

Sendel earns trampoline silver medal in World Championships

By Jake Courtepatte

Samantha Sendel can add another medal performance to her growing list of athletic accomplishments.

The Aurora native earned a silver medal in women's synchronized trampoline last month at the 2014 World Championships in Daytona Beach, Florida, along with her training partner, and King City native, Rosie MacLennan.

The two have a long history of achievements together, both training out of Skyrider's Trampoline Place in Richmond Hill.

Sendel's latest accomplishment was almost unattainable due to injury.

A concussion several weeks prior to the event while training in Toronto left Sendel unsure if she was even going to attend.

Going through the recovery process, she made the trip to compete under the condition that she was symptom-free.

With the individual competition early in the event, Sendel was left with a tough decision.

"If there was any slight symptoms, it wasn't worth it to hinder myself even more," said Sendel. "It was the best and safest option to withdraw from the individual."

With synchro on the last day of competition, Sendel was given almost three days to rest and recover, which luckily did the trick.

"Fortunately enough, on Sunday I hit the trampoline and felt right back to 100%. Just two and a half days too late for individual."

Due to Sendel's concussion, the pair went into the event cold, the only prior training for the week being warm-up right before competition.

The duo was still able to bounce to a silver medal, earning 47.200 points in competition.

"We've trained together for years, we're no newbies to competing in synchronized trampoline together," said Sendel. "We just trusted our past training going in, and it obviously worked out well."

Sendel praised her relationship with MacLennan as an aid to her recovery and the success of the team.

"She definitely helped with any struggles I was going through. She's there to motivate me, keep me calm, and tell me 'we're here, you're jumping, this is more than we expected a couple days ago so just enjoy it'."

MacLennan also earned a silver medal in the individual routine, performing her three triples routine for the first time.

Sendel and MacLennan's synchro routine was a familiar one for them, something that they had already practiced many times.

"For us, we've been doing this routine for a while, we knew it, and I think in the end that's what helped us walk away with a medal."

Sendel's busy schedule takes her to Germany later this month to perform some shows. However, her mind is always on training.

"Come January, it's straight hit-the-ground-running with training. I'm looking forward to the Pan-Am Games, and after that World Championships for Olympic qualifications."