

SPORTS & LEISURE

Tramp program bouncing along

By **EAMONN MAHER**
Staff Writer

Kids are literally almost going through the roof with enthusiasm about a year-old program offered at the Halton Hills Gymnastics Centre.

Trampoline instruction is open to youths age four and up at the HHGC under coach Greg Roe of Brampton, who won the Canadian men's open championship in 2008.

The program started in Jan. 2011 under Roe's direction and some of the interclub athletes have moved up to the competitive level (ages 7-12), with local team member Jodie Collis earning a silver medal at a meet held before Christmas.

The 21-year-old Roe, who has represented Canada internationally since age 17 and maintains a hectic schedule between coaching and his kinesiology studies at the University of Guelph-Humber, previously competed in gymnastics but found the trampoline more enjoyable and less of a time commitment.



Jessica Boyd, 12, practises her trampoline routine at the Halton Hills Gymnastics Centre.

Photo by Photosport Photography

"We try to make sure the kids have fun first and for them not to think that it's too competitive, so that they want to put the effort in instead of looking at the routines as if it's going to be hard work," said Roe.

"It's more relaxed. I'm a busy guy and I don't have six hours to train every day. We're trying to make everyone understand what trampoline is about because even our competitive kids still have a lot to learn.

We've had good response so far and the main thing is that we've had no injuries."

The HHGC installed an in-ground trampoline for the new program in order to allow the participants to reach loftier heights, with beginners and novices able to train on two above-ground apparatuses.

An introductory program called Kindertramp is designed for girls and boys age 4-6 consisting of a 45-minute weekly session.

Trampoline 1 is geared for the athlete age six and older involving activities in which participants learn various trampoline skills and routines, with Trampoline 2 being the next progression in the comprehensive level system, leading up to the competitive team.

Roe will compete alongside some of his students at the upcoming provincial and national championship meets.

For more info on the HHGC's trampoline program, visit the website www.haltonhillsgymnastics.com.



REES ON NEXXICE: Georgetown's Haleigh Rees (far right) is a member of the Burlington Skating Club's NEXXICE intermediate team that recently earned silver medals at the recent Lloyd Ogilvie Memorial Synchronized Skating Competition in Chatham, the second major event of the 2011-12 season. Skating to the program *Cabaret*, the NEXXICE intermediates placed second with 76.43 points, with London's Synchronicity earned gold medals at 81.84. The 17-year-old Rees, a Grade 12 Christ the King student, has competed with the Burlington club since 2009 and this year joined the intermediate group, comprised of 16 skaters under the age of 25. NEXXICE will compete at the Canadian Synchronized Skating Championships in Windsor Feb. 23-25. Rees, a member of the Georgetown Skating Club for 13 years, won a national synchronized title at the novice level in 2008 with Brampton's Gold Ice. Photo by Jim Coveart



Haas picks up five medals for Canadian swim team



KYLE HAAS

Kyle Haas of the Halton Hills Blue Fins represented Canada well at a recent international swim meet in the Sunshine State, earning five medals at the Clearwater Aquatic Team, Age Group and Open Invitational.

The 16-year-old Haas netted a gold medal in the men's 50m backstroke, silver in 100m backstroke (posting one of the fastest Canadian times this season) and bronze medals in 200m individual medley, 200m backstroke and 50m butterfly.

Haas's runner-up result in his specialty, the 100m back, was bested only by 28-year-old Olympic medalist George Bovell of Trinidad & Tobago.

"I'm pretty happy with his results, considering that he came right out of very tough training over Christmas,"

said HHSF head coach Mike Thompson. "It was more about experience on the international scene for him. We're all very proud of him. He represented HHSF, Canada and everyone in our Town very well."

Sixteen of Canada's future stars competed in the event, collecting 16 gold medals, 11 silver and 14 bronze.

Haas will be joined by Matthew Fox and Elizabeth Skuriat at the Speedo Eastern Canadian Championships in Gatineau, Que. next week.

He will then focus on the provincial championships in Ottawa and then the Canadian Olympic Trials in Montreal at the end of March.

The HHSF's Matthew Fox, 14, is also hoping to qualify for the Trials.

Greg Roe, who coaches the trampoline program at the Halton Hills Gymnastics Centre, gives the Centre's in-ground trampoline a try.

Photo by Eamonn Maher