

SPORTS & LEISURE

Cater displays lots of heart

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Special to The IFP

Though just a tender five years of age when she underwent open-heart surgery, Carrie Cater vividly recalls the doctor's post-operative advice.

"I was told to take it easy, not do anything too strenuous and just go at my own pace," explained the now 31-year-old Georgetown native.

That physician would likely have omitted the last part of his instructions had he realized exactly what the exuberant youngster's 'pace' would entail.

"I was into just about everything as a kid, figure skating, baseball, hockey—basically anything physical," said Cater. "I kind of listened to the doctor, but kind of didn't. And my parents were very supportive, they never held me back."

Topping that laundry list of athletic endeavours is a rather lengthy—and thoroughly impressive—tenure in tae kwon do, for which the third degree black belt now finds herself preparing for international competition.

That's courtesy of a first-place finish at the national team trials in Georgetown October 14, when Cater turned back half-a-dozen challengers in the 30 to 40-year-old women's traditional forms division to stamp her ticket to

next week's World Poomsae Championships in Incheon, South Korea.

Part of a three-member Canadian contingent, she's the first student to earn such an honour in the four-year history of Milton's JSC Tae Kwon Do club—something that's every bit as memorable to her instructor.

"To have my first student on national team, I'm very proud," said Master Jung Jin Park.

So did he like his highest level student's chances heading into the recent trials?



Georgetown's Carrie Cater of Milton's JSE Tae Kwon Do club recently finished first in the national team trials and will now compete in the World Poomsae Championships in South Korea.

Photo by Michael Ivanin

"Yes I did. Mentally, Carrie is really strong."

Cater concurs with that assessment, admitting that she could still improve technically but that any shortcomings in that regard are usually made up for with focus and preparedness.

"It gets harder as the competition goes on, with the rounds getting longer, but really knowing the forms is what probably won it for me."

Recently Cater has been advised to cut back on the sparring portion of tae kwon do—which she's studied for about 12 years now—although she's not about to slow down with her overall training.

"I figure anything that strengthens my heart is a good thing," said the seasoned martial artist, who will likely require another surgery somewhere down the road for her heart defect known as Tetralogy of Fallot. "And my coaches are really good about making me take a break when they see I need it."

Cater hasn't been taking too many of those lately, gearing up for what she hopes will be a strong showing in tae kwon do's birthplace.

"I'd love to come home with a medal, but barring that I'd at least like to get out of the first round," she said.



Carrie Cater of JSE Tae Kwon Do club is part of the three-person Canadian contingent competing in this week's world event in South Korea. *Photo by Michael Ivanin*



Oakville Blades' Steven Guzzo hooks Georgetown Raiders' Scott Levitt during Friday's Provincial Junior A Hockey League game at Joshua's Creek Arena in Oakville. The Raiders fell 4-1.

Photo by Michael Ivanin

After clipping Cougars Raiders back in top spot

A 5-4 win over the Burlington Cougars halted a two-game losing streak and at the same time propelled the Georgetown Raiders back to the top of the division standings Saturday.

The Raiders, who dropped a 4-1 decision in Oakville Friday night, briefly relinquished top spot in the Ontario Provincial Jr. A Hockey League's West Conference to the Blades, before regaining first with the Saturday win at Alcott Arena.

Georgetown leads the division with an 11-5-1 record and 23 points while Oakville (10-3-2) and Brampton (11-8-0) are right behind with 22 points.

The Raiders used goals less than two minutes apart midway through the third by Mark McGowan and Anthony Luciani to wipe out a 4-3 deficit.

Georgetown trailed 3-2 heading into the final period before Andrew Ella tied the score at the 3:35 mark. The Raiders dominated the final period outscoring the

Cougars 3-1 and outshooting the visitors 16-5. Paul Claxton faced 24 shots in the Raider net while his teammates directed 42 at the Burlington goal.

Jeremy Wick scored twice for Georgetown while Luciani, McGowan, Andy Bathgate, Scott Levitt and Chris Borges drew single assists.

In Oakville Friday, the Raiders fell behind 2-0 in the first period and gave up another marker in the middle period in losing 4-1.

Levitt, from Spencer Metcalfe, narrowed the gap to 3-1 early in the third before the Blades closed out the win with an empty-net marker with 27 seconds left.

Claxton handled the netminding duties and faced 37 shots while the Raiders had 32.

Next action for the Raiders is Saturday when they host the Brampton Capitals at Alcott Arena at 7:30 p.m. before visiting Streetsville Sunday at 7 p.m.



**GEORGETOWN
TOYOTA**

GAME OF THE WEEK

**GEORGETOWN JR. A
RAIDERS
vs
BRAMPTON CAPITOLS
Saturday, November 3, 2007
7:30 pm**

Mold-Masters SportsPlex (Alcott Arena)

GEORGETOWN JUNIOR "A"



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