

SPORTS AND LEISURE

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tops at tourney**

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national champions**

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Skippers eye worlds in South Africa

Amy Chiappetta (left) and Kathleen O'Callaghan of Georgetown competed recently for the Brampton Acro Ropers in the National Rope Skipping Championships in Abbotsford B.C. As a club the Brampton team was highly successful, claiming two national champion gold medals in individual events. In team events, they took silver in 12-14 age division and gold plus 4th place in the 15-17 division. Chiappetta's team won three out of eight team events in winning the overall gold for 15-17 year olds. O'Callaghan's team won two events and set a new national record in the double dutch speed relay, recording 324 skips in two minutes, breaking the old record of 311. Although fourth overall, they finished just two points short of the silver medal. Hopes are high for next season when the Brampton team will be well positioned to have a number of its skippers qualify for Team Canada for the bi-annual world Championships, to be held in Cape Town South Africa in July 2008.

File photo

66 teams in GSC tournament

The Georgetown Soccer Club will host its third-annual 7 vs. 7 rep/select tournament coming up this weekend, drawing 66 teams from around the province.

There will be nine divisions ranging from under-8 to under-10 for boys' and girls' teams. Games begin Saturday morning and will be

played at the Gellert Recreation Centre, the Mold-Masters SportsPlex, Miller Street Field and the Trafalgar Sports Park. The championship matches are slated to take place Sunday afternoon.

For complete schedule information, visit the website www.georgetownoccerclub.com.

Amodeo set to tackle Ironman triathlon

Local man takes up challenge for cause

EAMONN MAHER
Staff Writer

Badly injured in a motor vehicle accident in May 2006, Georgetown resident Anthony Amodeo's goal of helping people with diabetes was put off for a year, but the 34-year-old has returned to training for one of the ultimate physical challenges next month.

Amodeo is one of 17 non-professional athletes from across the country who have pledged to raise at least \$6,500 for the Canadian Diabetes Association to become a member of Team Diabetes, which will enter the 2007 Subaru Ironman Canada Triathlon, to be held Aug. 26 in Penticton, B.C.

Having planned to tackle the 3.8-km swim, 180-km bike segment and marathon run of 42.2 km last year, Amodeo received a medical exemption for this year's event from the CDA due to the accident, in which he suffered a shattered left arm, dislocated ribs, whiplash, a concussion and abrasions after the Honda Civic he was driving was hit by two different drivers who both ran stop signs.

"I was lucky I wasn't killed because it was a t-bone collision at 80 kilometres an hour and I was knocked out," the Kingston native said. "My first thought when I woke up was, 'No, we won't be racing.' I couldn't even do any fund-raising and the only physical activity was walking to the physiotherapist every day for four months."

Keeping Amodeo motivated through his long rehabilitation was the commitment he had made to dedicate his efforts to his paternal grandfather Santo, who died when Anthony was a toddler, and his second cousin Karen Cormier, who is

trying to manage the effects of diabetes by altering her lifestyle and being pro-active.

"Throughout my life I've had family members on both sides living with diabetes and for me it's always been something in the background," he added.

"That kind of thing sticks with you because there's a feeling of helplessness we get. I don't think we're that helpless because there are things we can do. I'm looking at this as much as an opportunity to raise awareness about how lifestyle changes might not necessarily cure diabetes, but at least it can mitigate some of the effects and prevent the onset in those who maybe have a chance with the coping mechanisms we've got in place already. Who knows, my grandfather could have been around a lot longer."

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ANTHONY AMODEO

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