## **SKATING:** Local teen heading to national event Harren-Stevenson to compete at STARskate BY JEFF GARD jgard@northumberlandtoday.com Grafton's Kirsti Harren-Stevenson is headed to the 2009 Homesense National STARskate Figure Skating Championships. Perhaps it's a year later than she would have liked, but nonetheless, the 17-year-old accomplished the incredible feat of qualifying this Harren-Stevenson, who is a member of the Bowmanville Figure

time around.

Skating Club, won the Silver Triathlon event at the Eastern Ontario championship this past weekend in Whitby. The victory means she'll compete at the national championship in Fredericton, New Brunswick in April.

"It's still really surreal," Harren-Stevenson said yesterday. Only the winner of her Triathlon event qualifies for the national championship. The runnerup is deemed an alternate, in the event the winner can't attend.

Last year, Harren-Stevenson was the alternate, but never got the chance to skate at the national level. She remembers the 2008 Eastern Ontario competition well. She led after the skills and interpretive stages, but struggled during the freeskate.

"I let the nerves get to me and I didn't have a good skate," Harren-Stevenson recalled. "I was really shaky and stumbled on everything."

As you might expect, Harren-Stevenson was glad not to receive a dose of déjà vu at this year's competition. Once again, she was in first place following the skills and interpretive stages.

"This time I just tried not to think about what I had to do," she said. 'I just focused on what I could do."

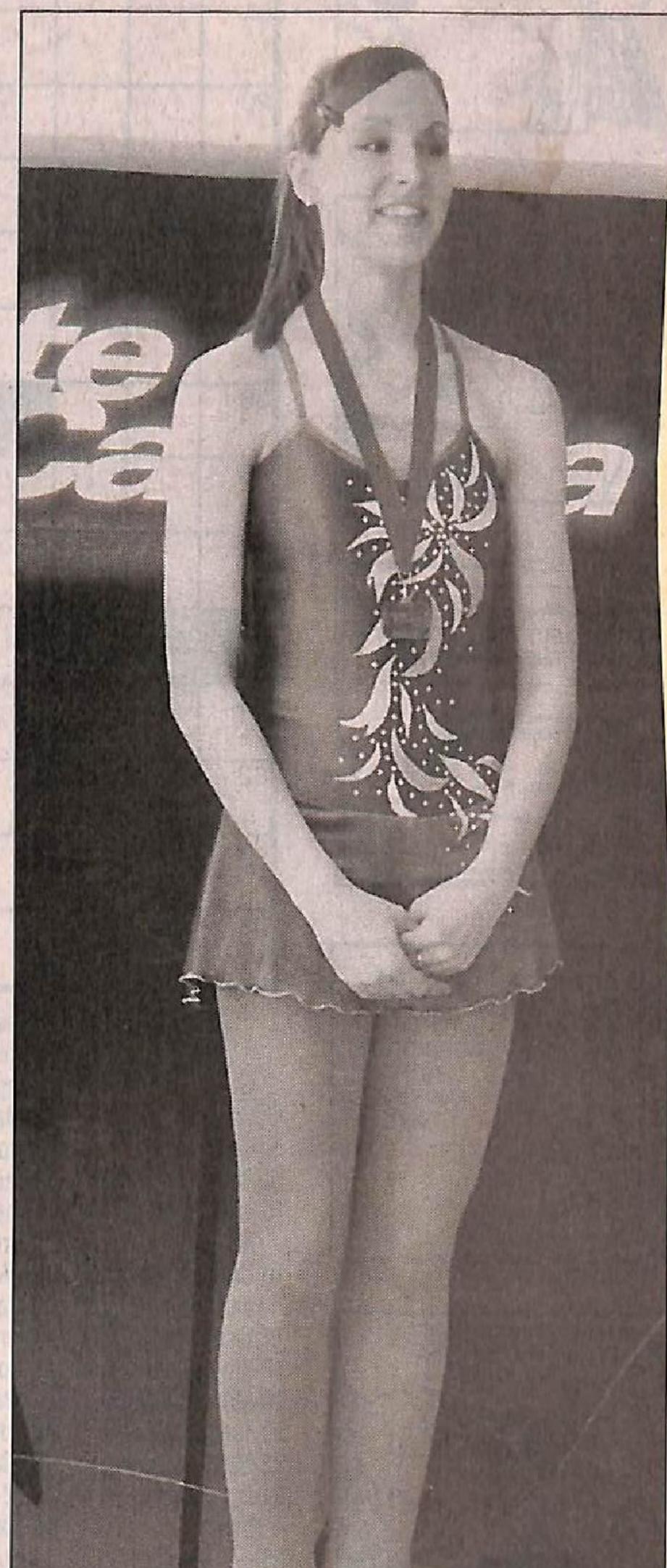
Harren-Stevenson has proven to be a very well-rounded studentathlete. The Grade 12 Cobourg District Collegiate Institute East student was named the most promising athlete in her first year of high school and won the female athlete of the year award last year.

Each week, she trains three or four days in Bowmanville with her coach, Mike Gillman.

"It takes a lot" of dedication, she noted. "A lot of late nights with school work and other school sports, but I love to skate."

At the national championships, Harren-Stevenson is not afraid to place high expectations on herself. She's hoping for a Top 5 finish and will work hard to give herself the best chance possible to achieve that.

"I just keep on practising the same things over and over to make it the best I can. I'm trying to focus on making my program more clean," Kirsti Harren stands on the podium after winning the gold she said. "I'm expecting some really good skaters. It's definitely going medal in the Silver Triathlon event at the Eastern Ontario figure to be tough."



Submitted Photo

skating championships in Whitby on the weekend.