

Seven up for Tim Turow Award

Seven up for Tim Turow Award. *Gymnast Madeline Gardiner is in the running for the Tim Turow Award for the Cambridge Athlete of the Year. Gardiner won the honour last year. Times file photo*



October 26, 2011

The city will honour its best athletes on Nov. 4 at the 38th annual Cambridge Sports Awards.

The banquet begins at 6:30 p.m. at the Cambridge Holiday Inn, 200 Holiday Inn Dr., where seven athletes will vie for the Tim Turow Award.

Tickets are \$40 for adults, \$35 for students and \$20 for youth, and can be purchased in person at Cambridge City Hall, 50 Dickson St., at the community services department counter on the main floor, or by calling 519-740-4681 ext. 4202.

Here's a glimpse of the seven athletes competing for the Tim Turow Award:

Madeline Gardiner (gymnastics)

After successfully competing for Canada at the first Youth Olympic Games in Singapore in August 2010, Madeline Gardiner worked to add artistry and difficulty to her routines. In December 2010, she won gold on beam and on uneven bars, and placed fourth on floor and vault in winning the all-around silver medal at the Elite Canada Gymnastics Championships in Gatineau, Que.

February saw Gardiner compete at the Nadia Comaneci International Invitational (where she won the silver medal for second all-around) and at the World Olympic Gymnastics Academy competition in Texas, where she was fourth on beam, fifth on floor, sixth on vault and eighth on bars for a sixth all-around finish.

In March at the Gymnix International Gymnastics Competition in Montreal, Gardiner was second all-around, winning gold on bars and on beam, and placing fourth on vault.

In May, Canada's best national gymnasts converged on Charlottetown, P.E.I., where Gardiner topped the field at the Canadian Championships. She won silver on beam and was named Canada's top Women's Artistic Gymnast for 2011.

In July, Gardiner was a part of Canada's team that competed at the Japan Cup in Tokyo. She helped Canada secure a bronze medal in finishing third.

In October, Gardiner returned to Tokyo as a part of the Canadian team that competed at the 2011 World Gymnastics Championships. Third after day one, Canada finished 11th, but has high hopes to qualify a full team for the London 2012

Olympics at the final qualifier in January.

Victoria Moors (gymnastics)

Victoria Moors has been in love with gymnastics since the age of three, starting out cart wheeling and flipping in local kinder gymnastics programs.

She was quickly identified as having potential for competitive gymnastics training by former Soviet, two-time gold medal-winning Olympic gymnast Elvira Saadi. Under Saadi's direction, Moors, now 14, has developed into an elite, high-performance gymnast who competes around the world.

In the 2010-11 competitive seasons, Moors made history for Canadian women's gymnastics by performing a highly-difficult tumbling move called a double-twisting, double-back. She debuted the move at the prestigious Nadia Comaneci International competition in Oklahoma and was congratulated by Comaneci herself.

Moors has learned the art of discipline, training 30 hours a week, now with Cambridge's new Dynamo Gymnastics Sports Centre, recently opened by Saadi. Her hard work and sacrifice has paid off.

In the 2010-11 season, she claimed the titles of Elite Ontario, Elite Canada and National Junior champion. A member of the Junior Canadian Team, she led the team to the International Junior Cup at the prestigious Gymnix International in Montreal, as well as a silver place in the recent Puerto Rico Cup last summer. Individually, she was third all-around and on floor, and first in vault and uneven bars.

Her travels have taken her to places such as Russia and she is heading to France for two competitions this November.

Moors, a Grade 10 student at Glenview Park Secondary, is considered by Gymnastics Canada as a strong candidate for the London 2012 Olympics.

Ashley Nichols (muay thai)

Ashley Nichols is enrolled in the Human Services Program at Conestoga College. She is also a part of the Aboriginal Student Association and plans to further her education in law enforcement for 2012.

Nichols just won gold at the 2011 World Muay Thai Federation Amateur World Tournament and the 2011 Pro-Am World Muay Thai Tournament in Thailand, where she also became an internationally certified judge and referee for the World Muay Thai Federation.

She is also the 52 kg kickboxing provincial and national champion, as well as the Thai boxing North American champion.

Nichols has been a certified coach of K1 kickboxing for the Council for Amateur Sport Kickboxing since 2009. She is currently the head instructor at the MAS Academy of Martial Arts for the Little Ninja's Children's Program and the Ladies Fight Fitness Program.

Andy Shields (cross country skiing)

Growing up, Andy Shields played various sports – hockey, soccer, mountain biking, speed skating and flag football.

He started on cross country skis at the age of three and joined the Waterloo Region Nordic's Jackrabbits the following winter. Skiing is where Shields found his passion. Although winters in southern Ontario were short, with snow in short reserve and mid-winter melts a common occurrence, Shields was still able to ski consistently by resorting to creative methods of finding or making places to ski (i.e. shoveling ice rink shavings to make an arena snow track).

Shields started club racing in southern Ontario when he was six. In subsequent seasons, he competed on the Ontario Cup Series and then attended his first National Ski Championships in 2007.

At his first nationals, Shields placed second in the 7.5 kilometre skate race and was eighth in the juvenile boys' points aggregate. This positive experience helped lock him on the continuing pursuit he now devotes his time and energy towards.

Since that first national championship medal, Shields has been a regular medallist at the provincial level and a top 10 finisher nationally.

In January 2010, Shields experienced a major breakthrough by amazing many at the Canadian Junior World Trails and qualifying for the World Junior Ski Championships, which were held in Hinterzarten, Germany. That season, Shields finished sixth in the junior aggregate points at nationals with a best individual race finish of fourth.

In the spring of 2010, Shields accepted a nomination to the National Development Team in Thunder Bay and moved there to train full time.

Shields had an outstanding first season with this team. In January, he qualified, for the second successive season, to represent Canada at the World Junior Championships in Estonia.

At the world championships, he had two 31st place finishes and anchored the Canadian team to ninth place in the relay.

He was also a member of the under-23 Team Ontario squad for the Canada Winter Games and won gold at the Eastern Canadian Championships, before becoming the national junior champion at the Ski Nationals in Alberta.

He added a silver medal in the super tour finals.

In April, Shields was voted North America's Best Overall Junior Male Cross Country Skier by Skitrax magazine.

Robert Thomas (muay thai)

Robert Thomas is a high school student who attends Glenview Park Secondary School. He began training martial arts in June 2007 at MAS Thai boxing. Since then, he has travelled all over the world competing in places such as the U.S., Mexico, Bermuda and Thailand.

While in Thailand, Thomas competed in two different World Championship Tournaments in two different weight divisions. He won both tournaments to become the World Muay Thai Federation Amateur Champion at 81 kg and also the World Muay Thai Federation Pro-Am World Champion at 75 kg.

In addition, he is the 2010 national muay thai champion and 2010 provincial brazilian jiu-jitsu champion in the gi and no-gi divisions. Thomas is also the reigning North American muay thai champ.

Andrea Watson (muay thai)

In December 2010, Andrea Watson graduated college for pre-service firefighting. Watson has been an athlete all of her life. After years of soccer and rugby, at 15 years old she started boxing. After winning the largest boxing tournament in the world – the 2009 Ringside World Amateur Boxing Tournament – she decided to test herself in muay thai.

Her first fight outside of boxing was for Mas Thai Boxing at the 2010 Canadian National Championships. She won nationals and fought as the heavyweight champion for Canada in both kickboxing and muay thai for the rest of the year.

In 2011, she won the Canadian National Championships in both the thai boxing and kickboxing divisions at 70 kg.

Two days after nationals, she left for Thailand to get ready for the 2011 World Muay

Thai Federation (WMF) World Championships and trained at a world-class muay thai camp. She won the 2011 WMF World Amateur Championship, the 2011 WMF World Pro-am Championship and the 2011 Asian Cup Championship, at the youngest age that a senior woman can be – 19 years old.

Whitney McClintock (water skiing)

Whitney McClintock was born and raised in Cambridge, where her parents own and run McClintock's Water Ski School.

McClintock has been the youngest member of the Canadian National Water Ski Team since 2003. Currently, she is living in Florida, training with Matt Rini and pursuing her passion for water skiing.

McClintock graduated in 2010 with top honours from the University of Central Florida. She now has her Bachelors Degree in Sports and Fitness and is a Certified Strength and Conditioning Specialist (NSCA-CSCS).

On the water, she is the world slalom champion, the U.S. Masters trick champion and the Canadian woman's slalom, trick, jump and overall champion. In addition, she set a Canadian slalom record and open category trick record.

At the recent Pan Am Games, McClintock won four medals.

This article is for personal use only courtesy of CambridgeTimes.ca - a division of Metroland Media Group Ltd.