

get motivated by the cox but in pairs there's just the two of you. I think it's more challenging. If you're having a good day, it shows. If you're having a bad day, it shows too. In eights, you can hide a bit if things aren't going well."

Ketcheson is the first of her family to take up rowing, although her father has since joined the QRC's recreational program. She says the atmosphere and support at the club were crucial in her development.

"The QRC isn't a big club and I think that has a lot to do with it," she says. "Athletes get a lot of individual attention. At a lot of big clubs you can get lost. Some are like rowing factories. At the QRC it's like a family. You know everyone. You're all out there together in a community of rowing."

Ketcheson is the daughter of Charlie and Carolyn Ketcheson of Belleville. She has a sister, Jessie, 22, and a brother, Aaron, 20.

The 2000 winner of the Robinson-Kelleher Memorial Award for Belleville Athlete of the Year was hockey goaltender Andrew Raycroft. He is currently playing in the Boston Bruins farm system.

Ketcheson's parents will accept the award on her behalf at a special ceremony prior to an upcoming Belleville Bulls home game at Yardmen Arena.

Ketcheson, Leah



PHOTO COURTESY OF QUINTE ROWING CLUB

Leah Ketcheson, shown above during a training session on the Bay of Quinte, is the 2001 winner of the Robinson-Kelleher Memorial Award as Belleville's Athlete of the Year.

Leah Ketcheson named Belleville's Athlete of the Year

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