



Media Release

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For immediate release

Sask Sport Inc. Announces July Athlete of the Month Award Nominees

The following athletes have been nominated for the Sask Sport Inc. July Athlete of the Month Award. The nominees are:

- **Tait Nysuten, Saskatchewan Athletics.** On July 4, Nysuten competed at the Canadian Junior Track & Field Championships in Moncton, NB, where he achieved a personal best of 51.79 seconds to take the gold medal in the men's 400 meter hurdles. This marked the fastest performance this year for junior men, broke the Saskatchewan Athletics Junior record set in 1987 by over two seconds, and broke the Senior record set in 2001. Nysuten's performance qualified him to compete in the IAAF World Junior Championships in Moncton from July 20-25, where he ran a 53.21 and placed 31st overall. Nysuten's outstanding performance is even more remarkable considering he has only been training and competing in track and field for two years.
- **Carl Paulhus and Randy Luzny, Special Olympics Saskatchewan.** At the 2010 Special Olympics National Summer Games from July 14-17, each athlete won 1 gold and 3 silver medals. Paulhus captured gold in Squat as well as silver medals in Dead Lift and Bench. His overall score of 377.5 points earned him a silver medal. Luzny won a gold medal in Bench, and silvers in Dead Lift and Squat. He just missed the overall gold by five kilograms, but his point total of 270 was enough to earn a silver medal.
- **Aimee Schryer, Saskatchewan Fencing Association.** On July 1-4, Schryer attended the Cadet Junior National Championships in Repentigny, Quebec, where she earned a silver medal. There were six provinces in attendance and 21 participants in her class. She also attended the CSC #2 Senior Elite Tournament, finishing 7th.
- **Kia Byers, Canoe Kayak Saskatchewan.** On July 17 and 18, Byers competed in the National Team Trials in Montreal, Quebec. She placed first in the K-1 200 meter event and 7th in the K-1 500 meter race. Her strong results in the K-1 200m earned Byers a spot on the Canadian team that will compete in the Senior World Championships this summer and the Pan Am Canoe Championships in October.
- **Tyler Redl, Saskatchewan Soccer Association.** Scoring 21 goals in a 13 game domestic outdoor season, Redl has blossomed into a promising player. From July 18-24 he competed in the All-Star Nationals held in Sherbrooke, Quebec, where he used his scoring touch to score five goals in five games and capture the Golden Boot scoring title.

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- **Sydney Byrns, Saskatchewan Sailing Clubs Association.** On July 15-18, Byrns competed in the Western Canadian Championships SAIL WEST, Olympic Radial Class Women's Olympic Boat Division. At this event she earned gold medals in three out of six races.
- **Kayla McKinnon, Saskatchewan Baton Twirling Association.** McKinnon competed in the 2010 Canadian Championships from July 4-10. At this event, she won a silver medal in 3-baton, a bronze in Solo-Dance, gold in Duet with partner Sara Thibeault, and was part of the gold medal performance in Group "Jai Ho". She was also the National Grand Champion in Solo and 2-baton.
- **Anna Young, Saskatchewan Golf Association.** On July 6-9, Young placed first in her division at the Saskatchewan Junior Women's Championship, with a convincing 11 shot victory. She also placed first in the Saskatchewan Women's Amateur Championship in early August. Despite playing in a small field, Young went on to compete in the National Women's Championships on July 26-30, placing T-55 against some of the best amateur women golfers in the world.
- **Julia Garnet, Saskatchewan Cycling Association.** On July 2 Garnet captured gold in her division in the Junior Nationals Time Trials in Alberta. As a result, she was invited to join Team Canada at Junior Worlds this August. She also finished 6th at the Junior National Road Race on July 4, and was subsequently invited to join the Senior Team Canada racing team in Europe this July.

The award recipient will be named later this week. For more information, contact Pat Rediger at (306) 780-9307 or email prediger@sasksport.sk.ca.

For information regarding the Athlete of the Month Awards program, including previous nominees and recipients, visit www.sasksport.sk.ca/awards.php