

Paul Van Steen Sports Achievement Award 2014 Brendon Howard

Brendon has been cross country skiing since he was 4 years old and has competed in the National, Regional, Provincial and High School level in both Free and Classic technique. He is consistently top 5 in age group in Ontario, and top 20 at National level races. Member of Nakkertok Junior Development Team. Nakkertok Nordic has been National Aggregate Club Champions for the past 5 years.



Brendon has been recognized as both the AY Jackson Junior (2012) and Senior (2013) athlete of the year and was twice awarded their MVP award for the Nordic ski team.

In addition, Brendon has competed for AY Jackson at the NCSSAA and OFSSA levels in both Cross Country and Track and Field earning MVP honours in both sports.

Brendon is also a former competitive hockey player (KMHA Blazers), member of KMHA Minor Bantam 'B' and Major Bantam 'B' league champion teams, and member of KMHA Major Bantam 'B' Silver Stick Champion Team (2011). He road cycles and mountain bikes when time permits and is a volunteer coach with A.Y. Jackson S.S. Track team 2014 (Grade 12).