

Youth Doing Great Things: Edition #1 – Shayna VanBeilen

Shayna VanBeilen is 19 years old, and has been a huge part of South Dundas since a very young age. Born in Winchester, Ontario and living in a quaint Morrisburg home, VanBeilen has grown up in the rural area her whole life, and has grown fond of the small-town feel of South Dundas. Many of the locals know her as the sunny blonde that works customer service at the Canadian Tire in Morrisburg, always willing to lend a smile and kind conversation, but she has accomplished much more than just scanning your items through cash.

Shayna has always been fond of sport from a very young age, playing many recreational sports in the community such as soccer and hockey. Her love for physical activity has spurred her interest in further educating children on the importance of physical health, while also wanting to make it enjoyable at the same time!

VanBeilen has been doing high intensity training for four years at the local gym, St. Lawrence Barbells and Burpees, owned by South Dundas resident Shanna Dawley. She has competed in many Crossfit competitions, some of which expand to reach almost every country globally, taking home a variety of high placing finishes in a handful of the competitions. Aside from her own personal training, Shayna has always wanted to coach workout classes, which is how she managed to stumble upon her work with younger kids, coaching KidFit classes in the summer of 2018.

“Shanna and I realized that [KidFit] was something other gyms were doing, and we decided that it was something I should do. It would be a great opportunity to bring more to Shanna’s gym, and it would be a great experience for me as well,” VanBeilen said. “And I love kids, so it was really easy for me.”

Shayna obtained her Crossfit Level 1 certification, followed by her kids certification, which allowed her to officially coach kids at the higher intensity



scale. She opened up two different age classes at Dawley's gym, and taught the kids how to work out in an abundance of fun ways.

She has always been someone that believes that being active at a young age is very important, and she wants to encourage kids to do so.

"The goal was to make exercise something fun for kids," VanBeilen explained. "We wanted to make it something that they don't dread doing. Being active is something that is becoming less common. I wanted to use this as a way to get kids more active as well as help them build confidence in themselves at a younger age."

Aside from her great work at the gym, Shayna has also been involved with a variety of organizations and charities throughout South Dundas. She coached Saturday morning soccer at the Merkley Fields in Iroquois, as well as participated in a variety of charity events such as Cupcakes for Cuties, raising money for the SPCA. Through work at Canadian Tire, she has also participated in events raising money for the Jumpstart foundation, as well as rode the big bike for Heart and Stroke. During her high school days, she was a major force in almost every sport offered by the school, as well as was on the honour roll from grades nine through twelve.

During the fall and winter, you'll most likely find Shayna studying nursing at Brock University. In the future she hopes to work on the athletic side of things, and once again, with younger kids.

Shayna has always played a large role in the community, and has said on multiple accounts that she loves living here. When asked what her favourite thing about South Dundas was, this is what she had to say;

"I love the fact of how well you can get to know people. If you're willing to put yourself out there, there's always someone to talk to. I just love the homey feel."

If you ask anyone in the community, nobody has an ill word to speak of VanBeilen. She is known for her genuine attitude and kind bright smile. She is an outgoing, determined individual, and with much success already under her belt as she enters the world of adulthood, there is no doubt that she will continue to do great things in the community and beyond.