

PAN AM TRAMPOLINE & TUMBLING CHAMPIONSHIPS - Buenos Aires, Argentina December 4 - 7, 2008

Three Kelowna athletes arrived home on Tuesday from South America with their OGC Coaches Angelo Despotas and Alex Wood.

Okanagan Gymnastics athletes Luke Friesen, 17, Nelson Murray, and Ben Goossen, 16, have had a successful competition in Buenos Aires, Argentina this past week.

Earlier in the week in the Age Group events, OGC's **Ben Goossen** and **Nelson Murray**, won a **Gold** medal in Synchro Trampoline, in the **15-16** age group.

Ben also placed 5th in the finals for Double Mini Trampoline.

This was **Friesen's** first official competition as a Senior National team member, which includes, recent Olympic trampoline Silver medalist Jason Burnett. However, last summer Friesen was called on to replace an injured national member, allowing the team to compete and win a Gold medal in Great Britain for Canada in Double Mini.

After breaking his right arm in 5 places this past April, and dealing with an injured ankle, **Friesen** was back competing internationally at this PAN AM CHAMPIONSHIPS in the individual Double Mini trampoline event. Friesen placed 2nd in the individual preliminaries, and also competed on the Canadian National Double Mini trampoline team. The team went on to win a **Silver** medal for Canada this past Friday, and Sunday's final individual event landed Friesen in 6th place.

After eight days in the hot South American sun and 22 hours of flying time from Argentina, they will take a short break before heading back to the gym where the whole OGC Trampoline & Tumbling team will be working hard towards the next run of competitions that begin again in January.