



TRAINING: Jake Dornford. Picture: Stephen Laffer H0330838

## Jake has grip on Olympic hopes

**OLYMPICS |**  
DANIELLE FORSYTH

O'SULLIVAN Beach teen **Jake Dornford** is one step closer on the path to Olympic glory after being selected to represent Australia in the Oceania and South Pacific Wrestling Championships this week.

Coach **Luba Hofr** says Dornford, 16, has the dedication and the skills to go all the way and ranks him among the best students he has seen in more than 25 years of coaching.

Dornford will compete in the cadet (under-18s) and junior levels (under-21s) in Samoa from today (February

23) to February 25. The Marcellin Technical College student has his eyes set on an Olympic future, possibly the 2016 Games in Brazil, but for the moment is looking forward to his first overseas competition.

"It was so good to hear that I was selected. I can't wait to go and wrestle," he said.

"I want to achieve gold or silver or bronze, as long as I come back with something.

"If I win, I might have a chance to go into the world championships as well."

The dedicated teen trains two or three times a day, six days a week and sticks to a strict diet to maintain his 63kg weight category.