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## Cockburn buoyed by defeating Chinese competitors

From page 1.

think I'm right on track.

"And we finally beat China, they're always winning. I think it was a huge statement in the last World Cup event. But they will still be strong contenders at the Olympics. We proved we can do it. It was an amazing feeling."

While satisfied with her performance entering the Olympics, Cockburn was quick to concede there are a lot of factors that go into winning the coveted gold.

Let alone reaching the medal podium.

There are at least five competitors who have the potential to be on the podium on any given day, she said.

The bottom line though, is who performs well and makes the fewest mistakes on that particular day when the finals take place.

Luck helps, too.

"It's who performs the perfect routine that day," Cockburn said, drawing on her past Olympic experiences. "Little mistakes can cost you 10ths of a point and that can determine where you finish."

Her experience should come in handy.

"(Prior Olympic appearances)

definitely helps a lot," she said. "I don't feel overwhelmed. I'm a little older and I have a different perspective from when I was in my first Olympics (in the 2000 Summer Games in Australia).

"The competitors who have more experience can handle it more in terms of the pressure the Olympics bring.

"In the World Cup, there's six events and with the Olympics it's a different set of expectations that come with it. It can be a lot to handle if you put too much pressure on yourself," she said.

And she's injury and ailment free heading for England.

With no more competitions until the start of the Olympics, Cockburn said she will be training at her home base, the Skyriders Trampoline Club in Richmond Hill,

four to six hours, six days a week on the routine she's utilized since January.

The degree of difficulty has been increased from what she did a year ago.

*'It would be amazing to do one more (Olympics). But I'm getting older and it's harder on your body to push myself every day.'*

"Right now I'm just trying to work hard over the last month and try to perfect small details," she said.

Cockburn acknowledged the London Games will probably be her last.

"It would be amazing to do one more (Olympics)," she said. "But I'm getting older and it's harder on your body to push myself every day.

"And I want to start thinking of starting a family."

However, she's not closing the books on her storied career on the trampoline after the Olympics, noting there are a couple of World Cup events she would like to be a part of.

With the 2015 Pan-American Games to be held in the Golden Horseshoe region, that also entices Cockburn to possibly continue with her career, at least until that time.

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## An Evening With Steven Page

September 6, 2012, 8 p.m.

**Flato Markham Theatre**

**TICKETS: Prime \$59, Regular \$54, VIP \$100**

Steven Page was a founding member, lead singer, guitarist, and a primary songwriter of the music group Barenaked Ladies. He left the band in 2009 to pursue a solo career, beginning with A Singer Must Die, a collaboration with the Toronto chamber music group Art of Time Ensemble and continuing with his latest solo release, Page One, with a sound that is immediately familiar but undeniably fresh. Page has also scored three plays for the Stratford Shakespeare Festival in the last 5 years. Over his 10-album career with Barenaked Ladies, Steven Page has been blessed with myriad international awards and nominations while in the process selling over 12 million albums.

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