



## **Shelley-Ann Brown**

### **Olympic Silver Medalist**

Born: March 15<sup>th</sup>, 1980, Canada  
Residence: Pickering, Ontario & Calgary, Alberta  
Sport: Bobsleigh  
Education: University of Nebraska, 2006  
Website: <http://shelley-annbrown.com/>

Shelley-Ann is the last of three children and has always been a bit of an adventurous soul. She often calls herself the "Oops! well, she's cute so we'll keep her child!" of the family. When she announced her plans to go hurtling down bobsleigh tracks at greater than highway speeds, somebody in the family had to be humming "one of these things is NOT like the other...! She was born to Jamaican parents who migrated to Canada and then had her! Even though she competes in a winter sport, she actually hates the cold and is convinced that one day she will move to a place where below zero temperatures, shoveling snow and scraping your windshield in the morning does not exist!!"

She is a native of Pickering, Ontario Canada and has been a high level competitor in Track and Field for many years. As passionate about education as she is about sports, Shelley-Ann completed a Bachelor of Science in Biological Sciences and English and a Masters in Educational Psychology in May 2006. This was accomplished while she attended the University of Nebraska on a Track and Field scholarship. The former sprinter/hurdler gained All-American honors during her time at Nebraska, and also served as a member of the Student Athletic Advisory Board.

Shelley-Ann was recruited to bobsleigh for the 2007 season and has been on the Canadian World Cup Team ever since. She represented Canada in her first ever Olympics at the 2010 Vancouver Olympic Winter Games where she thrilled the hearts of Canadians across the country when pushing her teammate Helen Upperton to a Silver Medal win!

She trains 6 days a week on average during the off-season. A typical training day can be anywhere from 3 to 6 hours. Training consists mainly of weight training, sprinting, plyometrics and core stability and strengthening activities.

Shelley-Ann is a firm believer in giving back and as a result is a very active member in her community. In 2005, she founded and directed Camp E.D.I.F.Y in Scarborough, Ontario. E.D.I.F.Y stands for Education and Direction for Intelligent and Fit Youth reflecting her belief that children should be whole and healthy in every aspect of their being - whole in heart, whole in mind, whole in body and whole in spirit. Her commitment to the camp was evidenced by its affordability and flexibility which provided access to more families in her Community. She became an Honorary Big Sister to the Big Brothers and Sisters Organization of Ajax-Pickering in 2009 and participates in events and fundraisers that directly benefit the children in her local community. In June 2010, she travelled to Haiti and the border towns of Santo Domingo (where many Haitians have migrated since the earthquake) to help in the rebuild efforts. After seeing the devastation and meeting the people of Haiti who despite their suffering and hardship still managed to have joy, she will never say "Why me?" again.

Shelley-Ann believes that the earth should be saved and that reducing carbon gas emissions is important. She therefore joined forces as an Ambassador with the Clean Air Champions in 2009. Their mission is to improve air quality by motivating and educating Canadians to adopt lifestyles that enhance their environment and personal health.

Shelley-Ann engages in numerous public speaking events delivering motivational speeches across the country. Those who listen to her '*Push Hard, Drive Well, Have Joy!*' speech say that it is engaging, enthusiastic, emotional and inspiring. She is a great example of what can be achieved with hard work and determination. Those who meet her describe her as a role model to youth everywhere inspiring them to excellence, fairness, respect and hard work.

When Shelley-Ann is not training, she loves to read, write short stories and poetry, sing and play her guitar.