

submitted by Kajaks athlete and reporter Emma Lam:

From July 22-July 24, the Kajaks' Junior Development athletes, along with their enthusiastic and committed parents and coaches attended the Kamloops BC Junior Development Championships 2011, in Kamloops, BC.

The trip certainly wrapped up an already successful season for the JD's. Most of the athletes placed top ten and almost all achieved personal bests. One of the highlights of the meet was the girls 13-year-old 4x100 relay team. The Kajaks team consisted of Sara Cathcart, 13, Georgia Lam, 12, Samantha Maika, 13 and Megan Higashitani, 13. The girls placed first overall with a time of 54.51s. But, the relay wasn't the only proud moment for the Kajaks! Iqam Bhandal, 10, received first places in shot put and discus. Egidio Cantarella, 11 came third in the boys 60m dash with a time of 8.95s. 10 year old, Cynthia Martin placed second in both girls 60m and 100m dashes and managed a first place in shot put. Valerie Wideski received a first place in girl's 12-year-old discus with a winning throw of 30.88m. She also won second place in girls hammer. Georgia Lam, 12, won the girls 100m dash and earned a third in both 200m and 300m. Megan Higashitani received a personal best and a first place in girl's 13-year-old 100m dash with a brisk time of 13.23s. In the sand pit, Sara Cathcart, 13, won third place with a jump of 4.52m.

These amazing results would not have been possible without the help of our dedicated coaches. Veteran coach, Mosley Jack says "I feel generally kids have outstanding performance despite injury, aches and heat." His approach to coaching demanded hard work and discipline and this track meet proved it to be a successful formula. This year, we introduced a new JD coordinator, Samuel Pawluk. "This was a new experience and I'm still learning! I'm very proud of the kids and the many Personal Bests achieved today." says Sam.

Overall, this track meet proved to be a positive showcase for our athletes. With one of the most successful JD seasons ever coming to an end, we can expect even better next year.



(from left to right)

Ignacio Cantarella, Ariantha Cantarella, Iqam Bhandal, Egidio Cantarella, Jamieson Lee, Samantha Maika, Sara Cathcart, Gurleen Bhandal, Megan Higashitani, Georgia Lam. Missing: Valerie Wideski.