

## Cynthia Appiah: Canadian Bobsledder

Cynthia's parents came to Canada from Ghana.

She was born in North York, Ontario.

She threw hammers and shot put in university. She has strong arms.

In 2013 she joined the bobsled team as the brakeman.

In this Olympics, she is Canada's first black pilot.

She is 31 years old.

Where did Cynthia's family come from?

---

Did she go to university?

---

What was her first position in the bobsled?

---

What does she do now?

---

Is she a "part time" athlete?

---



*"You have to put in 100 per cent to be able to achieve your goals," she told CBC News. "When you're striving for the Olympics, you can't be a part-time athlete."*

