



STELLA UMEH

For introduction purposes

Stella Umeh is one of Canada's most decorated and unique gymnasts. She has championed the stage of gymnastics with several appearances at the Commonwealth Games and World Championships. A trip to Barcelona, Spain for the 1992 Olympic Games, Stella placed an undisputed 15th All-Around, a record that remains untouched today. In 1998, Stella wrapped up her international career in style as a ten time All-American and NCAA Champion at UCLA.

Since graduating from UCLA Stella has actively pursued her dream of becoming an actress and stage performer. In early-2000 she joined *Cirque du Soleil* performing in 'Mystere' in Las Vegas and most recently in 'Varekai'. 2007 has brought starring roles in two short films and a leading role in a stage play called Pinteresque which has been selected to be a part of the SummerWorks Theatre Festival this summer.

Stella is a native of Mississauga, Ontario. She holds a Bachelor of Arts in Sociology from the University of California at Los Angeles ("UCLA") and has studied theatre at the American Academy of Dramatic Arts. In addition to her theatrical and acrobatic skills, Stella is a motivational speaker and has worked as a full-time employee with the Los Angeles Youth Network where she led circus workshops for at-risk youths in Los Angeles County. Upon arriving back in Canada, after being gone for 11 years, Stella now spear-heads a discussion group for middle school girls at the Malton Neighbourhood Services Centre in North-East Mississauga.

Please join me in welcoming Stella!

Requirements: power point, microphone and podium



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