**Lindsay Strickland Johnson: 1996-1999**

 Lindsay Strickland was a talented multi-sport athlete who anchored the girls’ soccer and basketball teams at Belmont for her three years at the school. Athletics assumed a prominent role in her life from an early age, as she played Juan de Fuca soccer and night league basketball as a youngster and continued with both community sports through elementary and middle schools. She also participated in volleyball and track & field at Dunsmuir Middle School, but decided to focus upon basketball and soccer once she reached high school.

 Belmont athletics provided Lindsay with many positive memories, including the trip to Hawaii with the soccer team her senior year and competing in the 3 on 3 tournament at the BC high school basketball championship tournament. She explained that although her Belmont basketball and soccer groups were never stand-out teams that dominated the competition, she valued their consistent work ethic and dedication: “*We were always gritty teams and never made it easy for our opponents to play against us. I think our style of play and work ethic stemmed from where we grew up, our motivating coaches, and our commitment to each other. There was an unsaid attitude about not letting your teammates down, which meant never giving up, or giving less than 100% effort*.”

Lindsay was selected as Belmont’s outstanding grade 11 female athlete in 1998 and earned top grade 12 athlete recognition in 1999. Another individual highlight was being selected to the Vancouver Island All Star team and being coached by Bill Spotswood at the all star game in her grade 12 year. “*That was such an honour and a very special moment to share with Mr. Spotswood.*” After high school graduation, Lindsay attended University College of the Fraser Valley, and became captain of the college’s women’s basketball team, the same leadership role she had assumed in high school. She led her team to the national championship tournament two out of three years, where the squad recorded second and fourth place finishes. She was also named to the BC College All Star team for her strong performance at the point guard position.

Through her extensive participation in athletics, Lindsay feels she has learned many valuable life lessons, including the importance of a strong work ethic and the ability to fully commit herself to a goal. Sports honed her leadership skills, taught her the satisfaction that comes from dedicating herself to her team-mates, and showed her how “*if you can a get a group on the same page, with the same mindset, wonderful outcomes can occur*.” Her high school coaches remember her as an incredibly focused, hard-working and humble athlete, who always placed team goals above her own individual needs. They also recall she was a fiery leader, who wasn’t hesitant to speak her mind, but could also get people laughing with her great sense of humour.

Lindsay is quick to credit others for contributing to her athletic success. Her mom and dad, along with close friend Paul Valentine, always provided encouragement and unwavering support. Legendary Belmont basketball coach, Bill Spotswood, was a true mentor to her and a major role model in her life. Troy Harris, Cindy Cullen, Darren Russell, Kevin Harrington and Patti O’Neill were other coaches who provided positive influences.

Lindsay’s advice to current Belmont athletes sums up her own philosophy as an athlete: *“Play; enjoy every second and every experience; give 100% effort and commitment; get involved; always thank your coaches and parents for all of the time, support and money they dedicate to your love of the game.”*