



## 2019 CANADA WINTER GAMES ATHLETE BIOGRAPHY

**NAME:** J'LYNN MITCHELL

**Age** 17

**Years I have participated in my sport**

Started shooting 2011, competitively in 2015

**Hometown** Regina

**Club** Frontier Bowmen Archery Club

**Position** Compound Archer

**Previous games of this type I have participated in**

2018 World Archery Indoor Championships

**My most recent athletic accomplishments in my sport or discipline**

Year	Full name of competition/event	Placing
2018	World Archery Indoor Championships – Team event & new Canadian record	2 <sup>nd</sup>
2018	Archery Canada Indoor Championships – Women Cadet Compound	2 <sup>nd</sup>
2018	Archery Canada Target Championships – Women Cadet Compound	3 <sup>rd</sup>
2017	Archery Canada Field Championships – Women Cadet Compound & set new Field record	1 <sup>st</sup>
2017	Archery Canada Indoor Championships – Women Cadet Compound	1 <sup>st</sup>
2016	Archery Canada Indoor Championships – Women Cadet Compound	1 <sup>st</sup>

**My goals for the games**

My goals for the games are to shoot to the best of my ability and have fun doing it. Make lots of memories and new friends and to enjoy myself and all the experiences I will have.

**My personal best result in my event**

My personal best result was when I competed at the World Archery Indoor Championships in 2018. Finishing second place in the team event and setting a new Canadian record.

**Awards or major accomplishments that I have received**

My most major accomplishment I have had was when I competed at the World Archery Indoor Championships in 2018. Finishing second place in the team event and setting a new Canadian record.

**My personal role model**

My personal role model is my coach Mike Kupchanko Sr. He is such a kind hearted, selfless individual. He can make anybody smile and he lights up every room he walks into. His personality and vibe is contagious and I am so very thankful to have him in my life.