



# INTRODUCING CYNTHIA APPIAH

**CLASSROOM**  
**CHAMPIONS**<sup>®</sup>  
*how better gets better and better*





A standout shot put and hammer throw athlete at York University, Cynthia was introduced to bobsleigh in the summer of 2011 when she attended a testing camp at her university. Cynthia tested, went to her first bob school, completed school and has been on a steady progression since going to her second bobsleigh school in 2013.

Cynthia enjoyed a standout rookie season on the World Cup where she pushed both two-time Olympic champion, Kaillie Humphries, to a gold and bronze medal, along with rookie pilot Alysia Rissling to her first ever World Cup bronze medal.

After heading to PyeongChang as an alternate on Canada's 2018 Olympic Bobsleigh Team, Cynthia switched positions in the sled into the driver's seat and is now steadily mastering the art of piloting a sled. She continues to be a force on the start block. Cynthia set a new Ice House start record from the pilot bar in 2019 at 5.41.

# Performance Stats:

2018 Olympic Team - Alternate  
(Brakeman) Gold - 2016 Whistler World Cup - 2 Women  
Bobsleigh - Gold  
(Brakeman) Bronze - 2017 Pyeongchang World Cup - 2  
Women Bobsleigh  
(Pilot) Gold - 2019 Lake Placid North America's Cup -  
Women's Monobob



## FUN FACTS!

*Cynthia loves to watch Jeopardy. In fact next to earning the honour of representing Canada at the Olympic Games is to compete on Jeopardy. A trivia buff who watches way too much television, Cynthia a huge Blue Jays fan, and previously worked in the team's customer services department. She was recognized by her peers at Bobsleigh Canada Skeleton with the L. Lamont Gordon Award in 2019. Cynthia is one of four siblings in her family, and has a BA History Major/Psychology minor.*