**Chris Wheldon Crozier: 1970-1976 **

 Chris Weldon attended Elizabeth Fisher and Belmont from grade 8-12. She grew up in an active family and experienced a variety of sports from a young age. Her mom drove the family all over Vancouver Island, skiing at Green Mountain, skating at Esquimalt Arena, and swimming at Cowichan and Thetis Lakes. Chris recalls that girls’ softball was in its infancy when she first started playing in the 1970’s, and her first uniform was a Little League castoff made of heavy denim material. There were not nearly as many athletic opportunities in the 1970’s as there are today, so the 1967 construction of the Centennial Pool at the Juan de Fuca Recreation Centre caused excitement in the community. Chris joined the Coho swim team and trained with a group of friends, some of whom would form the nucleus of the Belmont squad that finished third in the province in 1975-76.

 Softball had been dropped as an official school sport by the 1970’s, but Chris continued to play at a high level in the community. At Belmont, swimming and cross country were her main sports, although she also competed in track and field. She was a member of the powerful 1975-76 swim team that took home the bronze medals at the BC High School Championship meet, and earned a gold medal in that same competition by winning the 400 meter freestyle relay with team-mates Joan Robertson, Lori Wells, and Terry Brown in the 400 meter freestyle. Chris has very fond memories of her association with Belmont swimming and particularly enjoyed the large out-of-town meets in Vancouver, where the team stayed in the Hotel Vancouver.

 After high school graduation, Chris continued to remain active and competed in both softball and racquetball at a national level, and took up golf and squash as more recreational activities. She values the relationships that she’s developed through competitive sports, and encouraged both her daughters to become involved in athletic pursuits. Chris hopes that sports will always be included in the school curriculum as “it teaches a lot more than simple gym time activities” and that the benefits include “*alternate social groups, the art of winning and losing, and the feeling of well earned rewards.”*

 Chris appreciates the many people who helped her achieve success and singles out Coho swim coach Doc Portelance (father of Belmont Hall of Fame swimmer Doug Portelance) as a mentor “*who gave tirelessly of his time and energies; he'd pick us all up on the way to the pool in his convertible for 5 am practices.”* She also mentions Bill Spotswood as a great influence: *a larger than life personality, although he never coached me in any of my sports.  He was presence on the basketball court sidelines*. *Basketball at Belmont was a tradition and celebrated a huge following.  I was a cheerleader for a few years and loved those crazy excitement filled evenings.”* Finally, she says her mom was her biggest supporter and always volunteered to help drive Chris and her team-mates to sporting events, as well as to score-keep or even umpire softball games.