

LEE, Jennifer. (cont.)

have to work extra hard to maintain my firsts."

In fact, looking at Lee's busy schedule, rest is something most people would find hard to get at all.

Besides her two-hour training sessions three to four times a week at the dojo, Lee also finds time to play lacrosse, field hockey and volleyball at Albert College. And, she's on the school's honor roll for academic excellence with a law career in mind for the future.

"A good teacher needs a good student," says Dozono of his prized pupil. "I would like to congratulate Mr. and Mrs. Lee (Richard and Winnie) because they did a heck of a job bringing Jennifer to this level.

"After Jennifer, my job will be easier because everyone will follow her. Having a good student is so important to the rest of the students."

Dozono smiled when he recalled the six-year-old moppet who first came to his classes and who 10 years later would be an example for future students. The days of having to constantly remind her to pull up her belt or straighten her uniform are over.

"Jennifer recognizes as she gets stronger she gets gentler," he said. "She can smile with ease. The pressures of tournaments has developed her fortitude."

Dozono, who says Lee follows "the three D's: discipline,

dedication and desire" at his school, believes her concentration on proper technique is another key to her success.

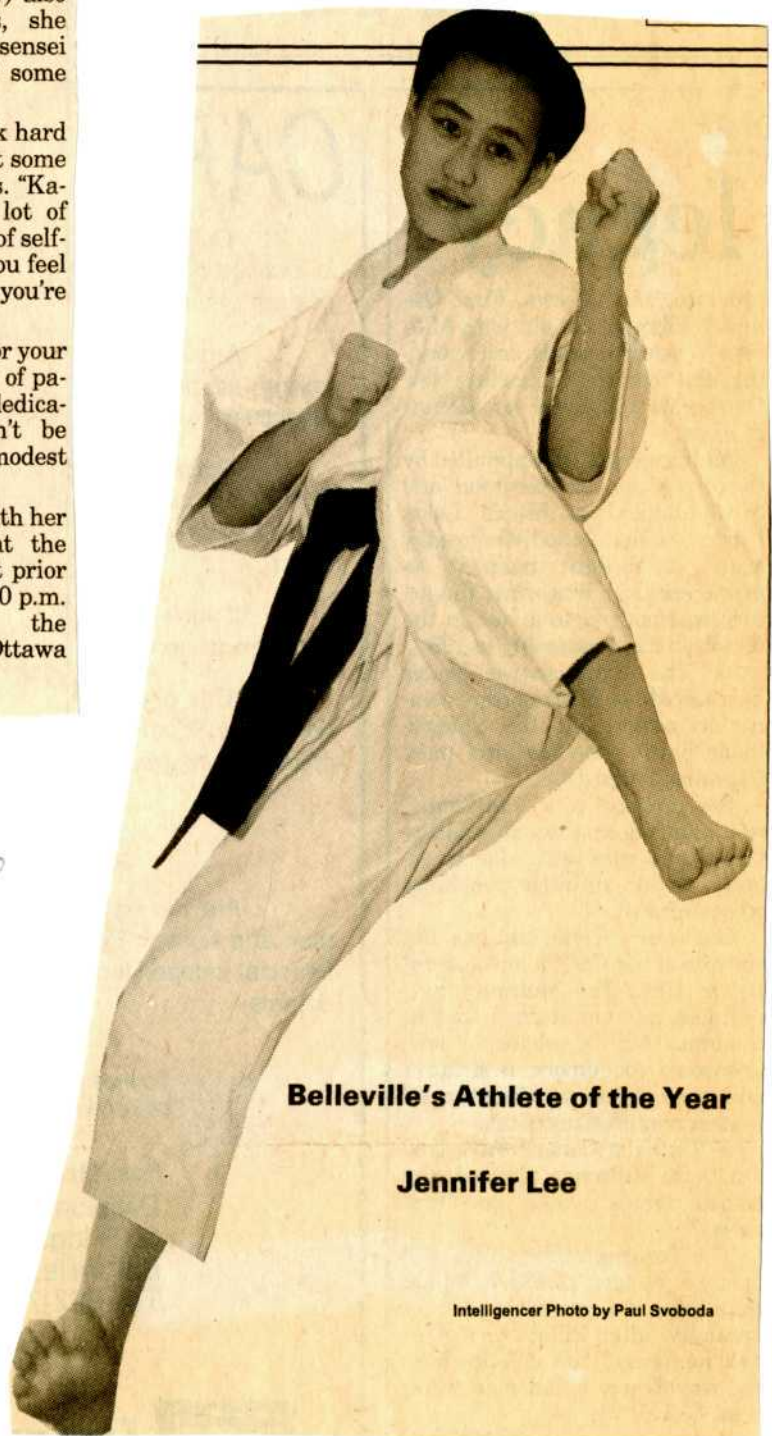
"The basic technique is so important," he explained. "The same as hockey with skating or stickhandling. Jennifer became very, very good after she got her black belt."

Lee, who hopes to win a medal at this year's world championships (last year she placed sixth), says she'll continue practicing karate for the rest of her life. It's already a family affair as her father, older sister (Denise) and younger brother (Matthew) also train regularly. Perhaps, she added, she might even be a sensei (teaching master) herself some day.

"I know that if you work hard you'll be rewarded for it at some time in your life," she says. "Karate is different from a lot of other sports. It takes a lot of self-discipline. A lot of times you feel like bailing out, but then you're back the next week.

"Karate makes you honor your elders, it teaches you a lot of patience. You learn a lot of dedication because karate can't be learned overnight. It's a modest sport."

Lee will be presented with her award Saturday night at the Quinte Sports Centre just prior to the beginning of the 7:30 p.m. OHL game between the Belleville Bulls and the Ottawa 67's.



Belleville's Athlete of the Year

Jennifer Lee

Intelligencer Photo by Paul Svoboda

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