

Name: **Ian de Vries**
Local: **Richmond**

When did you start with Special Olympics and how did you get involved?

I joined Special Olympics over twenty two years ago when I was fourteen years old. I got involved with Special Olympics when my teacher suggested I join for extra-curricular activities. I joined SOBC – Richmond and have been with them ever since.

What is your most memorable Special Olympics experience?

My most favourite moment was at the 2004 Winter National Games in Prince Edward Island. My curling team, the Richmond Rockers, won a bronze medal in the “B” division. Travelling was fun, winning the medal was great, and the craziest part is that we got stuck in the biggest snow storm ever!

What would you like people to know about you?

I have travelled to Courtney–Comox, Kelowna, Kamloops, and Prince Edward Island for Games and have also attended the Canada Cup for many years.

I work full-time as a forklift operator at Cascadia Metals and have been with them for over ten years. I collect all the pop bottles and cans from my work and donate the funds raised from the cans to the Richmond Local.

I love hockey and besides the Canucks my favorite teams are the San Jose Sharks and the Anaheim Ducks. I love these teams so much that I have the official playing jersey for all three teams.

I am proud to be Dutch and was interested to learn that my coach and one of my teammates share my heritage. I have never visited Holland, but I have travelled to Australia with my Mom. I am Richmond’s Athlete Representative and have learned a lot from the Athlete Representative Training Course at the Athlete Leadership Conference.

What sports do you participate in?

I participate in 5-pin bowling, athletics, curling, fitness, floor hockey, and softball. This year, I hope to take the Athlete as Program Mentor Course at the Athlete Leadership Conference so I can assist with the programs.