

Video Title: A UofGH student striking to the top

Date: 10/15/2018

Running Time: 3:03

| Time | Content |
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| 0:00 – 00:3 | [University of Guelph-Humber Quick Take] |
| 0:04 – 0:06 | [Erika Caldwell is a champion.] |
| 0:07 – 0:12 | [She has black belt in Taekwondo. She has competed internationally. She has won gold.] |
| 0:13 – 0:16 | [She's also a UofGH Kin Student.] |
| 0:17 – 0:30 | [Erika Caldwell] I started Taekwondo when I was about ten years old and my mom wanted me to just try Taekwondo, get some self-defence and try a new sport and I did an eight-week program through the Toronto Parks and Rec and just after that it stuck. |
| 0:31 – 0:47 | [Erika Caldwell] I'm a very competitive person and I love to set goals for myself and especially being in Kinesiology using the things that I learned in class to help me improve athletically to try and always beat other people and beat myself and beat my own personal records. |
| 0:48 – 1:01 | [Erika Caldwell] I was in grade 10 when I first became interested in Kinesiology. I had my first injury and so getting that treated by a physiotherapist and a chiropractor I kind of learned about going that route and Kinesiology seemed like the perfect undergrad. |
| 1:02 – 1:16 | [Erika Caldwell] So I'm definitely going to use the placements that we have to help me decide what I want to do with my future whether that's chiropractic or practicing medicine working with athletes something related to sports or athletes would be amazing. |
| 1:17 – 1:47 | [Erika Caldwell] |

My first international competition was the 2015 junior Pan Am Championships in Mexico where we won a bronze medal so that was definitely a highlight as it was my first competition and I was getting to meet lots of new people from all over the world. Recently I was at the 2018 Senior Pan Am Championships in Spokane Washington and again we won gold there so that was very exciting and it was a really good trip and in a few months we'll be going to Taiwan Taipei to compete at the 2018 World Championships.

1:47 – 2:55 [Shots of Erika and her team practicing Taekwondo]

2:56 – 3:03 [Special Thanks: Erika Caldwell, Maria Alvie Dela Crus, Alissa Juman]