

Making right choices key, students told

Power to Choose pays visit to schools

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Rob Duffey used to wow the fans and students with his high-flying acrobatics during basketball games when he played for the Pauline Johnson Collegiate Thunderbirds.

Duffey, who recently graduated with a degree in psychology from Wilfrid Laurier University in Waterloo, is still performing in front of high school students, but now he's helping to deliver a message.

Duffey is part of Power To Choose, a group of athletes who have graduated from university and give motivational speeches.

Power To Choose, led by director Mano Watsa, is using athletics to attract the attention of the high school students.

As soon as Power To Choose has gained the focus of the students, then the messages start coming loud and clear.

"The message is to inform the students about the power of choice," Duffey said Wednesday morning prior to the Power To Choose presentation at Tollgate Technological School.

"We try to encourage the students to make the difference in their own lives."

Power To Choose isn't a religious-based group, he said.

"We all have our faiths but our messages aren't religiously based," Duffey said.

Power To Choose is hired to do about "two or three shows or presentations" a week during the school year.

"We've performed for over 50,000 students in the last two years," Duffey noted.

"We speak on a variety of topics like positive attitude, how to get involved with the community, goal-setting and if a school has a particular issue it wants addressed, then we address all topics."

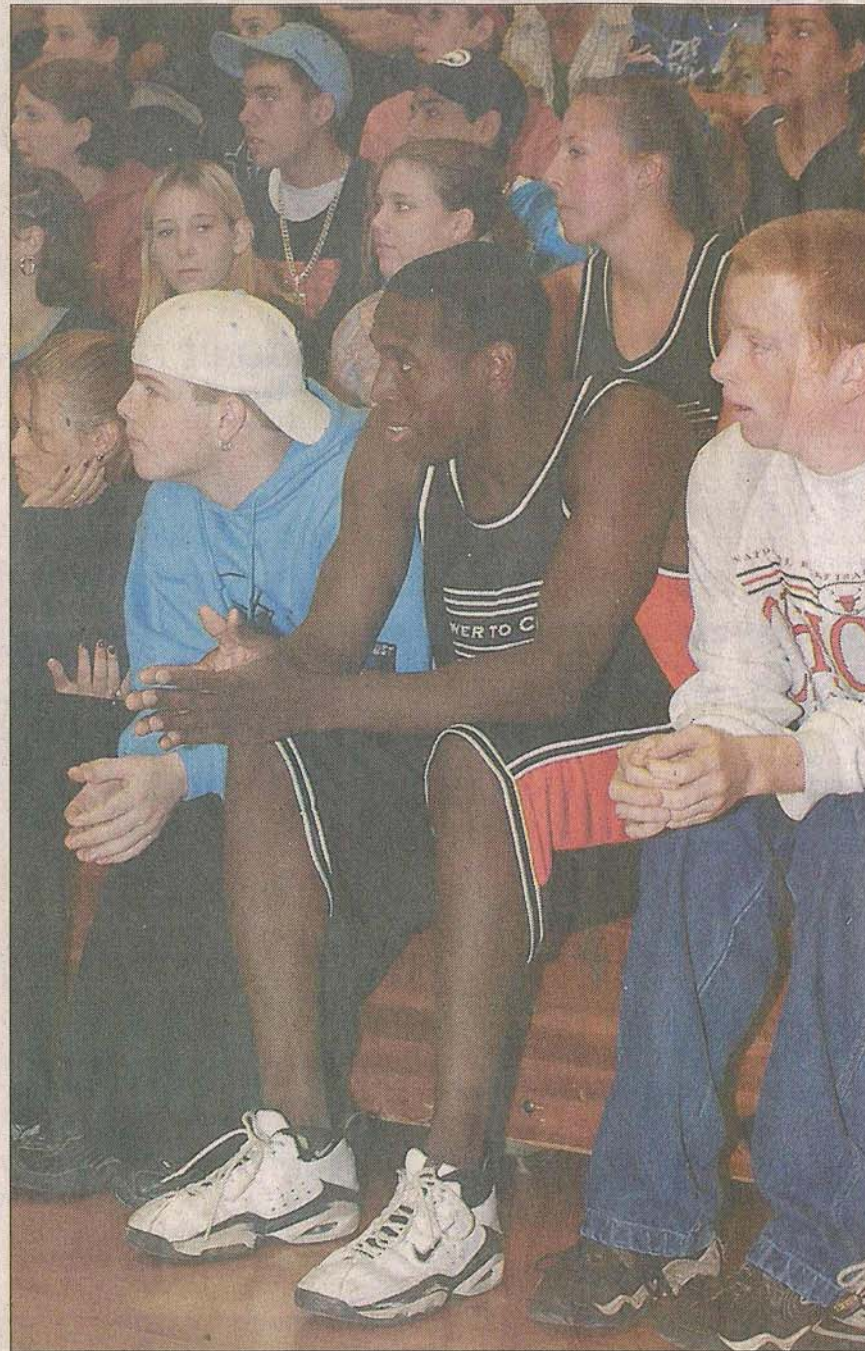
Power To Choose has gained a positive reputation in the school community over the past couple of years.

"It started off that we'd call schools but now, that we've become known, the schools are calling us," said Duffey, who returned to PJC with Power To Choose for a presentation Wednesday afternoon.

Duffey, who will be with Power To Choose at St. Joseph's High School in St. Thomas today, finds the work satisfying because the group is helping others.

"Just getting the response from the students is very satisfying," Duffey said.

"A lot of students come up and talk to us after the presentation and we get a lot of e-mails from students. They kind of remind us of what we do."



Rob Duffey, a Brantford native and Wilfrid Laurier University graduate, sits among Tollgate Tech students Wednesday morning during the Power to Choose motivational and basketball presentation.

Brian Thompson, Expositor Staff