



(L-r) Nicholas Terwilliger, Nathan French, Jacob MacDuffie, and Hayley Heath. Photos: Heidi Terwilliger and David Stepp

ANDOVER ACADEMY OF SELF DEFENSE

By Heidi Terwilliger

Andover Academy of Self Defense

The students at Andover Academy of Self Defense are always training and learning. Recently two of the kids put that knowledge to good use at tournaments, and two at testing to advance in rank.

Nathan French attended the 2009 Green Mountain Classic sponsored by The Mount Anthony Karate Center, in conjunction with the International Institute of Sikaran held in Bennington, Vermont on September 26 with the proceeds benefiting the Southwestern

Vermont Cancer Research Center. He competed in both weapons kata and open hand kata, taking second place in the weapons competition and first place in the open hand forms.

On October 3 both Nicholas Terwilliger and Nathan French competed in the Sixth Annual MSTKD Open at Trinity High School in Manchester. This tournament was held to benefit Emily's Place, which is a safe shelter from domestic violence abuse in Manchester.

Both boys competed in weapons kata and open hand kata, and Nathan also competed in sparring. Nicholas took first place and Nathan took second place in their weapons katas, and they both took third place in their open hand forms. The boys do a great job at the tournaments and really enjoy the competition.

While Nicholas and Nathan were competing on October 3, Jacob MacDuffie and Hayley Heath were busy testing. Jacob received the rank of Green Belt, and Hayley received the rank of Blue Belt. Hayley will also be moving up to the Dragons Advanced Class.

GOT NEWS?

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Zach Daniels Spends Summer In Rigorous Training

By Zach Daniels
Andover Outing Club

When I arrived at school in the beginning of September, and after being asked what I did all summer, I had time to reflect on the high points of my summer. I simply replied, "My summer consisted of many trips to Lake Placid, New York; a 17-hour road trip to a competition in Chicago; and two weeks of training with the US Ski Team."

Although in the early part of summer I had driver's education, I managed to attend every camp in Lake Placid and further my jump and cross-training. Aside from jumping we worked on weight-lifting, agility, and coordination. It surprised me how much the exercises we do in the gym affect my performance on the jump and in races.

After I accumulated a total of five weeks of training in Lake Placid, it was time for the annual Norge Super Tour in Chicago. Feeling that my jumping skills would show on a slightly smaller jump, I was ready to compete.

After training on a K90 all summer, jumping on a K72 in Chicago was an advantage. Because technique is key in ski jumping, I was able to jump more smoothly on a slower and smaller jump.

It was the Saturday night of the competition, and we arrived at the jumps to find a large crowd of spectators. There is nothing like seeing a crowd of spectators lined up to watch you. There ended up being close to 5,000 ticket sales that day.

Sitting on the bar, I wasn't nervous, but rather amazed at the size and noise of the crowd. I took my trial jump and it was 69.5 meters. Although this jump did not count, it pumped me up for my next jump.

My first completion jump was the exact same distance. I was sitting in fourth or fifth place, with one jump left.

It was about dark by the time of my last jump, and I was ready to stand on that podium. The wind had turned for the worst, so my jump was a meter and



a half shorter, but the other jumpers had similar wind conditions. I went to sleep that night not knowing what I placed.

The next morning, before the second part of the competition, in front of the same size crowd, medals were presented. When they called my name for third place, I was thrilled that I was recognized for my performance, and especially in front of all these clapping people.

Although the competition in Chicago was over, my summer training was not even close to ending. Upon returning to Lake Placid after a grueling road trip, school was in session, and this meant that I would be training every day.

After a few weeks of jumping and roller skiing, the weekend of Nordic Combined Nationals had arrived. I competed against Olympians, world champions, and US Ski Team athletes.

Although Nationals were fun, I actually enjoyed the training weeks around the time of Nationals. During this two-week period in mid-October I had the opportunity to train with the US Ski Team. We trained, for the most part, two sessions a day, mainly roller skiing.

It was awesome to train with a group of 15 or so top-notch athletes and get to know them and the coaches. We worked on cross-country technique and speed. By the end of this US Ski Team camp, I was exhausted but thrilled that I had the opportunity.

This got me thinking of what may be in my future and how, if I continue my training, I will *so* reach that level. Overall my summer training was very productive, and I got to experience things that will stay with me for a while.

Andover Academy of Self Defense

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