

Wednesday,
2005



Jane Awad,
Sport Fest Windsor
spokesperson
Train With Jane
"BOOT CAMP"
Mon. & Wed. 7:00PM
Sat. 9:00AM
www.trainwjane.com

SPORTS

Super Bowl XXXIX, the New England Patriots
win 24-21 over the Philadelphia Eagles

ORGAN DONATION AWARENESS EVENT

International Slo pitch Tournament
a roaring success

TODAY'S
Sport Fest Windsor
FORECAST
Sunny & Clear



Serving Windsor
& Essex County

SPORT FEST WINDSOR NEWS

Jane Awad 2005 IFBB Pro Figure Champion



Jane Awad has been a professional model and respected member of the health and fitness industry for 15 years. She has established herself as one of the top competitors in the IFBB Pro Figure Division in record breaking time. She is the first Canadian born figure competitor to win the IFBB North American Championship as an amateur obtaining her pro card in the process. With her new pro status, Jane competed in the IFBB Pro North American Championship and won her pro title qualifying her for the 2005 Ms. Olympia.

In addition to the Olympia, Jane was one of twenty competitors honored with an invitation to compete at the world renowned Arnold Schwarzenegger Classic and finished 7th overall. In 2006 Jane received a second invitation to the Arnold Classic where she placed 5th overall and

then again in 2007 she received her third invitation, as well as qualifying three times for the famed Ms. Olympia Figure competition held yearly in Las Vegas.

Jane's knowledge of nutritional planning and her understanding of the latest training techniques have given her a unique standing in the fitness world. Her instant success with Train with Jane Personal Training Studio is a testament to her popularity. Her personality, training style, appearance and professionalism has made her one of the most respected and popular competitors and trainers today. Jane has also become a life coach and mentor to many, assisting to help change people's lives for the better. Jane's points of view, modeling and training techniques have been featured in many magazines including Muscle & Fitness, Muscle & Fitness Hers, Muscle media, Energy, Oxygen, Physical, Prevention, and numerous other publications. As a professional model she has worked with well respected organizations such as EAS, The Lyons Group Agency, Silver Model Agency, and several well known photographers such as John Stutz, Robert Reiff, John Goodman, T.C. Chang, Cory Sorenson, Mitchell Grey, and Bill Dobbin.

Jane's athletic accomplishments go back to elementary/secondary schools and University in basketball, volleyball, track and field and golf where she gained All-Provincial status in Basketball and Volleyball. She excelled as the youngest player on the Ontario Regional Volleyball Team and was awarded a silver medal at the Ontario Summer Games as a member of that team. After receiving a full basketball scholarship at Marist College a Division One school, she returned to the University of Waterloo and completed a successful basketball career and was honored as team captain in her junior and senior year. Jane was also a top Javelin thrower, setting many records over her career as well as winning a silver medal at the Provincial Championships. She graduated with a Bachelor of Arts degree followed by her Baccalaureate Teaching Degree at D'Youville College and taught secondary education for five years.

As a spokesperson for Sport Fest Windsor, Jane has volunteered many hours to assist her uncle Tom and father in promoting organ & tissue donation awareness.

Fewer than 15 Canadians in a million are organ donors? It's true. Canada's organ donation rate ranks in the bottom half of countries in the western world where Transplants are performed. More than 3,500 Canadians are waiting for an organ transplant, and every year nearly 150 of them die waiting. We have some of the best transplant technology in the world, some of the most highly skilled surgeons, some of the most prestigious transplant hospitals, but there are never enough organs available to save enough lives.

www.SportFestWindsor.org **Sport Fest**
WINDSOR

YOU CAN SAVE LIVES!

It only takes 3 minutes to register your
consent as an organ & tissue donor ONLINE at

beadonor.ca

& then discuss your wishes with your family.