

From Kickboxing World Champion to Album Release: Former Swift Current Resident Reflects on Career

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A former Swift Current resident is continuing to grow her list of achievements following a kickboxing world title and a selection for the Canadian Olympic Judo Team.

Going under the name Cat Levan, the former Swift Current resident known as Laura Loucks at the time, has quite the list of accomplishments, including the release of her first album, which was professionally produced in California.

The album, entitled 'Double Life' had an online release party on Friday to celebrate its launch.

In an interview before the digital event, Levan stated that she still remembers the town where she spent multiple years after she moved there in 1974.

"My mom and dad were ministers, so we moved every two years, except when we were in Swift Current. We stayed there for my whole high school time. That was the longest time I'd lived anywhere."

She shared a story of her time in the city.

"It was hilarious, so many fond memories of Swift Current. I remember one day, my girlfriend and I were paddling our canoe along the speedy creek river, and you know, it's not a very big river, but all of the sudden, we see a little pumpkin and we say 'oh that's cool' so we throw it in the canoe, and next thing you know, another pumpkin comes along, and pretty soon we've got a canoe full of pumpkins, and we say 'wow that's bizarre.'"

“We’re hauling this pumpkin-filled canoe down the highway and of course being the prairies, it wasn’t long before someone with a pickup truck came along and said ‘you girls need a hand?’ we said ‘ yeah absolutely!”

“Where in the world can you do that and know you’re perfectly safe?”

During her time in Swift Current, she became the Canadian Junior Olympic Champion and was invited to the Canadian Olympic Judo Team but was forced to decline due to moving once again.

Adding to her accolades, she became the WKAC World Champion and WKA North American Champion in the mosquitoweight division while residing in gyms outside of Swift Current.

Upon releasing the album, which was also picked up by radio stations worldwide, she said it was a dream come true.

“It was amazing!” she said with a big laugh. “I just about did a backflip! My little feet were dancing like crazy, it was hilarious.”

She said she brought ideas of a folk album into the recording studio, but in the end, decided to go with a contemporary jazz sound and was very happy with the finished product

“It brings me joy to no end,” she said.

After finishing the album, she returned to Canada just before the COVID-19 lockdown was put in place.

Despite moving around Canada in her youth, she added that she hopes her successes can inspire youth that the population of the place you come from doesn’t inhibit their ability to achieve.

“Sometimes the small towns breed champions, because there’s not a lot of other things to do, and you can focus on one particular thing and get really good at it.”

“When it comes to that, I think it’s more about believing in yourself, and when I was younger I didn’t believe in myself and I just thought ‘Im just from a rinky-dink little town, and who am I to think that I can play in the big world,’ but you have an inspiring coach that believes in you and says no, you keep going you keep fighting, you keep focusing on your dream, hold on to that dream and keep working towards it and you’ll get there. Don’t be shy just because you’re from a small town.”

She said that the album’s messages ring true in the COVID-19 era.

Before the party, she shared that radio stations across the globe have decided to pick up some of her work to play on air, something she was very ecstatic about.