

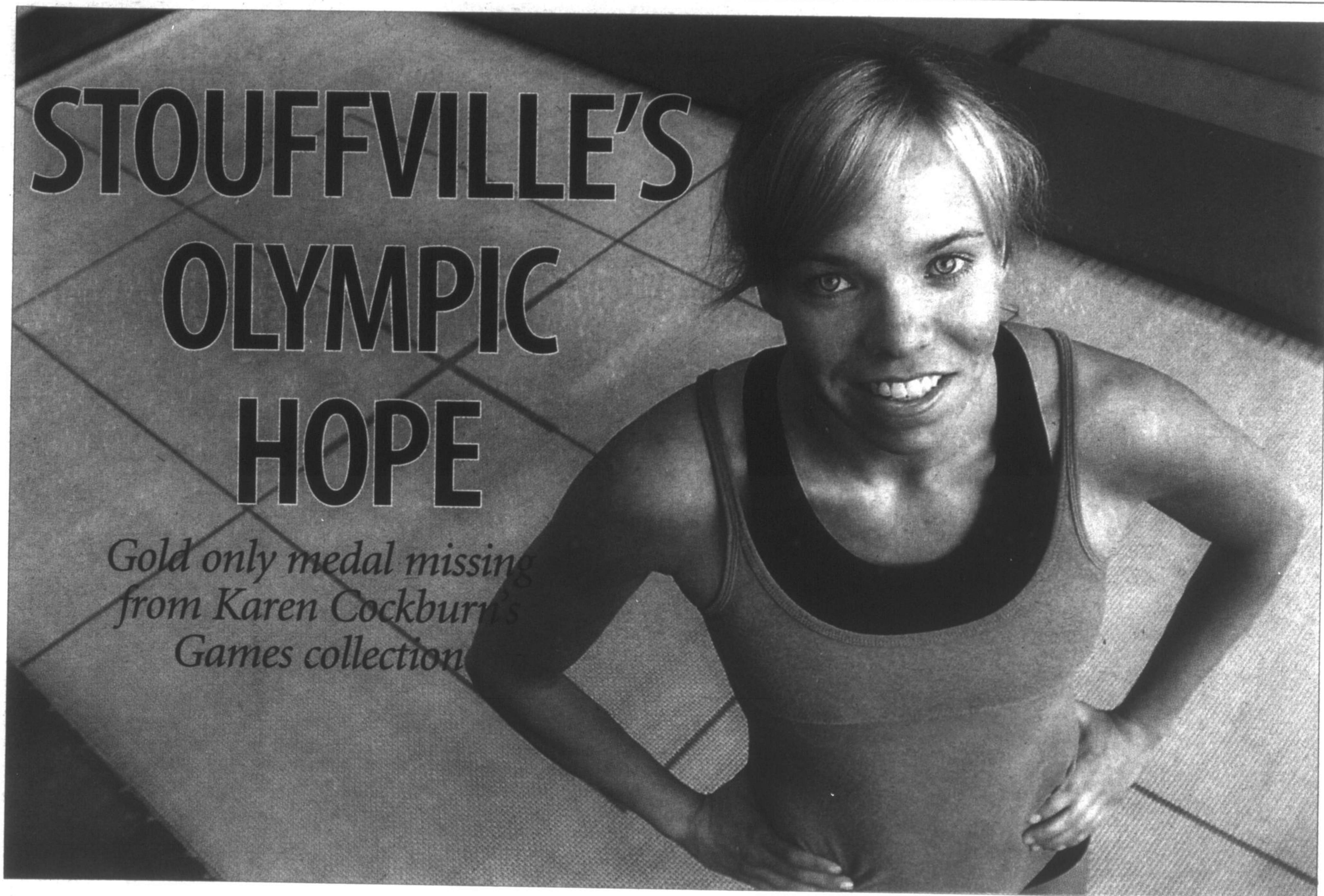
Stouffville Sun-Tribune

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STOUFFVILLE'S OLYMPIC HOPE

Gold only medal missing from Karen Cockburn's Games collection

STAFF PHOTO/STEVE SOMERVILLE

BY MIKE HAYAKAWA
Staff Writer

When Karen Cockburn made her Summer Olympic debut in the 2000 Games in Sydney, she won a bronze medal in the women's individual trampoline.

At the 2004 Summer Games in Athens, she bounced, flipped and somersaulted to a silver in the women's individual event.

The 27-year-old Stouffville resident is the first competitor to win

two Olympic medals in individual trampoline.

The only medallion missing from her collection is the coveted gold.

With the 2008 Summer Olympics competition in Beijing from Aug. 16 to 19, Cockburn will have an opportunity to capture that elusive medal as a member of Canada's gymnastics team.

The second-ranked performer in world, Cockburn conceded there are high expectations for her to fill

those prognostications.

"The pressure placed is on yourself and within because you want to do well. But it's not unlike any other competition. All you can do is to train every day and do everything that you know to the best of your ability," said Cockburn, who moved to Stouffville in 2007. "Sure, there's expectations, but it's not unlike anything I've faced before."

Cockburn married her fellow Olympian and former training partner, Mathieu Turgeon, last year.

Despite coming off surgery on her right knee last fall, Cockburn has felt no after-effects.

She's hot, including a first-place finish at a World Cup event in Publier, France in May that also sealed her berth on the Olympic team. At the Canadian championships in Calgary, Cockburn finished first and at the Pacific Rim Championships in California, she was second.

"I'm feeling good right now; it's just a matter of perfecting everything," she said.

In the days leading up to the Games, Cockburn has been diligently working out at her club, the Skyriders Trampoline Place in Richmond Hill.

At Skyrider for 16 years, Cockburn has been training six days a week and from three to five hours a day.

She credits longtime Skyriders coach Dave Ross with her success and says there are two key factors

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