

Student Focus: Shannacappo, Tyrell

Hi my name is **Tyrell Shannacappo** and I am an Indigenous grade 9 student currently at College Heights Secondary School. This is my Story: As I started to settle in at CHSS I had friends tell me that I should join football. I told them, "This is not my thing". Then one day I just said, "why not, I will do it." Everyone on the team was excited to see someone my size, that was in grade 8 on the team. I went to my first couple of practices and I really enjoyed it. I even got into a couple of games and played a bit. We finished the season by winning the City Championship.



After football season, I was looking for another contact sport to join. I joined wrestling after seeing a wrestling team poster in the hallway. I won my first match, and I placed third in my first tournament. I participated more and more matches and was finishing close to the top usually finishing 4th. Then I participated in a tournament in Vanderhoof and won a second place there. I finished off my First year of wrestling with 2 medals.

As kid who has come from a rough past, being able to do all these different opportunities has really helped me. I just want to show other people, that despite having tough times, there are always different things that can help you through. Sports has been one thing that's helped me through my tough times. It has brought me joy, and it can for you as well. I believe it is important to get kids more active in sports. While the participation in sports has shrunk, sports can help people both physically and with mental health. I would encourage everyone to join an activity of some sort.

Sports has brought joy to my life and has made me happier. Balancing sports and school can be stressful at times but Joining sports has me made me a better person keeping me busy and out of trouble. During my time here at CHSS I hope to proceed learn about different types of careers, win some championships, and look for pathways for things I can do as an adult. I am currently most interested in pursuing a career in law enforcement. It has always been interesting to me and just seems something that would also bring me joy. I want to thank coaches, teachers, and peers who have always been there when I struggled. College Heights Secondary Is immensely proud of **Tyrell Shannacappo** and we are excited to have him as a student. athlete. and leader in our school.



At First, I was nervous, but I started to fit in with the team. Joining football opened a whole new path in my life. I got into better shape and developed new friendships that I had not experienced before. The coaches understood me and did their best to teach me and help me develop.