

Track star Schneck honoured with CIS Community Service Award

MARCH 22, 2010 - 7:08PM

[Nathan Liewicki](#), Sports Staff



[PETE YEE](#)

Recently awarded the women's CIS Student-Athlete Community Service Award at the national indoor track and field championships, fourth-year pentathlete Amanda Schneck is a diligent volunteer who excels both on the track and in the classroom.

For the Pandas captain, the 2010 track season was one she won't soon forget. In addition to receiving the national service award, Schneck set a new school pentathlon record at a meet in Regina and captured gold in the event at the Canada West Championship back in February at the Butterdome. She would go on to finish sixth at nationals.

When asked what the highlight of her year was, the two-time CIS Academic All-Canadian felt that winning gold in front of the Butterdome crowd topped everything.

"Coming into that meet, I felt there was a lot of pressure, because everyone was expecting me to do well. Fortunately, it fell into place for my favour. It was also a cool feeling standing at the start line of my hurdles race and hearing everyone shout 'Go Schneck!'"

Even though she has excelled as a pentathlete, her selection as the recipient of CIS' service award reflects the tireless amount of time and effort the fourth-year material engineering student puts into extra-curricular activities.

Schneck is the vice-president of the University's Student Athletics board, an associate vice-president of the Engineering Students' Society board, and a contributor to the monthly engineering newsletter, the Bridge.

On top of her involvement with various university bodies, Schneck maintains an impressive GPA and is involved with the annual engineering head-shave event for cancer which she participated in two years ago.

"I found that I liked trying to get students involved in things and planning events. The head shave is lots of work, but when you see it all come together and give that cheque to the Alberta Cancer Foundation, it's very gratifying," Schneck explained.

So just how is she able to balance everything that's on her plate? Interestingly enough, by taking on multiple projects all at once.

"I find the busier I am, the more I focus, because my time is more valuable. When I commit myself to a class, a training session, or a two-hour period to do work, I'm very focused," Schneck affirmed.

Her decision to pursue a biomedical specialization for her degree also showcases the unique aspirations she has once her university days are over.

Despite her career expectations, Schneck maintains that, in the future, she would like the opportunity to coach young tracksters.

"Track and field coaches are under-appreciated, and I have a lot of respect for the coaches I've had," Schneck noted. "I think I could use my experiences to teach others, and I think it could be almost as rewarding an experience to coach."

A standout on the Alberta track and field team, Schneck's achievements and involvement both on and off the track are a testament to the long hours of work, training, and volunteering she has put in over the last four years.

"The thing I would like people to take as inspiration from me is that hard work does pay off when you really put in the time and focus on something you want," Schneck said.