



Close to 300 competitors (from beginners to black belts) from across Halton and the GTA descended on the Haber Recreation Centre in Burlington on the weekend as the International Okinawan Goju Ruy Karate Federation (IOGKF), which has its administrative headquarters in Oakville, provided demonstrations and a day of competition. At left, Sensei Tetsuji Nakamura, a seventh-degree black belt, has a kata form demonstration. At right, Anoop Dosangh, 4, a beginner-level student, demonstrates her punching and kicking skills to the judges.

| photos by Graham Paine - Oakville Beaver (follow on Twitter @halton_photog)

Halton 13U Hurricanes tops division at 14U provincials

The Halton Hurricanes' 13-and-under Black team played up an age group and still managed to come out on top.

The Blacks won the 14U Division 3 provincial volleyball championship in Waterloo earlier this month.

The Hurricanes were the No. 3 seed in the division and beat the North Bay Lakers 25-17, 25-14 in the semifinals.

The Hurricanes advanced to the final against the Cambridge Scorpions, winning 25-9, 25-11.

To bring home the gold medal, the Hurricanes went undefeated in all nine matches over the three days.

The team will now prepare to play in its own age group at the 13U provincials April 22-24.

The nationals follow May 5-8 in Ottawa.

Members of the team, all of whom are from Burlington and Oakville, include head coach Dan Hayes, assistant coach Sean Holland and players Emily Galloway, Emily Byers, Kate Clermont, Hailey Holland, Ana Zaric, Isabel Clarke, Julia Legon, Jocelyn Brooks, Meaghan Wittig and Priya Reddy.



The 13U Halton Hurricanes will attempt to win their second provincial volleyball tournament in a month after taking gold in Division 3 at the 14U provincials. | photo submitted

Twisters win national cheerleading division

The Oakville Cheer Force Wolf-Pack's Twisters team took a lead in their division after one day, and held on to it the next, to finish first at the Cheer Evolution national cheerleading championships in Niagara Falls on the weekend.

The Twisters, competing against three other teams in the Mini 2 (all-star) division for 7-9 year olds, recorded an overall score of 89.31 points, defeating second-place CheerStrike Royals Majesty by a little less than two points.

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