



# Athlete Profile

## Jayden Saywell

MVC Graduating Class of 2019.  
Playing at Vancouver Island  
University for the 2019/20  
Season.

Jayden started playing with the Mariners Volleyball club during the 2014/15 season. She is a standout athlete, consistently demonstrating desirable character traits that any coach could possibly want, including a desire to compete, commitment, coach-ability, leadership and selflessness. During her volleyball career she was named the 2019 Nanaimo Sport Achievement Award winner for Jr. Female Athlete of the year, she was a 2017 & 2018 Provincial Championship All-Star Honorable Mention, 2018 Island Championship MVP, 2017 Island Championship 1<sup>st</sup> Team All-Star and a 2016 BC Summer Games Gold Medalist.



Jayden is actively involved in giving back to the community at the grassroots level. She has helped coach younger athletes at both the elementary school level and for Volleyball BC, in both indoor volleyball and beach volleyball. She is also an active volunteer official within the school, officiating games for the younger students.



*2019 Provincial Championships – Richmond Oval*



*For the 2019/20 season Jayden will be attending Vancouver Island University to play Volleyball.*

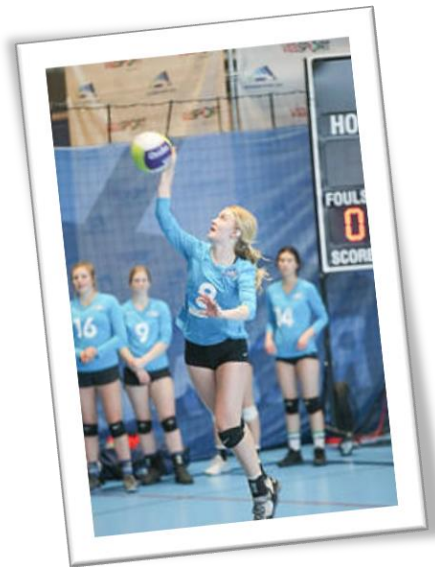
# Athlete Interview

## 1. How did you get started playing volleyball?

I started playing volleyball in grade six at Mountain View Elementary School. It was the first year that you could start playing school sports and I was really excited at the opportunity to train and compete against other schools within our district.

## 2. Do you prefer playing indoor volleyball or beach volleyball? Why?

I prefer playing beach volleyball in comparison to indoor due to the fact that you are involved in each play and get to contact the ball a lot more. In indoor volleyball you might not get to be as involved in the game.



## 3. Who would you say are your top influencers / mentors?

One of my favourite coaches that I've ever had playing high level indoor was Jordan Church who brought my game to a whole different level when I first had him as a coach for the BC Summer Games and then again for my last year with the Mariners. Another one of my favourite mentors I've had over the years was Ivona Obajdin who helped me with training both on and off the court and who helped me with how to coach volleyball at the grassroots level.

## 4. Do you have any pregame ritual(s) that you do before every game?

Before a game I usually like to have a few minutes to myself where I can just listen to my music. It helps me get into the right mindset going into a game.

## 5. What other sports do you play?

I played soccer and basketball at the same time I played volleyball, so I had to learn very early on how to time manage and how to be organized.



**6. Of all your accomplishments as a volleyball player, is there a match, tournament or accomplishment that stands out in your mind? Why?**

One of my favourite personal accomplishments as a volleyball player was when we finally won the Island Championships in Victoria during my last year at Nanaimo District Secondary School. We had previously lost to Carihi in the North Island Championships and it wasn't our best game as a team, so we were determined to play better the next we faced them. I couldn't be happier with how we played as a team for that final match. Everyone got in to play and just gave their full effort and it was just awesome to watch all of our work we put into the season pay off. I will probably still remember that moment for years to come as one of the most fulfilling wins of my life.



**7. What are your plans for 5 years down the line?**

Five years down the line I am hoping to be finishing up my degree at university while still participating in some type of volleyball league, either indoor, beach or an intramural program of some sort.

**8. How do you balance your academics and athletic passions?**

I would say planning ahead is the best way to manage your time so you can balance your academic and athletic life. Know ahead of time when you need to have assignments in and when your games and practices are. I always kept a calendar so I could see my schedule and I could get ahead in my classes, so I wouldn't fall behind if I had to miss school for a tournament.



**9. What impact do you think the Mariners Volleyball Club has had on your personal development as a Volleyball player?**

I think the Mariners Volleyball club has had a really strong positive impact on who I am as a player and person in the community. They have helped me reach my goal of playing post - secondary volleyball. All the coaches have also been very supportive and gone above and beyond to help me develop my skills to reach the next level.



**10. What advice do you have for young athletes in the Mariners Volleyball Club?**

I would say to always work hard for your team and give 100% because it will pay off in the end. I would also say to cherish your time playing because the season is so short and it goes by very fast. I won't remember any of those games that we won or lost, but the memories that I have made with my teammates and those special experiences I will remember for the rest of my life, so just enjoy it.