

Cater says first international event shows she must work even harder

HERB GARBUTT
Special to The IFP

Carrie Cater got a taste of representing her country— now she hopes to do it on the world's biggest sporting stage.

Cater, from Georgetown, was one of three Canadians to compete at the recent World Taekwondo Poomsae Championships in Incheon, Korea. Though she didn't come home with a medal— Cater finished 14th in the second senior women's division— it has definitely inspired her.

"It showed me that I have to work even harder," the 31-year-old said.

Already dedicating two to three hours to training each day, Cater is hoping to keep the spot on the Canadian team she earned earlier this year so that she can experience more international competition. The ultimate, of course, would be the Olympics.

Taekwondo is currently an Olympic sport, but only sparring, not forms, the discipline in which Cater competes.

"From the first time I competed as a yellow belt, I always wanted to go further but due to my heart condition (she has Tetralogy of Fallot— a congenital heart defect where not enough blood is able to reach the lungs to get oxygen, and oxygen-poor blood flows out to the body) I can't compete in sparring,"



CARRIE CATER

she said. "When they started talking about forms being in the Olympics, that was something I excelled at. To get to that level would be awesome."

The JSC Taekwondo club member said the Korean competition was much like what she would imagine the Olympics to be like with 500 athletes from 50 countries competing.

"The competition was a much higher level than it is here," she said. "They're looking at your facial expressions, the way your uniform is, how high your kicks are. There are so many things they judge you on."

Cater may be her toughest judge though.

"Even when someone says I'm doing something well, I still try to take it one step further."

She says the power in her punches and kicks is her biggest strength because even though forms is a solo endeavour, she imagines an opponent there with her to add a little more oomph to her strikes.

Cater first got involved in taekwondo 11 years ago. She signed up for a cardio kickboxing class and after seeing a taekwondo class afterward, decided to try it. It has now become a major part of her daily routine.

"Any chance I get, if I have 15 minutes, I'll do a pattern," she said.

Her dedication has paid off. She is a black belt who now passes on her knowledge to other JSC students. Cater even looks at teaching as a learning experience.

"It really forces you to have correct form," she said, aware that she is influencing the next generation of competitors.

And though her competitive season is over, Cater is keeping herself busy preparing her students for the upcoming provincials.

Bearcats wind up fourth

Rebels topped in Tip-Off title game

Making their annual Christmas holiday trip to the state of New York, Georgetown District High School's senior boys' basketball Rebels brought along their Halton Hills neighbours this time around.

The Rebels headed into the Verona, N.Y. Red Devils' Tip-Off Tournament as the defending champions and were accompanied by the Acton Bearcats, who are tied for top spot in the Halton Division II senior league with a 4-2 record.

The Bearcats discovered that the Vernon-Verona-Sherrill school was a hospitable host, but not so much on the court as the Canuck visitors were routed in the opening game of the four-team tourney.

Georgetown defeated nearby Fulton 36-34 in its first contest, thanks to a last-second three-point-er by Mitch Racinsky, setting up a rematch with undefeated VVS for the championship title. The Red Devils led 25-19 at halftime and

went on to a 52-40 triumph.

Millar Galbraith had 11 points to lead the senior Rebels, with Racinsky adding nine more. Galbraith and Chris Pett of GDHS were named to the All-Tournament Team.

Fulton edged Acton 42-33 in the third-place game.

Georgetown's seniors, now 7-9 on the season, are slated to travel to Mishawaka, Indiana in early February for an exhibition tournament and exchange.



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