

Rosie MacLennan takes home double gold in Canada Cup competition

By?Jake Courtepatte

King City's own Rosie MacLennan continues to shine on the world stage, winning double gold at the Canada Cup recently in women's trampoline.

MacLennan teamed up with Aurora-born Samantha Sendel for the synchro competition, where the duo topped the field with a score of 133.700.

MacLennan began training heavily with Sendel about a year ago, after her partner Karen Cockburn took time away from the sport to be with her family. Having worked with Sendel since she was 11, MacLennan said that it was an easy transition.

?We're very comfortable with each other. I know how she jumps, she's a very consistent jumper.?

Sendel echoed MacLennan's remarks.

?It's amazing working with Rosie. We have done synchro together before, so getting to do it again with her is a great experience, especially coming off her Olympic win. It's really inspiring working with her, and I couldn't ask for a better teammate.?

MacLennan and Sendel both train at Skyriders in Richmond Hill.

Both athletes competed the next day in the individual category. MacLennan defeated Cockburn by over six points, with a final score of 159.505. Sendel took home third place, with a score of 152.780.

MacLennan said her gold-winning individual performance was actually an easier routine than she had planned to do, as she was off of training for a week due to medical reasons.

?I only had a couple of weeks to prepare for the competition,? said MacLennan. ?But I'm quite happy with how I did the routine. I was able to get a good core, so I guess I can't complain.?

MacLennan burst onto the world stage in 2007, winning bronze in individual and gold in synchro with partner Karen Cockburn at the World Championships in Quebec. In the 2012 London Olympics, she brought home Canada's only gold medal, won in the individual category.

MacLennan and Sendel now head to China next week to prepare for the 2015 Pan Am Games qualifiers.

?We've got a good strong team this year,? said Sendel. ?Karen (Cockburn)'s back on the team, which is awesome to have. We missed her, so we're heading in strong.?

?We're planning to push ourselves a little more with the logistical side,? said MacLennan. ?We're trying to do a little more than what the other girls are doing internationally.?

Qualifications run from Aug. 23-25, at the Hershey Centre in Mississauga.

?It's really exciting,? said MacLennan. ?It's an opportunity for us to host international competition in Toronto and our backyard. It'll give us a little bit of a taste of what it will be like next summer.?