

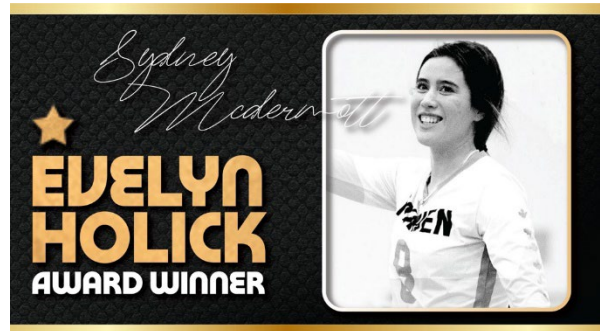


## Evelyn Holick Award Winners Articles

### 2025 - **Sydney McDermott**

It's our honour to present this year's Evelyn Holick Award to an athlete who truly exemplifies excellence, leadership, and the spirit of the game—Sydney McDermott.

Sydney's volleyball journey began at just nine years old and has taken her from school teams and house leagues all the way to the national stage. She has proudly represented Ontario and Canada through Team Ontario Elite, the U19 Team Canada Training group, the National Excellence Program, and NexGen Beach.



She's a three-time provincial champion, a Grand Prix All-Star, and has even competed at the adult beach level—at just 16 years old. Sydney is now committed to Kansas State University to continue her volleyball career at the NCAA level.

But her impact goes far beyond her personal success. She is a mentor and coach to young athletes through Synergy Spikes, Pakmen Camps, school teams, and Leaside Volleyball Club.

Sydney McDermott embodies everything the Evelyn Holick Award stands for—excellence, leadership, and a deep commitment to the growth of our sport.

## 2024 - Sarah Bumstead

Sarah Bumstead's passion for volleyball ignited at six when she first stepped onto the court as a member of the KW Predators Mini and Pee Wee Preds program. Since then, she has become an integral part of the club, leaving an indelible mark through her commitment and selfless service. One of the most visible athletes of the KW Predators, Sarah is present at any event hosted by the club - volleyball related or not - such as the Predators' Christmas Food Drive, working at the Food Bank and serving meals for the homeless.

Throughout her years with the Predators, Sarah has not only excelled as an athlete but has also emerged as a leader and mentor to her peers. Her extensive involvement in various capacities, from coaching her senior volleyball team to volunteering at youth programs and summer camps, underscores her dedication to developing the next generation of volleyball enthusiasts.



Beyond her contributions to the Predators, Sarah's leadership and sportsmanship shine brightly on and off the court. With a respect for the game, her teammates and her opponents, she consistently leads by example, ensuring that her teammates and fellow athletes uphold the highest standards of sportsmanship and teamwork. It's the smaller things that make Bumstead an exceptional teammate and player; she is always the first one in the gym for both practices and matches, arriving at least an hour before a competition and at least half an hour before practice. She is always the leader in making sure that nets are put up and taken down and that warm-ups and cool-downs are a team activity. Off the court, she makes sure that the athletes that volunteer for the KW Predators' youth programs will be present from week to week and will find replacements if people are missing.

Looking ahead, Sarah's journey in volleyball will continue to flourish as she prepares to join Marist University, a Division 1 NCAA school. Her accolades, including representing Team Ontario and earning recognition as an OVA All-Star in 2023.

## 2023 – Victoria Potvin

Potvin, 17, is a silent leader of the Maverick Broncos whose actions on the court speak louder than words possibly could. When she is vocal though, the message is clear and respected and heard by her teammates, garnered through a fulfilling tenure with the Ottawa volleyball club. A smaller outside hitter, Potvin has trained extensively on her all-around game to ensure all the gaps are filled and the result of her dedication speaks for itself – a Team Ontario selection to the 2022 Canada Summer Games, making the 2022-23 Team Ontario Elite roster and an invite to the Volleyball Canada U19 selection camp in the libero position. For the cherry on top, her goals of playing post-secondary will be realized when she steps on the court for the McMaster Marauders in the Fall of 2023.

“There is a special bond between the players, an unwavering support of each other, a resiliency to never give up, and most of all a sense of having fun,” says Maverick Volleyball coach John Nguyen.



“Victoria has been a key player in creating this environment and leading the others to support each other through her own humbleness, encouragement, and smile.”

Sport has been essential in Potvin’s life. Prior to a sole focus on volleyball she was a talented ringette athlete and downhill skier – the multisport background proving to be a valuable asset in her versatility on the court. Even when she is not competing, she still manages to be immersed in the sport through her volunteering efforts within Maverick Volleyball with the younger teams, helping to foster the next generation of volleyball athletes. The generosity comes from a knack of building strong relationships, keeping that community and by participating in funding projects such as the Create Change Foundation – a charity on a mission to transform girls living in poverty into leaders of change. Her work in this fundraising event helped support girls in Africa.

A three-time OVA Award of Excellence recipient from her club, Potvin balances an outstanding academic record while constantly on a path to keep improving and to absorb all she can in her volleyball career to not only help her, but those on the court with her; a mark of a great leader.