominate a deserving athlete between the ages of 10 and 18 for the Mississauga Toyota Athlete of the Month, visit mississaugatoyota.com/athleteaward.