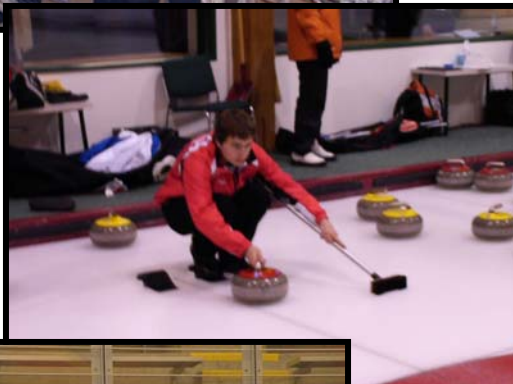


Rant n' Roar

Team Newfoundland
and Labrador
Newsletter at the Games

Photos of the Day



Josh havin`a ball!



Happy Birthday!

Roger McGrath
Mission Staff

Team NL's Mission Office
Phone: 393-8514 E-Mail: cq2007.teamnl@gmail.com
Team NL's Website
<http://www.tcr.gov.nl.ca/tcr/canadagames/>

Monday, March 5, 2007

Today's Forecast

Temperature High -19°C
Cold Wind Chill -39 °C
RISK OF FROSTBITE

Skies Cloudy with Flurries



Winds 20 km/h

Today's Schedules

Alpine Skiing	Competition Postponed
Boxing	7:00pm – 10:00pm Preliminary F.H. Collins High School
Cross-Country Skiing	3:00pm Male 10 KM Classic 4:00pm Female 7.5 KM Classic Mt. McIntyre Recreational Cent
Curling (m)	2:00PM NL vs NS Mt. McIntyre Rec Centre
Fencing (f)	9:00am Team Foil Male/Sabre 1:00pm Team Sabre Male/Epee Vanier Catholic School
Figure Skating	10:15am Pre-Novice Dance 12:00pm Pre-Novice Men – Short 1:45pm Special Olympics Men 7:15pm Pre-Novice Ladies – Short 10:00pm Pre-Novice Pairs Mix Canada Games Centre
Hockey (w)	11:00am NL vs ON Canada Games Centre
Squash	12:00pm Male NL vs SK 3:30pm Female NL vs BC École Emile Tremblay
Table Tennis	9:00am Junior Mix NL vs QC 5:30pm Junior Mix NL vs Man Canada Games Centre
Wheelchair Basketball	8:00pm NL vs Man Porter Creek Secondary School

Rant n' Roar

CAFETERIA SERVICE:

Breakfast	6am – 10am
Lunch	11am – 2pm
Dinner	4pm – 8pm
Grazing	6am – 10pm

Note:

If your team requires an earlier or later meal, please contact NL Mission Office ASAP. Phone: 393-8514.

Don't forget:

Coats and bags must be checked before entering the cafeteria.

Allergy alert note:

An allergy binder will be set up with food ingredients at the entrance of the cafeteria. If you have any concerns, ASK BEFORE YOU EAT!!

Gymnastics Teams Experiences The True North Experience!

Dog sledding on the Yukon River, horse sleigh rides with a very friendly horse, exhilarating tubing, and a snowmobile to give them a ride back to the top!

Lots of cold feet, but many laughs!



Thank you, Clayton!

Chef Clayton and all of the Mission Staff are extended a special thanks for their hard work in getting our Fencing team in the Games because we would not have been there if it were not for their initiative and for believing in us. We know that many of the Mission Staff did not sleep for over 40 hours trying to get our team here. (Manager Catherine is convinced we have someone on the inside!) We are also very appreciative of the beautiful clothing, she continued. Our private investigators have discovered that we get a lot more than other Provinces!

SPORT UPDATES

Alpine Skiers bundled up and had their first look at Mt. Sima. Another cold training day tomorrow, and they'll hit Super G on Tuesday.

Curlers had an afternoon practice and are rehearsing their cheer 'Farewell to Nova Scotia' for tomorrow's big game!

Hockey had a great practice and chalk talk – Great Rant at the Rally!

Squash Opening day in Whitehorse with some great play against Ontario (men) and Quebec (women). The team had them worried there for a while and while wins were not recorded, both Mike and Amanda showed a lot of heart that impressed those in attendance!

Table Tennis Had a great opening encounter against team Alberta with some close losses. Looking forward to an improved performance against Quebec now that the butterflies are gone.

Rumour Has It...

John's "McDreamy" eyes had Hockey Stars Leslie and Samantha suddenly becoming very interested in adding squash to their intensive training program.

Meanwhile, the long flight gave Josh from WC Basketball, an opportunity to snooze away the long hours and dream of fond moments with Mom.

Rockem' sockem' Jeremy may pull a few punches to try and watch some gymnastics later in the week – all for loooooovvvve!



Hey Danielle, Let's try our balancing act on the beam – Bill

Lawrence got tired on the flight and conveniently fell asleep....on Kayla's shoulder; hope you don't drool!

Alpine has a head turner on the team – some sweet thing with the same first name as Brian Mulrooney's wife!

Michele had a few ``accidents`` while tubing today – Do we have to potty train you again!

FRIENDLY REMINDERS:

Dorms:

Don't forget we are each responsible for keeping the dorms clean, tidy and damage free.

No food is allowed in the dorms other than small snack items.

Please keep all patio doors closed at all times.

Quiet time is 11:00pm. Midnight is Lights Out.

Please be courteous of other athletes who may be competing early in the morning.

Frostbite Alert:

Be Careful, Bundle Up and Stay Warm!!!!!!

Cheer Patrols Required! Get out and support your fellow teammates!

Team Newfoundland & Labrador - 2007 Canada Winter Games