

SPORTS

Knox to games in Turkey

Liz Knox has been named to the 21-player roster of Canadian Interuniversity Sport players that will represent Canada in the women's ice hockey competition at the 2011 Winter Universiade in Erzurum, Turkey.

One of two netminders chosen to the team, the Stouffville native is in her fifth-year as a member of the Wilfrid Laurier University Golden Hawks women's team where she has been a part of their Ontario University Athletics championship teams in each of the last four seasons.

Last season, Knox was the CIS and OUA women's hockey player of the year and a first-team CIS women's first team All Canadian.

A graduate of Stouffville District Second-

ary School, Knox is a former member of the Canadian women's under-22 team.

The 24th Winter World University Games will run from Jan. 27 to Feb. 6, with the women's hockey final set for Feb. 5.

WORLD UNIVERSITY HOCKEY

Canada heads into the event as defending champion following a 3-1 gold-medal victory over host China in Harbin in 2009, when the sport made its Universiade debut.

Canada is set to open the five-game round-robin competition against Finland Jan. 27 and face the U.S. in its fourth match Jan. 31. The top four teams at the end of the preliminary round advance to the semifinals.

Cockburn qualifies for Pan-Ams

Stouffville resident and three-time Olympic medal winner Karen Cockburn won gold in the women's trampoline final in the qualifying event for the 2011 Pan-American Games in Guadalajara, Mexico, Saturday.

For Cockburn, winning a medal in the individual event final was the icing on the cake for a Canadian team, which earlier in the day locked up four berths – two for men and two for women – at next year's games.

SEVERE ALLERGIC REACTION

Forced out of last month's world championships due to a severe allergic reaction to medication following dental surgery, Cockburn bounced back to lead the Canadian women's

team to first place in the preliminaries.

She went on to edge teammate Rosannagh MacLennan of King City for individual gold on a tiebreak. Both scored 38.2 points in the final. But Cockburn was awarded top spot for earning a slightly higher mark for execution.

"My main goal was to help the team win the spots for the Pan-Am Games, so we accomplished everything we wanted and winning today was kind of a nice bonus," Cockburn said on Gymnastics Canada's website. "It takes the sting away of not going to the worlds. Now I'm just looking forward to setting goals, getting back in the gym and training for next year because I have all these new routines planned."



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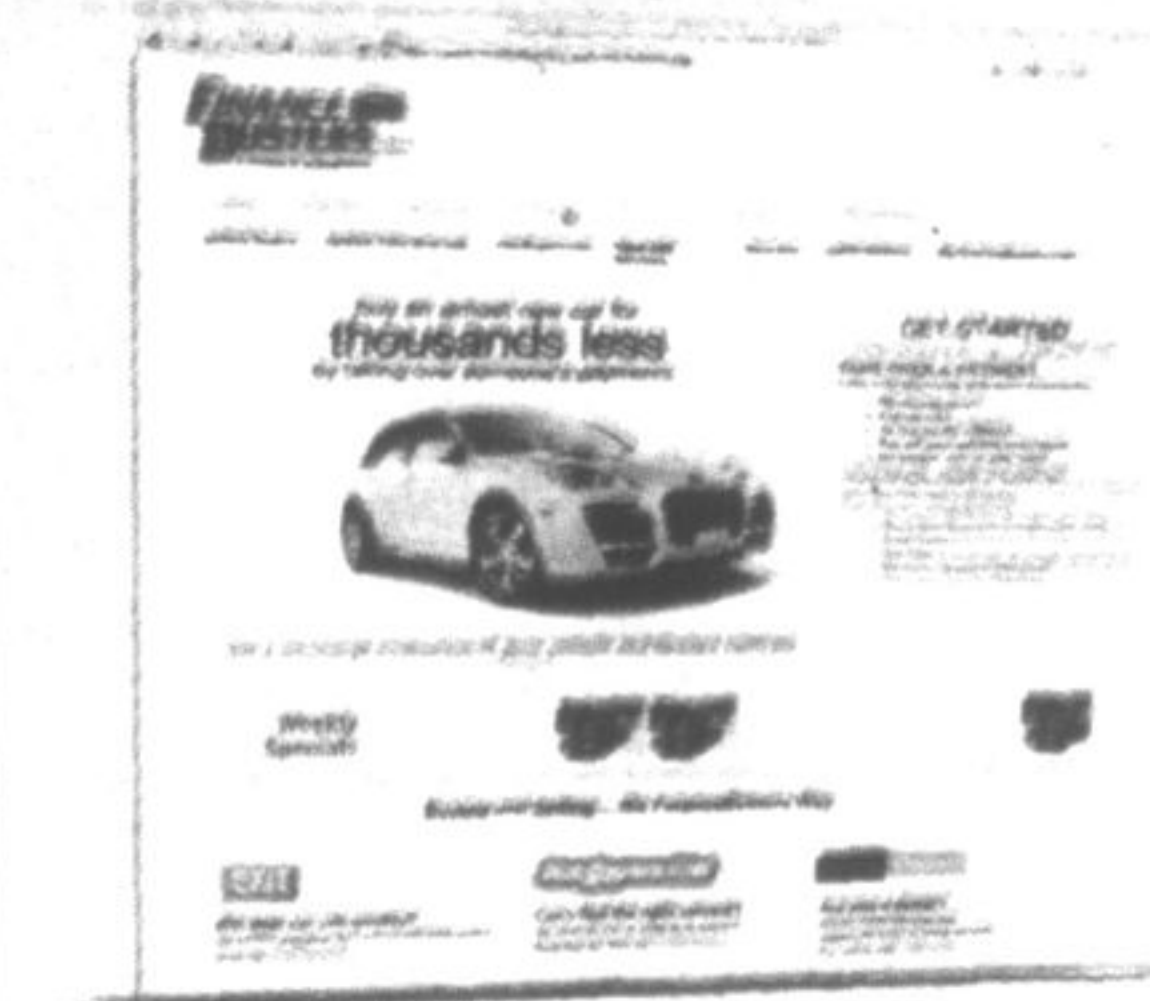
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