Sarah Cowie

Sarah Cowie Memorial Award



The Sarah Cowie Memorial Award was established in 2026 in loving memory of Sarah Cowie, who passed away unexpectedly at the age of 16 from an undiagnosed heart condition.

Sarah was a student at Ernest Manning High School, where she excelled academically; she especially loved English, Art, and the Sciences. She had planned to study engineering in university and follow in her father's footsteps.

Sarah was a skilled and passionate soccer player. She was a caring teammate who brought her quiet strength and fierce determination to the pitch for every practice and game. Her love of soccer was evident every time she put on her cleats; she would light up with excitement and happiness after every game, regardless of the final score. Soccer was something that she truly loved and which brought her fulfillment that nothing else could match.

Sarah joined Calgary Rangers Soccer Club in the fall of 2021, when activities were re-starting after COVID, despite having no previous soccer experience. She was determined to learn and to excel, and she did exactly that. After several years with Calgary Rangers, Sarah started the next phase of her soccer journey when she joined New Frontier Soccer Club in the fall of 2025.

Sarah was always driven to improve and to challenge herself. She would practice for countless hours at home and at the neighbourhood soccer field, and she accepted as many invitations as she could to call up for and play with other teams, including for tournaments. Tragically, during one such call-up for a team playing in a local tournament, Sarah passed away after playing in a soccer game.

Outside of soccer, Sarah also had a passion for art. She was a talented artist, and worked in different mediums at different points in time, including polymer clay, digital art, digital animation, drawing, and painting. Most recently, she'd returned to traditional painting and worked in

watercolour. She loved to make art as gifts, always putting thought and care into the pieces she created for others.

Sarah was kind, caring, and humble, and she was always genuine and unapologetically herself. She had a maturity about her that was beyond her age, but she was also full of joy and mischief, with her sharp wit and innate comedic timing. Sarah was a beloved daughter, sister, friend, and teammate, and she lit up the lives of everyone who knew her.

The Sarah Cowie Memorial Award honours Sarah's memory and aims to support Calgary-area soccer players who wish to pursue post-secondary education. Her family hopes that this award will help keep Sarah's memory alive while also supporting others, just as Sarah herself once did.