



AN IB WORLD SCHOOL

**MICHAEL POWER • ST. JOSEPH**  
HIGH SCHOOL



**ATHLETE OF THE WEEK – May 25<sup>th</sup> to May 29<sup>th</sup>**

# Anastasia Alexeeff



Congratulations to the Athlete of the Week – Anastasia Alexeeff!

Anastasia is a grade 10 student at Michael Power/St. Joseph High School and a welcome addition to this year's Track and Field Team. This past week, Anastasia competed at the TDCAA Championships in the 800m, 1500m, and 3000m. She qualified for Metro's in all three events. This is no easy feat as she picks the most gruelling events on your body. Anastasia is a committed student-athlete who leads by example. In practice she is constantly pushing her teammates (both boys and girls) to get stronger. She is a quiet kid but let's her running ability do the talking for her on the track. Her work ethic is second to none when it comes to preparing for race day. Anastasia has recently joined a track club outside of school. Training with the best on a regular basis all year round shows her commitment to the sport. There is no doubt that she will be a force in her senior years at MPSJ. Anastasia hopes to have a strong Metro meet and accomplish her goals by qualifying for OFSAA this week.

Michael Power/St. Joseph is fortunate to have such a talented student-athlete!