



Emily Bland

Central Newfoundland

Age: 16

Education: Grade 11, Exploits Valley High

Current Academic Average: 91%

Career Goal: Commercial Lawyer or CEO of large company

Special Training:

- Voice Lessons (2 years)
- Piano Lessons (7 years)
- Art Lessons (4 years)
- Karate (1 year)
- Swimming Lessons (8 years)
- Sewing Lessons (2 years)
- Ballet Lessons (2 years)
- School Band (3 years)
- School Choir (2 years)
- St. John Ambulance First Aid Course
- WHMIS Course
- First level coaching for Soccer (2010)
- Attended a Tutoring Workshop
- Member of the Central Volleyball Regional Team (2009)
- Volleyball camps at Saint Mary's University and Dalhousie University
- Enrolled in the Newfoundland Safety Council Driver's Education Program
- Teen Weight Training Course – YMCA
- Currently in the process of completing the Focus on Information Technology (FIT) National Certification Program



Awards & Contests:

- Reigning Miss Teen Central Newfoundland 2010-2011
- Most Photogenic – Miss Teen Central Newfoundland
- People's Choice Award at Miss Teen Central Newfoundland
- 2nd Runner-up at Miss Grand Falls-Windsor 2010-2011
- Many Awards at Kiwanis Music Festival
- Over 30 medals in Sports (including Basketball, Volleyball and Competitive Cheerleading)
- Nominated for the Ray Palumer Technology Award
- Nominated for Female Athlete of the Year Award
- Student Council
- Cayley Math Competition (2010), placed top in Exploits Valley high, second in Central and high overall in Newfoundland
- Placed 5th in Newfoundland in the GAUSS Math Competition (Grade 7)
- Placed second in the GAUSS Math Competition in Grade 8
- Honours with Distinction (Grades 7-9)
- Honours (Grade 10)
- Principal's List (Grades 10-11)
- Many awards in Sports, including Player of the Game, Sportsmanship and MVP
- Placed 1st in the Central Newfoundland Visual Arts Society



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- Placed 2nd twice in the Central Newfoundland Visual Arts Society contests
- Completed Level 3 / Grade 3 Royal Conservatory Exam
- Completed Level 4 / Grade 4 Royal Conservatory Exam

Volunteer Work:

- Salvations Army Christmas Kettles
- Daycares
- Coaching Volleyball
- Coaching Basketball
- Runway Show for the Children's Wish Foundation
- Children's Wish Foundation Fun Day and Walk
- Babysitting
- Social Actions
- Relay for Life
- Score keeping for various Sports
- 2010 Winter Games
- Helped plan Fun Days for Soccer
- Fundraising for Schools
- World Visions
- Organizing fundraisers for sports teams
- Various Charities
- Organized a bracelet sale for the School's Foster Child
- Currently organizing and planning Little Miss and Little Mister Grand Falls Windsor for May

Extra-curricular Activities:

- Piano
- Swimming
- Sewing
- Social Actions
- Voice
- Competitive Cheerleading
- Coaching Volleyball and Basketball
- Running Club
- Sparks and Brownies
- Public Speaking
- Tutoring
- Helping and Participating in School Plays and Assemblies
- Student Leadership
- Student Council
- Basketball
- Volleyball
- Floor Hockey
- Soccer



Contestant # 10

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Sports & Hobbies:

- Basketball
- Volleyball
- Floor Hockey
- Soccer
- Reading
- Going to the YMCA
- Running Club
- Skidooring
- Travelling
- Photography
- Creating Videos for Sports Teams / Events / School Projects, etc.
- Seadooring
- Wake Boarding
- Water Skiing
- Knee Boarding
- Working with Children

Travel Experience:

- All over Newfoundland
- England
- Mexico
- Jamaica
- Florida
- Washington, DC
- Miami
- Hollywood
- Los Angeles
- Atlanta
- Quebec
- Ontario
- Nova Scotia
- New Brunswick
- Prince Edward Island
- Dominican Republic
- New York
- San Diego
- Travelled from Maryland to Quebec on my Grandfather's boat
- Planning a family vacation to Turks and Cacaos this Easter

Languages:

- English and some French