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# Sports Hall of Fame grows by five

Continued from pg. 1

"I said I would help out for the first year until we could get a real coach, and here we are 20 years later," joked the retired factory worker, who was assisted by daughter Julie for 15 years.

Having also established a Masters program for adults in Acton, Ockenden reluctantly had to step down from the Aqua Ducks last year after finding his Halton District School board trustee workload didn't allow him to spend enough time at the Acton Indoor Pool.

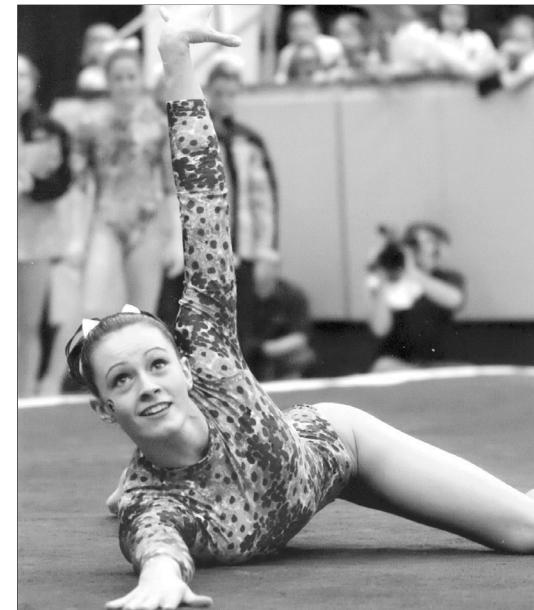
Not that Ockenden was known by his pupils as the drill-sergeant type; he shunned the notion of early-morning practices and workouts totaled no more than six hours a week. Yet the Aqua Ducks were consistently competitive against much larger teams at the Central Ontario meets, which was a source of pride for Ockenden, but not the main motivation for his involvement.

"Teaching life skills was always a focal point for me," he added.

## Katie Rowland

When asked to recount a career highlight from her outstanding 15-year career as an elite-level gymnast, Georgetown's Katie Rowland could be excused for the pause that followed.

Considering the all-around women's individual Canadian championship she won in 1998, her stellar four years at Penn State University, or wearing her country's colours in international competition, the now-retired 26-



**KATIE ROWLAND—Gymnastics**

year-old understandably gave an ambiguous answer when put on the spot.

"I never went to the Olympics but the Commonwealth Games (in 1998 in Malaysia) had such great spirit, coming into the stadium for the opening ceremonies and just being able to represent Canada at meets like the world championships was a great thrill," the Georgetown District High School grad said.

"Winning the Canadian championship in 1998 was special too because I was able to do it in front of my family and friends in Hamilton, and then to be offered a scholarship at a school like Penn State, where I spent the best four years of my life, was phenomenal."

Inspired by a demonstration she witnessed

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