

## **Team Canada Bio for Website**

Name: Samantha How

Resides: (City, Province) Oregon City, Oregon Formally from Calgary, Alberta

Age as of January 1, 2023: 40 years

Throws R or L or 2 Handed R or L: Right

Family Status: (Married or Single) Married

Years on Adult Team Canada: 9

Years on Youth Team Canada: 5

Years on Senior Team Canada: 0

### Team Canada Accomplishments:

2005 Commonwealth Championship – Silver in Doubles and Teams

2012 Women’s PABCON Bronze in Doubles

2013 Women’s World Silver in Trios

2014 Women’s PABCON Silver in Teams

2018 Women’s PABCON 4<sup>th</sup> in Teams

2021 IBF World Championship - participant

### Other Accomplishments:

2023 CTT – Senior Ladies Team – 11<sup>th</sup>

2022 CTT – Senior Ladies Team – 11<sup>th</sup>

2018 CTT – Senior Ladies Team - 7<sup>th</sup>

2016 CTT – Senior Ladies Team – 4<sup>th</sup>

2005 Intercollegiate Women’s Bowling Team Championship-Wichita State

2015 Oregon State USBC Queens Champion

Canadian Bowler of the Year (please include the year)