

## The IndependentSPORTS

# Kayla Maduk heading to World Taekwon-Do Championships

*John McCrae student to represent Canada in five categories in New Zealand*

BY JEFFREY MORRIS

**K**ayla Maduk would have been competing for Canada at the World Taekwon-Do Championships last year.

Unfortunately, the Barrhaven girl was too young to qualify. Participants in the World Championships have to be at least 14 years old. Maduk was the best in Canada despite being only 13 and an eighth grade student at Cedarview Middle School.

So this year, Maduk wanted to make up for a lost opportunity.

"I wanted to qualify for the worlds in as many categories as possible," she said after returning from the Canadian championships in Vancouver last week. "So I went for it."

Maduk qualified for the World Taekwon-Do Championships in the Junior Division (14-17 years) in a remarkable five categories, winning three medals. In addition to competing individually, she will also be competing for Canada in sparring, patterns, power breaking and team sparring. The International Taekwon-Do Federation World Championships

take place in New Zealand in March, 2011. There are more than 50 athletes on the Canadian national team.

"I'm thrilled about this," said Maduk, who has been training for the Vancouver competition for most of this year.

While Maduk has built a reputation in the sport nationally, the championships in Vancouver

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provided her with an opportunity to compete in a large venue at a major competition.

"It was a good opportunity to see how I would react to competing in a venue like that," she said. "I got really psyched and it brought out the adrenaline. Sometimes you hear about athletes who are used to competing

in a small gym having trouble adapting."

Now in Grade 9 at John McCrae Secondary School, Maduk also plays soccer at the provincial level for the Ottawa South United 96 Force girls team. Combining two sports at a high level has been a challenge for her.

My coaches in soccer have been very supportive," she said. "I love soccer and it's a great sport for cross training. The cardio really helps me in taekwon-do. I am practising through the winter but I will not be playing in games because I don't want to risk an injury before the World Championships, but I certainly don't want to give it up."

Maduk is now training with Steven LeGrow in Orleans, so she is combining training with soccer while maintaining good grades in school. She is in McCrae's special program designed for high performance athletes, but she said that next semester, not this semester, will be the real test for her academically.

"I haven't missed a lot of school this semester," she said. "Next semester,

it will be different. But so far, I have been able to stay on top of my school work.

Maduk is going into the World Championships in New Zealand with no expectations.

"I want to be the best in the world, just like anybody else going to compete, but I don't

know how I will do," she said. "I will do my best, and I will see how I compare with the athletes from other countries. If I don't win, then I will get a good idea of what I need to do and where I need to be down the road. So, regardless of the outcome, this will be a great experience for me."

Maduk is fundraising for her trip to New Zealand through her website, and she is writing a weekly bog for people to follow her journey to the World Championships. To visit her site, go to [www.ikicklikeagirl.com](http://www.ikicklikeagirl.com).

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Kayla Maduk, after returning from the Canadian championships in Vancouver last week.



Kayla Maduk picked up three medals at the Canadian Taekwon-Do Championships in Vancouver. The 14-year-old John McCrae Secondary School student also plays provincial-level soccer and is a member of the Ottawa South United Force.