



2009 Rookie Athlete of the Year:

Sash Broda



This award recognizes outstanding accomplishments by a youth, junior, age group or masters athletes. Each year, we have many new athletes and selecting the winner can be a challenge. However this year, there was one athlete who definitely stood out.

Sash Broda has spent most of his years as a competitive swimmer with the Prince Albert sharks. In 2009, he decided to try his hand at triathlon.

Here is a list of a few of his accomplishments in his first year of competition:

Conexus Icebreaker - 2nd place

Parkland Duathlon - 3rd place

West Can Junior Elite Tri - 29th

Merlin Ford Lincoln Spin - 3rd place in age group

Coteau du lac Junior elite race 37

Junior Nationals - 33rd

Duck Mountain Tri - 2nd place

Canada Summer Games - 21st place

Canada Summer Games Team relay - 6th

In his first year of triathlon, Sash place 35th in the Teck Cominco 2009 National Junior Elite Series....this is high level competition...with no formal cycling training, no previous transition training...this is remarkable.

Sash's dedication to the sport showed as he traveled to Saskatoon weekly in summer to train with the Junior team and monthly throughout the winter months. He also maintains a 90 plus average in school and is great asset to Saskatchewan triathlon!