

**Cleve's Source for Sports Athletes of the Month announced
FOR IMMEDIATE RELEASE**

(Halifax, July 17, 2019)-Django Meier is the male individual athlete of the month for July. The 17-year-old taekwondo athlete won silver in the <55kg event at the 2019 Cadet & Junior Pan American Championships in Oregon last month. The international competition hosted over 600 athletes and Meier went 4-1 losing in a close match with Argentina in the finals.

16-year-old Carrington Carroll is the female individual athlete of the month for July. Carroll also competed in taekwondo at the 2019 Cadet & Junior Pan American Championships on June 16, 2019. She topped the podium with her gold medal win in the <49kg division and went undefeated throughout the competition.

The Athlete of the Month program is administered by Sport Nova Scotia, whose members are eligible to nominate athletes for the awards. A membership committee selects the award recipients for five possible categories: Male Individual Athlete, Female Individual Athlete, Male Team Athlete, Female Team Athlete, and Team. For more information about the awards, please visit www.sportnovascotia.ca

Sport Nova Scotia is a voice for amateur sport that promotes the benefits of health, personal development and achievement of all participants. Sport Nova Scotia is a non-profit, non-government organization representing approximately 60 provincial sport organizations and more than 160,000 member Nova Scotians.

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For more information and/or athlete photos, please contact:

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