

Track star wins four medals at First Nation Games

The Prince Albert Daily Herald

Kendall Parenteau is cleaning up at the Saskatchewan First Nations Summer Games in Onion Lake.

The Games ended Thursday after a week of competition that attracted more than 3,500 youths aged 11-17 to the Cree nation near Lloydminster.

Parenteau, a 13-year-old track star from St. Louis, took home a medal in every event in which she competed, earning gold in the 100-metre dash and long jump and silver in shotput and relay.

She arrived in Onion Lake on Sunday, the first day of the annual Games.

With only two years of track and field experience under her belt, she enjoys making new friends and competing. She does not hesitate when asked about her favourite event - she loves to run.

During the school year she also competes in city track and field events with her team from St. Louis Community School. She said she also does fairly well there and one of her local competitors is also in Onion Lake.

"I ran against her and jumped against her before."

While Parenteau has been making a name for herself at the Summer Games, she said her competition has been strong.

"There have been a few (competitors) I had to go hard against," she said.

She was very confident with her Prince Albert Grand Council relay team - even before the event she thought they had a good shot at a medal.

"We have pretty good runners," she said.

She found out in June she had made the team, but only spent about two weeks training for the five-day event. She spent the rest of her summer playing softball with the peewee Prince Albert Aces, which also involved some running and kept her in shape.

All in all, Parenteau met her goal of "doing well," at the Games.

Source: <http://www.paherald.sk.ca/>