

Less training required by trampolinists

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athletes who use the trampoline in training. Gagnon, who trains five times per week, started gymnastics eight years ago and made the short leap to trampoline four years later.

"I kind of lost interest and, as I got into the higher levels, it became more demanding," Gagnon said.

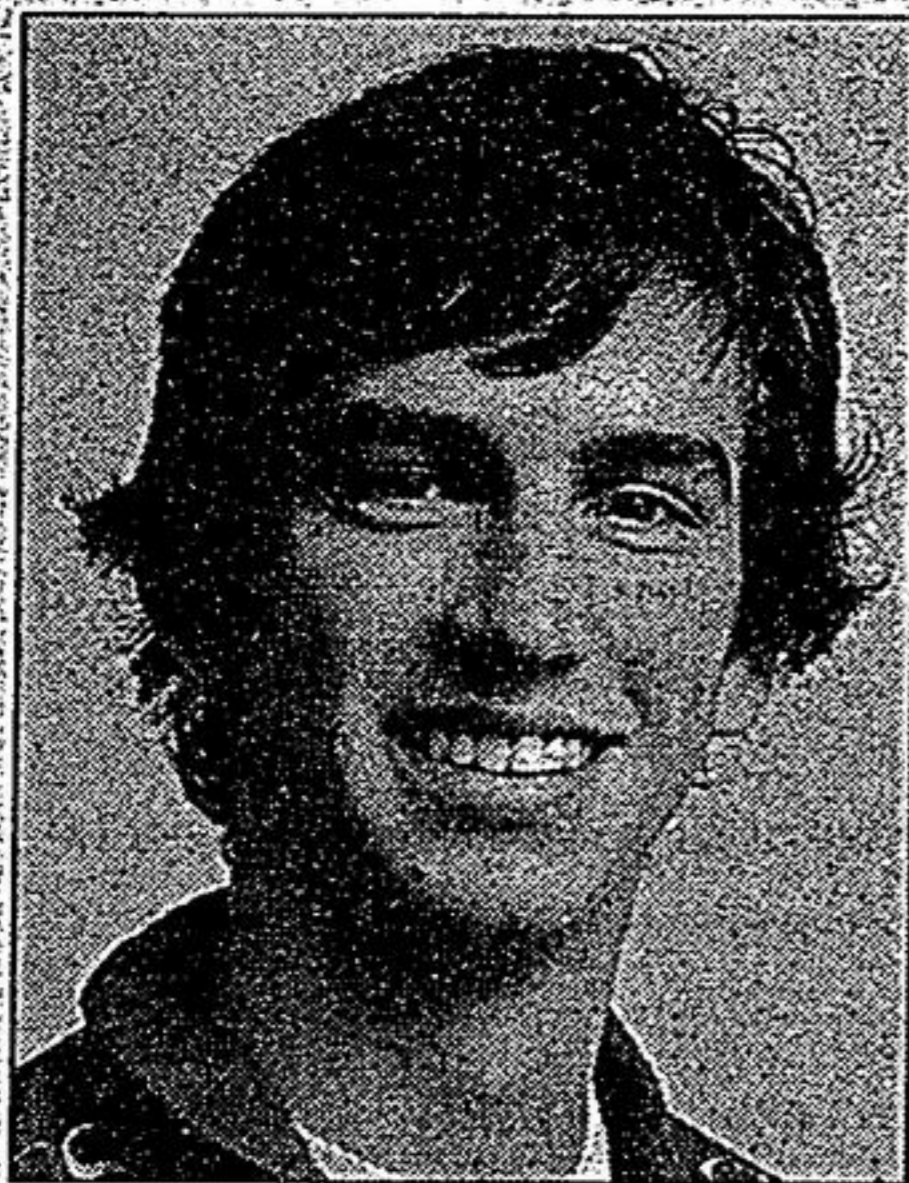
Training for gymnastics always included time on the trampoline, too, so it was a good progression.

"It was a good move. I'm doing a lot better than I was in gymnastics. There's less training because it's one event, as opposed to six events."

York Region is becoming quite the hotbed for trampolinists.

Aurora residents Samantha Sendel and Carl Rom Colthoff also won youth division titles at the same event and King City's Rosie MacLennan finished second in the women's division after winning the 2005 title.

"I guess there's a lot of good clubs and coaches in the area," Gagnon said.



THOMAS GAGNON: Acknowledges he's accomplished far more in trampoline than gymnastics.

Rugby boys gear up for playoffs

From page 26.

The Spartans boys' rugby teams tuned up for today's YRAA championships by winning their final regular season games Monday at Brother Andre Catholic High School.

The senior Spartans received a try and penalty kick from Bjorn McSorley and a try from Kyle Miller in a 13-7 win.

The junior Spartans received single tries from James Beare, Chris Boake and Jamie Gregory and a penalty kick from Matt Raguseo in a 17-3 win.

In a junior tier two contest, the Spartans received two tries from Tyler Zan and a try and convert from Bruce Cringan in a 17-7 win.

Today's YRAA finals at Fletcher's Field in Markham were to begin at 8 a.m. and wind down with the championship finals starting at 2 p.m. for the girls, 3 p.m. for juniors and 4 p.m. for seniors.

Spartans baseball team fields win and tie

The Spartans baseball team claimed three out of a possible four points in their last two YRAA outings after defeating Middlefield Collegiate 14-3 last week and battling Thornhill Secondary School to a 4-4 tie Monday.

Bobby Hughes scored three runs for the Spartans in the

win over Middlefield.

In the Thornhill contest, Curtis Reesor drove in two runs before the game was called due to curfew.

Mark Lofthouse, Peter Reesor and Justin Balik shared pitching duties to earn the tie.

Now 4-1-1 on the season, the Spartans are in a tie for first place in the East Division with Langstaff Secondary School. Langstaff, however, have a game in hand.

For more on high school sports, log on to: www.yraa.com

Vincec second in Indiana

Mike Vincec drove his Swedetech-powered Cameron Motorsports CRG kart to a second-place finish in the second of two races in the first round of the Stars East Division series at the Motorsports Park in New Castle, Indiana.

Entered in the senior ICC class, the 15-year-old Stouffville resident encountered adversity in the first race after being sent to the back of the pack due to a technical ruling that determined his vehicle was underweight.

Making the proper weight adjustments for the second race, Vincec captured the pre-final and finished second in the final.

For more information and results visit www.mikev.ca

Who is our Best Sport?

The Sun-Tribune is seeking nominations for Whitchurch-Stouffville's Sports Person of the Year.

Tell The Sun-Tribune about a coach, manager or executive member you know that is making a difference by volunteering in our sports community.

Supporting material and testimonials appreciated.

Label nominations "Sports Person of Year" and mail to: Box 154, Stouffville, L4A 7Z5 or e-mail: stouffvilleawards@yrng.com

by June 16 at noon.

Award to be presented during Strawberry Festival, June 29 to July 3.



Golf Tournament

The tournament will take place **Monday June 26, 2006** at **Sleepy Hollow Country Club in Stouffville.**

Come join in the fun for our 2nd Annual Charity Golf Tournament. Proceeds go to the Weekend To End Breast Cancer 60km Walk.

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www.markhamgolf.com or breastcancer@markhamgolf.com
 For more information or to sign up!

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