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Gold medalist sole member
of Laurier's gymnastic team

Sara Aggiss, a gold medalist in international gymnastics competition will be Wilfrid Laurier's sole representative in university gymnastic competition this year.

Cookie Leach, Director of Women's Athletics explains that Sara will continue to train with the Cambridge Kips, "because Laurier lacks the facilities necessary for competitive gymnastic training, as well as the demand for such facilities."

Originally from Georgetown, Sara became interested in gymnastics at age ten "mainly because my sisters were all involved," she recalls. Including dance lessons in her early training, Sara, now a second year honours student at Laurier, progressed quickly through the gymnastic ranking system.

Of the dance lessons, Sara remarks, "Everything from jazz to tap to modern dance is helpful for an aspiring gymnast."

Coached by Don and Benita Rope of Cambridge, the 19 year old trains 4 nights a week for 4-5 hours at a time, in addition to her schoolwork. Following a rigorous work-out which consists of warm-ups and routines, Sara completes another hour or so of conditioning exercises including weights, stairs and circuits.

Successful in many competitions, Sara's awards include a gold medal for floor exercises, another for team effort in competition in England in 1981, a bronze medal in Texas, and a third place in this year's World University Games. Eligible for the Olympic qualifying rounds beginning in February of 1984, Sara is as yet unsure whether she will compete.

After injuring her ankle this summer she had decided to retire from the sport. "I thought I was sick of gymnastics," she remarks. "Bored when not training," Sara has decided to train again, at least for this year's university season.