

REMARKABLE WOMEN

Honouring Women From Our Vancouver Communities



Photo courtesy Rich Lam / UBC Athletics

Poonam Sandhu

Born and raised in Vancouver, **Poonam Sandhu** first began playing field hockey at age nine for the India Club. Naturally athletic, Poonam also played soccer for the Killarney and KLM soccer clubs, and played field hockey, basketball and ran track for John Oliver Secondary. For her efforts and achievements, she was named the school's Athlete of the Year for five consecutive years from 2004 to 2008.

Poonam has played field hockey at the provincial level since the age of 14 and began training with the National Team in May of 2008. In June 2009, she traveled with the team to Kazan, Russia to play in her first World Cup qualifying tournament, the Champions Challenge II. In August 2009, she began playing field hockey for the UBC Thunderbirds, traveling with the university squad to Argentina where they competed against various club teams from Buenos Aires and Rosario.

Poonam's first season with the T-Birds was a successful debut: she earned a starting forward position and was named a candidate for Rookie of the Year. After becoming CanWest Champions, the UBC Thunderbirds went on to win their record 12th McRae Cup and were crowned CIS 2009 Field Hockey Champions. Poonam earned Player of the Game honours during the tournament in UBC's match against the University of Toronto.

As a carded member of Canada's National Field Hockey Team, Poonam is training for the 2010 World Cup qualifying tournament and the 2010 New Delhi Commonwealth Games.