

■ taekwondo

Work never stops at gold-medal winning school

CABOOLTURE Taekwondo and Hapkido students are back in training for 2010 after success at last year's Taekwondo Australian National Championships.

The club won two gold, two silver and three bronze medals at the event.

However, there will be no

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rest, with head instructor Carlos Lakerdis planning a rigorous training regime.

Traditional taekwondo classes are held at the Caboolture Taekwondo and Hapkido Academy from Monday to Friday and are suitable for all ages and skill levels.

Sport Taekwondo classes, which are designed to help students prepare for compe-

titions, is also held on Wednesday nights.

Hapkido classes are also held at the academy.

Hapkido is a Korean-based art, which incorporates a series of hand, wrist and arm-locking techniques.

■ For more information, phone Carlos on 5428 2930.



IN TRAINING: Beau Brown, Danny Lee, Carlos Lakerdis and Aimee Lakerdis.

■ soccer

Season opens

NORTH Pine starts its Division 1 soccer campaign at home to the Ipswich Knights tomorrow night. The Gorillas will be coached by former captain Michael Brockwell, and have welcomed back prodigal son Shane Coffey to Bob Brock Park. Kick-off is at 7pm.

■ rugby league

Pine Cup

PINE Cup action moves to Pine Rivers Junior League Club tomorrow for the second week of the three-week competition. Samford plays Pine Central Holy Spirit at 6pm, while Dayboro plays Pine Rivers at 7.30pm. Both Pine Rivers and Dayboro won their opening round matches. The finals will be held on February 27 at Dayboro Rugby League Club.

■ swimming

Long course

AUSTRALIAN Crawl will host a long course meet this Sunday.

Nominations have closed for the event, which will include ages 12-16 years in all individual strokes. The long course meet will start at 9am. Adults \$3 entry, children can enter free.

■ triathlon

Suttons race

THE TQ Sprint Distance Championships will be held at Suttons Beach, Redcliffe, this Sunday. Competitors will swim 750m, ride 20km and run 5km in the event, to start at 8am. Other events to be held include the Tri-tout (open to all competitors), kids' event and mini kids' event.

■ bowls

Home round

BEACHMERE Bowls club will host the fourth round of the Super Challenge tomorrow, before travelling to Pacific Paradise on February 21. Nominations for the Championship Singles are now open with all club members encouraged to enter. Club secretary Ann Thomson said the club hoped to see many Beachmere supporters out.

■ soccer

Snakes visit

BRIBIE Island Tigers will host Caboolture Snakes in a pre-season match tonight.

The Caboolture under-17 squad will take on Bribie Seniors at 6.45pm, before the Caboolture Over 35s play Bribie Island's Over 35s. The Caboolture Senior Men's teams will play Woombye in Woombye tomorrow. Games from 4pm.

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■ special olympics

Games involvement a true family affair



PG186341

INSPIRING ROLE: Jennifer Gould is a volunteer nurse with the Special Olympics in Adelaide and is looking forward to cheering on her son, Tim.

FOR Ningi resident Jennifer Gould, the Special Olympics have always been a family affair.

Mrs Gould, who will volunteer as a nurse at the Special Olympics in Adelaide, has been involved in four national events, most in the company of



sons Nicholas and Tim. The family has travelled together for the Shanghai Olympics, Mrs Gould as

nurse, Nicholas as swim coach and Tim as Australian representative for tennis.

This time, however, Mrs Gould will be able to cheer Tim on as he competes in the swimming team, which she will work with as nurse.

"I will get to watch him,

he is good at both sports (swimming and tennis)," she said.

Mrs Gould said she had volunteered for a long time, with the position taking her to China, New Zealand and Ireland.

"I love it, I love working with people with intellectual disabilities, they are

fantastic people," she said. "If people could sit back and watch what they can do, they would realise they can do a lot."

Mrs Gould said her role would include looking after medication and injuries for the team and ensuring everyone felt well enough to compete.

■ soccer

Creek bolsters ranks

By NICK BERRETT

ALBANY Creek has given itself every chance of an immediate return to Division 1 soccer, signing a host of top-notch talent.

The club has signed seven new players, many of them former Premier League players.

Former Rochedale goal-scoring machine Danny Flaskas and ex-Pine Hills striker Jason Poggi headline a star-studded line-up



IN ACTION: Striker Danny Flaskas shows his skills.

that will take to the field for Creek's Division 2 side against Newmarket on March 5.

Midfield duo David Barker and Paul Armit, keeper Gerard Bowtell-Harris and defenders Justin Ansell and Glen Andrew - all experienced players - have also been added to the squad.

With an increased coaching presence and new facilities, 2010 looks set to be a big year for the club.

President Claude Sorbello said the new signings were a coup for the club, with many players playing a division below their talent.

"They understand that the club is looking at a turnaround strategy, they are understanding and supportive of what we are trying to do," he said.

Sorbello said the club had spent several years getting facilities up to scratch and had identified 2010 as the year to invest in the technical structure of the club.

"Our objective this year is to be competitive and get back into a winning spirit in our senior ranks," he said.

"We had a lot of things to do a few years ago, in that period of three years we invested \$1.3 million in the club, getting those things right."

Albany Creek has five coaching directors across its senior and junior ranks this year, instead of one, as well as technical director Salvatore Sottile.

"We are embracing the sort of players who want to play and aim for the elite," Sorbello said.