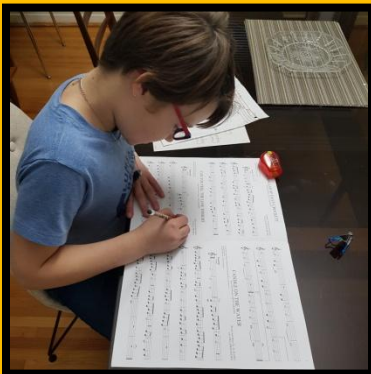




## Athlete Profile of the Month

Our athlete spotlight this month is going to highlight Regina Armada Athlete Carly Frostad!

Carly is 9 yrs old, attends Ecole St Pious X. She has been playing Water Polo for 4 Years and loves it! She comes from a water polo family; her aunts used to play when they were younger. Now the Frostad water polo crew includes Carly and her older siblings Kim and Erik!



I play the trumpet too! Please be quiet, Just working on some musical theory here.

Carly love to play sports, she also plays hockey in the winter for the Regina Tigers and even competes in Triathlons! She would however recommend Water polo because it is a fun Water sport game where you can kick some butt! Her favourite Water Polo moment was definitely AWESOME! Despite being 9 she scored in a U15 summer provincial game this last June.



### Rapid Fire Questions!

**Favourite Meal?** Chicken fingers and a milkshake!

**Favourite Movie?** Star Wars!

**Favourite Musical Artist?** Avenge Sevenfold!

