

CELEBRATES UNIQUENESS

Training Tomorrow

Almost two-thirds of Yorkies participate in school athletics. Here's why that matters.

by Jennifer Foden



Who: **ALEXANDRA TURVEY**

Graduated: 2020

Sport: Swimming

Now: Medical student at Harvard Medical School and MIT

When Alexandra Turvey, a former “lifer” at York House who graduated in 2020, looks back at her time at school, she recalls being perpetually damp. “I was always showing up at school with soaking wet hair and a messy bun going back to practice at the end of the day,” she quips.

It should come as no surprise that this was thanks to Turvey’s long hours at the pool. Her love for swimming first blossomed inside York House’s walls in Grade three. “I did all the sports,” she says. “I got really serious about swimming pretty quickly, so I started exclusively doing that in grade four.” She then joined a local club that practiced at the University of British Columbia.



ALEXANDRA TURVEY

In 2024, she not only competed at the Paris Olympic trials for Team Canada, but also won the prestigious NCAA Woman of the Year award. Although she’s now retired from swimming, she

Turvey swam competitively up until last year, first for Vancouver Pacific Swim Club while still at York House and then for Pomona College and MIT.

In 2024, she not only competed at the

still loves sports and is currently a medical student pursuing joint MD/PhD degrees at Harvard Medical School and MIT. She credits athletics for her ability to pursue a medical career.

“I’ll be graduating in 2032,” she says. “And I think a big reason why I was able to commit to this and pursue something this long... was because I made these commitments before with athletics and in high school. Especially for young women, athletics teaches you to set ambitious goals and not shy away from doing hard things. And believing that you are capable of doing [them].”

Turvey isn’t an anomaly. Many York House alums credit athletics to their current success.

Jade Christie and Biz Price are both former students who were very involved with school athletics. Christie graduated in 2000 and was on the provincial-winning basketball team in 1999. Now? She’s the Director of Workplace Planning at lululemon. After Price graduated in 1979, she made a career for herself in artistic—a.k.a. synchronized—swimming. First as Team Canada’s coach for 18 years and then for 13 years when she worked in the UK as Performance Director and Head Coach.

“I am pretty confident I wouldn’t be where I am in my life—specifically my professional life—if it hadn’t been through all of the experience I gained through sports,” Christie shares.

Carolyn Trono, Director of Quality Sport Division with Sport for Life, says participating in sports and learning valuable life skills—like resilience, teamwork, and time management—go hand-in-hand. “There is nothing wrong with the high-performance sport excellence pathway,” she says. “But it should not be at the expense of all of those life skills.” Translation: competition is great, but learning social skills and how to work together is just as vital. “Sometimes we forget about that. That’s probably the most important thing.”



Who: **JADE (HUMBLE) CHRISTIE**

Graduated: 2000

Sport: Basketball; Jade was the first YHS athlete to go on to play for an NCAA Division One Basketball Team (St. Bonaventure's University in New York).

Now: Director of Workplace Planning at lululemon

I wouldn't be where I am in my life—specifically my professional life—if it hadn't been through all of the experience I gained through sports.

Canada's Sport Information Resource Centre backs this up: there are so many skills youth can learn through playing sports, like leadership, teamwork, resilience, trying new things, alongside taking feedback, communication, time management, discipline, self-confidence, among others.

And Trono adds it doesn't matter what the sport is to learn these life lessons. What is most important is the culture, like a positive coach, whether you're being challenged and having fun.



JADE CHRISTIE

Here's how those lessons took shape for former Yorkies.

ON LEADERSHIP:

Christie was in a leadership position on her YHS basketball team. In fact, when she was in grade 11, she was often winning MVP at

tournaments. Then, in the regional qualifiers, she tore ligaments in her ankle and according to Christie "was devastated." And while she was able to play in some key moments with a taped-up ankle during provincials, she played considerably less. Her team still won. And she took a key leadership life lesson along with her.

"It's okay to step aside. There are moments where you can really rely on your team. And allow others to have the spotlight," she says. "When you're in the office or professional environment... as a leader, you need to know when to take space, but you also need to know when to make space. And that means stepping aside and letting someone else lead."

ON RESILIENCE:

Turvey recalls between grade 9 to 11 that she was getting slower in the pool, not faster. Even though she was going to practice nine times a week. "You work every single day for multiple hours a day to maybe shave off a few tenths of a second in like a year's time," she says.

Ultimately, as we all now know, her dedication and resilience in the pool did pay off.

“Athletics teaches you that things don’t always go your way,” she says. “And I think that’s a really important life lesson from a young age that sometimes you work really hard for things and it doesn’t turn out as you hoped. And how to come back to practice the next day and still show up even when you don’t feel like it is so translatable to any sort of job or career or life hurdle.”



BIZ PRICE

ON FEEDBACK:

Price shares that participating in sport is about listening to constructive feedback without taking it personally. And in some cases, as a player or coach, giving feedback in stressful situations.

“[As a player] you have to

decide what you’re going to act on and what you’re not going to act on or what you’re going to act on later... You learn how to take it a little bit less personally. And also give [feedback] that’s clear and concise and non-judgmental. It helps me in all aspects of life, not just in sport, but in family life, in stressful situations and your other work life.”

ON TRYING NEW THINGS:

Turvey says athletics at York House was a safe space to explore. “I felt that it was always a safe environment in which to try and experiment with new sports,” she says. “And you know, maybe you fail and you find out that that’s not the sport for you, but you had the opportunity to try it.”

For her, that freedom to experiment was crucial. “I think that’s so important, especially for young women to have these environments where they feel that they can put themselves out there and try and fail. And that’s okay, because you might end up finding something that you love.”

Who: **BIZ PRICE**

Graduated: 1979

Sport: Artistic Swimming

Now: Semi-retired, former Synchronized Swimming Coach for Team Canada, and British Swimming’s Synchronised Swimming Performance Director and Head Coach for the 2008 and 2012 Olympic Games

... decide what you’re going to act on and what you’re not going to act on or what you’re going to act on later... You learn how to take it a little bit less personally. And also give [feedback] that’s clear and concise and non-judgmental. It helps me in all aspects of life, not just in sport.



Biz (far right) and fellow Synchro Canadian Olympic Coaching staff at the 2000 Olympic Games in Sydney, Australia



Especially for young women, athletics teaches you to set ambitious goals and not shy away from doing hard things.

ALEXANDRA TURVEY

ON TEAMWORK:

Christie has a preference for team sports and it's easy to understand why: you have to learn to work together. "You might not be best friends with everybody, but you have a common goal and you need to figure out how to work together and how to leverage each other's strengths in order to achieve that goal," she says. "So, there's conflict management, conflict resolution, knowing how to listen, and how to communicate... You don't realize you're honing these skills until you start finding yourself in more adult conversations or you're a young professional in the workplace."

THE ALL-GIRLS ADVANTAGE

Turvey, Christie, and Price are not the only ones who love sports: 63 per cent of York House students participate in school athletics, from swimming and basketball to field hockey, volleyball, tennis, golf, and beyond. This is well beyond the national average. According to Statistics Canada, 49 per cent of women aged 15 and older reported participating in sports.

Part of the reason for this may be thanks to the all-girls environment.

A 2024 report from the Sport Information Resource Centre

found girls-only spaces in sport are essential for folks who have historically "experienced discrimination within the sport spaces they do have access to and exclusion from sport completely." These environments, the report says, have the opportunity to build confidence and belonging and potentially keep women in sports.

Trono has noticed this in her work with the Winnipeg Newcomer Sport Academy, too. "What we found is the girls like to do sport with just girls," she says. "Mostly because they have more opportunities to try things and then they build their confidence. When we moved the girls to a girls-only environment, their engagement increased and they seemed to have considerably more fun."

Turvey says the environment at York House helped her confidence. "No matter the situation, the smartest or the fastest or the strongest person in a room was a girl," she says. "When we were picking teams at school, the first person picked was a girl. I think that was really impactful for me at a young age... I felt empowered to put myself out there and feel I could achieve anything any boy could and I think a lot of that can trace back to being in that all-women's environment." 🌀



Grade 6 Basketball team players, Isabelle Martz and Everly Hursh



TIGERS

Tiger Territory: Recent Gains on the Field of Play

Yorkies tackle athletic challenges with the grit they are known for off the court. While we can't include a comprehensive list of YHS athletic achievements here, we are proud to share a snapshot of the last year's recent wins:

In May 2025—for the first time in school history—our Senior Tigers won the **AA SOCCER PROVINCIAL CHAMPIONSHIP**

For the first time since 2018, our **JUNIOR SWIM TEAM** (Grade 3-7) brought home the trophy at the ISEA Championships in 2025, shattering multiple meet records along the way. They then recently claimed the same championship title in 2026 as well.

Our Senior **TRACK AND FIELD TEAM** made eight new YHS records at the 2025 BC Track and Field Provincials, also placing third in AA in BC

Our small but mighty Senior **TIGERS SWIM TEAM** placed 2nd in the province at the 2025 BC Championships

SENIOR SKI AND SNOWBOARD team were 2026 VS2S South Zone Champions and placed 2nd at the 2026 BC Championships

JUNIOR BASKETBALL TEAM (Grades 8-10) placed first in 2026 LMISSAA League and won silver at the 2026 ISA Championships

SENIOR BASKETBALL team claimed the 2026 championship at the Britannia Bruins 51st Annual Tournament

The **SENIOR SCHOOL CLIMBING TEAM** gave their all at the ISA season closing competition in March 2026, each pushing themselves to achieve personal bests across the board