

**Name:** Nazgol Seyednejad  
**Local:** Vancouver

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

I started volunteering with Special Olympics in January 2008 as a sub-committee member on the Local Executive. At the same time, I began acting as an assistant coach with the Run Jump Throw program.

**What is your most memorable Special Olympics experience?**

The time that I have spent assisting the Volunteer Coordinator with interviewing new volunteers has been great. I have enjoyed educating them on the impact their volunteer time can have on our athletes. It's a very positive experience to be able to connect people to athletic programs they are passionate about.

I have also found the time I spend with the kids at the Run Jump Throw program to be memorable. Although I have only been part of this team for a short while, I have developed a healthy attachment to the athletes. I love being able to see them every week, and learn more about what makes them the wonderful people they are. They make me smile.

**What would you like people to know about you?**

I graduated from UBC in May 2007 with a bachelor' degree in Medical Laboratory Sciences. I currently work at St. Paul's Hospital as a research assistant performing lung research. I truly believe that athletic programs have positive influences on children's lives during their development and maturation. In addition, through my own experiences, I think that sport allows individuals to maintain healthy balanced lives. I am a huge fan of community-based initiatives, and the returns they have on our society. I really hope to learn more about Special Olympics organization, and believe that it will be an organization I will want to be involved in long term.

**What volunteer positions do you hold?**

I am a member of the Volunteer Sub-Committee and an Assistant Coach of Run Jump Throw.