

Caledonia sisters off to judo nationals

by Bill Jackson

For the Forsyth girls of Caledonia, judo is a family affair.

Delaney, 14 and Zoe, 12 are off to compete at the 2010 Canadian National Youth Judo Championships in Lethbridge, AB this July after placing first and second respectively in Ontario this past season.

It will be Delaney's second trip to the national competition following a disappointing fifth place finish in 2009 because of a controversial call. This year she will be competing in the U17 category, one level up from U15 which only allows throws.

Upper levels of competition permit grappling maneuvers and competitors can force opponents to submit by joint locking or executing a choke.

"There's a different intensity and your opponents are bigger," Delaney said.

For Zoe, it will be her first time competing at the national U15 level.

Both girls train at least four times a week at the Canadian Japanese Cultural Centre under the direction of Sensei Mitch Kawasaki. That's in addition to keeping up with school work, regular running and weight training.

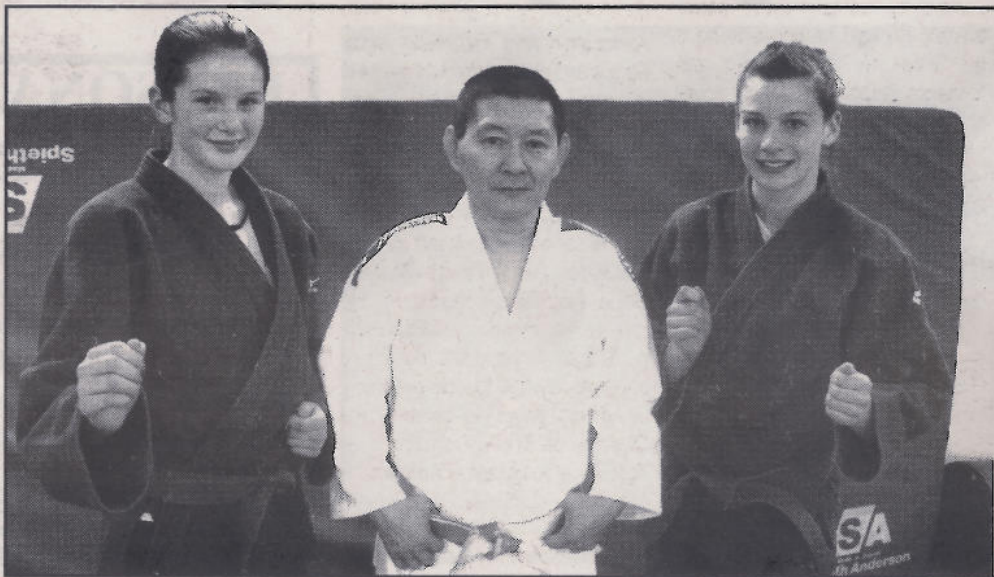
"You have to have determination and commitment," Delaney admits.

Both she and her sister serve as role models for their younger sister Georgia, 10, who's also making her mark in the martial art, finishing first in several competitions this past season.

"If she keeps up, rest assured she will be going to nationals too," Delaney said, who's been active in the sport for more than eight years.

Kawasaki explained that it requires a lot of time commitment, as well as money.

Both Delaney and Zoe had to qualify for nationals by competing in three tournaments this past year in Kingston, Woodbridge and Omnium du Quebec. Those events involve overnight stays and the cost of



transportation and hotels, and junior judo doesn't receive any government funding.

However, the girls' parents, Scott and Marylisa say they're fully in support of their daughters love for their

sport.

"As parents we are extremely proud of the girls and their dedication," Marylisa said. "They train hard and enjoy doing it."

Zoe and Delaney Forsyth, pictured above with Sensei Mitchell Kawasaki, will be competing at the 2010 Canadian National Youth Judo Championships in Lethbridge, AB this summer. - photo by Bill Jackson