

Sports & Leisure

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GEORGETOWN

Tops in Pankration

Veltman wins national title in future Olympic event

BY HERB GARBUTT
Staff Writer

Four months ago, Shawn Veltman was introduced to a sport that will make its debut at the 2004 Olympics in Athens. Today, he is the Canadian champion.

But Veltman's rise in Pankration combat isn't quite as shocking as it initially sounds. Pankration is one of the oldest documented martial arts. It combines the kicking and punching skills associated with most martial arts with the throws, grappling and holds of submission wrestling. Translated, Pankration means all powers or using all strength.

Veltman has studied karate for eight years and has been on the Georgetown District High School wrestling team for four years. James Harrison also earned a medal, taking a bronze at the First Annual Canadian Pankration Fighting Championships in Scarborough.

Both were introduced to the sport this summer by Chris Boreland, their instructor at Boreland School of Karate.

Boreland said at first glance Pankration may resemble ultimate

fighting, however, Pankration does not allow direct facial contact.

"It puts more emphasis on fighting technique rather than your ability to withstand or inflict pain," said Boreland, who acted as a referee at the Canadian championships.

Also, Pankration is contested on a palestra, a 12m wide mat, rather than in a ring. Competitors are awarded points for strikes and throws or can win a match by getting their competitor to tap out or submit.

Veltman said the key to his success was experience in both disciplines.

"I not really a superior striker and I wasn't the best wrestler," the 18-year-old said, "but I can do both fairly well. You're only as good as the weakest part of your game."

Veltman said by studying opponents he could tell whether they were standup fighters or wrestlers and adjusted his strategy accordingly. Against a kick boxer, he immediately went for the take down while against the wrestlers he tried to stay on his feet.

To train, Veltman fought Boreland, who was much bigger and more experienced than any of the competitors he would face. Each week, Veltman also



Shawn Veltman, top, and James Harrison do battle while Chris Boreland, in the traditional referee uniform, watches the bout. Veltman and Harrison both earned medals at the First Annual Pankration Fighting Championships in Scarborough.

Photo by Herb Garbutt

ran four kilometres and lifted weights three or four times and had his karate classes five days and did four hours of wrestling training.

Veltman is continuing that training for the Pan Am Championships later

this month in San Diego, California where he will represent Canada. Veltman said the fact that Pankration will join the Olympics in 2004 is a motivating factor to continue in the sport.

See LOCAL, pg. 6

Athletes of the Week



MEGHANN WILLIAMS



RYAN SAMSON



JODY STAPLETON



GRAEME LEVERETTE

The Acton High School athletes of the week are Meghann Williams and Ryan Samson.

Samson was chosen for his play at power in the junior volleyball Redmen's quarterfinal victory over Bishop Reding.

Williams, a point guard

on the junior Redmen basketball team, was honored for her leadership as captain.

The Georgetown District High School athletes of the week are Jody Stapleton and Graeme Leverette.

Stapleton, a centre forward on the junior Rebels basketball team, was chosen

for her great defence and rebounding in a 37-17 win over Lord Elgin.

Leverette, who plays off side on the junior Rebels volleyball team, was chosen for his outstanding play in GDHS' three-game victory over E.C. Drury in the quarterfinals.

High school roundup

Raider goalies prove tough to beat

Chalmers Fuels Raider goalies Marc Drake and Marcus Rees posted back-to-back 2-0 shutouts over Guelph in Tri-County minor novice action.

Rees blanked the Guelph in the first game while Robbie Murden and Mark Giordano provided the offence.

Matt Sargent and Giordano scored in the rematch with Drake shutting down the Guelph shooters.

Sargent, Giordano, Chad Fellows and Brock Hamilton each had two goals in a 9-3 blasting of Burlington. Daniel Kent had a goal and two assists. Sean Wittman had three assists. Trevor

Hill and Giordano each set up two goals. Murden, Giordano and Chad Fellows scored in a 3-1 win over Caledon.

Minor Pee wee Raiders:

Georgetown had a goal called back late in the game but still earned their first point with a 3-3 tie against Caledon. Mike Carter, Kyle Oliver and Eric Davis scored. Mike Drake and Jonathon Malatesta drew assists.

Carter and Oliver each had two goals in a 6-4 loss to Caledon. Carter, Davis, Malatesta, Dustin Clarke and David Walkington each had an assist. Ryan Williams had the only goal in a 4-1 loss to Guelph.

See PEEWEES, pg. 6

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