

# Pooja Chugh

Pooja is the epitome of a well-rounded individual. She has excelled athletically in numerous racquet sports, is an intelligent and highly educated young woman, is keenly aware of the issues facing the world today and is committed to addressing those issues and helping people in need. Pooja attended Sir John Franklin for four years, beginning in 2007 and graduating in 2011. Early on in her time in high school, it was apparent to many of the teachers and staff at Sir John that Pooja would go on to do incredible things.

During high school, Pooja represented the NWT in several national and international competitions in a variety of racquet sports. In 2008, Pooja competed in the Arctic Winter Games for Badminton winning the Bronze Ulu in Juvenile Female Doubles and finishing fourth in Juvenile Female Singles. In 2010 she again competed at the Arctic Winter Games in Badminton winning Bronze in Juvenile Female Singles, while finishing fourth in the doubles. For squash, Pooja competed in the 2009 and 2011 Canadian Junior Nationals with a top 8 national ranking in each, reaching a high of ranking 5th nationally. Also in 2011, Pooja competed in the Canada Winter Games in squash and helped team NWT to a top 8 finish. In 2009, while competing in tennis, Pooja was awarded the honour of being the NWT Flag Bearer for the Canada Summer Games.

Following her graduation from Sir John Franklin in 2011, Pooja went on to complete a Bachelor of Science Honours degree at the University of Toronto (2011-2015) and Bachelor of Laws Degree at the University of Sussex (2015-2017). Throughout her university career, Pooja continued to excel both academically and athletically. For varsity badminton, Pooja won silver medals at the 2011 U of T invitational Open in both singles and doubles and at the 2013 U of T invitational Open in both Women's Doubles and Mixed Doubles. Then in 2014, Pooja was a quarter finalist in the Ontario University Athletics Championship in the singles event. In tennis, Pooja medaled three times at the OUA Finals: winning bronze in 2011, silver in 2013 and gold in 2014.

For squash, Pooja represented both the University of Toronto and the University of Sussex. Pooja began her squash career at the U of T as the #1 seed on the U of T Women's Varsity Team. During her time at U of T, Pooja enjoyed considerable individual success as well as leading her team to numerous successful finishes. In team events, Pooja helped lead the U of

T to a bronze medal at the OUA Finals in 2012, Silver Medals at the OUA Finals in 2015 and at the Canadian Jester's Team Playoffs in 2012, and first place finishes at both the Black Knight Team Championships in 2011 and at the Toronto and District League team event. Individually, Pooja won the bronze medal at the Canadian University and College Championships in 2013 and the Silver medal at the OUA Finals in 2012 and 2015. In 2016, while studying at the University of Sussex, Pooja was the captain and #1 seed for the University of Sussex Women's Squash Team and was the winner of the British University and College Sports Women's Squash League and Cup.

Pooja has also represented Canada internationally on several occasions. She had top 16 finishes at both the 2009 Canadian Junior Open and at the 2010 USA Junior Open. In 2013, Pooja was the consolation winner in both singles and mixed doubles at the Canadian Racketlon Open. Her success at the Canadian Racketlon Open helped propel Pooja into a top 20 World Junior Ranking and a top 100 World Women's Ranking. In 2015 and 2016 Pooja competed against the best squash players in the world, while competing in six different Professional Squash Association (PSA) events in Great Britain. This included being the 2nd Consolation Winner at the PSA U23 British Open and competing in the PSA World Series British Open, which is as prestigious in squash as Wimbledon is in tennis.

