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# Sports

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## On Deck

### Signing skaters

The Maple Ridge Skating Club is holding ongoing registration for set two of its CanSkate programs. The program started Dec. 6, but registration is continuing. Skate Canada's national learn-to-skate program is designed for beginners and registration will continue throughout the winter season until sessions are full. For more information about rates and times please visit [www.mapleridgeskating.com](http://www.mapleridgeskating.com).



Mateo Le Van played in Portland and is getting ready for Las Vegas.

### Las Vegas bound

Maple Ridge student Mateo Le Van, an attacker for the U12 Burnaby Mountain Selects lacrosse team, is preparing to do battle against teams from around the Western United States in a showdown in Las Vegas this weekend.

He and his team enter the Adrenaline Sin City competition having just participated in an exhibition series in Oregon.

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Ridge Meadows Burrards

### Burrards triumph

The Ridge Meadows Burrards youth lacrosse team won a gold medal at the Space Needle shoot-out in Seattle earlier this month.

The U12 tier one field lacrosse team participated in the 64-team lacrosse tournament that is considered one of the largest youth tournaments in the United States.

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Josh Jensen (above and inset) threw his opponent to the mat during a senior men's competition in the black belt division.

Martial arts

# Judoists score gold

Golden Ears Judo Club member won four gold medals at the Canada West International tournament, including relative newcomer Josh Jensen.

by Amy Judd  
[ajudd@mrtimes.com](mailto:ajudd@mrtimes.com)

A local judo club threw their competitors to the mat to win four gold medals at the Canada West International tournament in Burnaby.

Coached by club owner Ron Wright, the team came away with four gold medals, two silvers and one fourth place win in a tournament that will decide who will compete at nationals next year.

Josh Jensen, 18, who has only been training at the club for two years, won gold in the junior men's 100-kilo category and then silver in the senior men's 100-kilo black belt division. He has already been selected for the Canada Winter Games next year, which

Wright said is the biggest multi-sport games in Canada outside of the Olympic Games and the Pan-American competition.

Jensen currently holds a brown belt, but is planning on going for his black belt next July, even though he only started the sport a few years ago.

"My uncles and my dad participated in the sport," said Jensen, "so it's been in the family." He has already shown a natural talent for the competitive sport.

The Maple Ridge Secondary graduate said that he has moved up belts very quickly since starting, and right now he is training every day to prepare for the Winter Games and wants to go as far as he can.

"Very strict eating, very clean, very healthy eating," said Jensen

when asked about his training regime. "I'm training at least three or four times a week in the club, and then in the gym at least five or six times a week. You have to stick with it."

"Judo is way up there in terms of the energy required to perform at a high level," said Wright. "You have to be strong, flexible. You have to have the whole package."

Wright also explained that aside from the physical requirements, judoists have to be mentally strong. "You have to be confident, dedicated, and get out of your comfort zone," he said.

Jensen agreed, and said "Judo is a sport where I use every muscle in my body combined with a really high level of energy."

"It's a five-minute match and you're pretty dead by the end of

it," he said.

Jensen, along with other members of the Judo club, showed their stamina and skill with their results at the Canada West tournament.

In the girls U15 category (45-kilos) Kaitlyn Kilmartin went undefeated to win the gold medal, while her brother Jordan Kilmartin won gold in the U17, (73-kilos) and took silver in the U20 (73-kilos) division.

Julian Benvenuti, in his first ever tournament, won the gold medal in the intermediate men's 60-kilo division.

Maciej Ingielewicz finished fourth in the highly competitive black belt men's 73-kilo category.



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