

RANT N' ROAR

TEAM NEWFOUNDLAND & LABRADOR

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Greetings from the Minister

Tom Hedderson, Minister Tourism, Culture & Recreation

On behalf of the Government of Newfoundland and Labrador, it is my honour to extend best wishes to Team Newfoundland and Labrador as you prepare for the upcoming 2007 Canada Winter Games scheduled for Whitehorse, Yukon in February.

Our province has proudly participated in the Canada Games Program since its inception 40 years ago. In 2007, we will send 290 athletes, coaches, managers and mission staff to Whitehorse to represent this province.

This tremendous representation would not be

possible without the tireless dedication of the many parents and volunteers who have played a vital role in helping our athletes develop their talents and skills. As well, our athletes must be commended for their commitment to excellence as they diligently prepare and train to compete on the national stage.

The vision of the Department of Tourism, Culture and Recreation includes opportunities for Newfoundlanders and Labradorians to excel to the highest level of their abilities through sport development. Team Newfoundland and Labrador's

participation in these upcoming Games both reflects and advances this vision.

Good luck Team Newfoundland and Labrador – train hard and have fun!

Sincerely,

Tom Hedderson



Greetings from the Chef

Athletes, Coaches and Managers:

I trust you all had an enjoyable summer. Summers are usually an off-time for winter sports however, many of you spent this past summer in training: working on strategy and the technical aspects of your sport, working on your conditioning, continuing

your preparation for the Games and in some cases, finalizing your rosters.

We are now less than 5 months away from the official start of the Games and preparations are in full swing in our office.

Our Assistant Chef de Mission, Dave Feener, and I, along with our other Mission Staff members are

working to ensure that Team Newfoundland & Labrador is well prepared for Whitehorse.

We hope you continue to train hard and prepare yourselves for your best possible effort at the 2007 Canada Winter Games.

All the best over the next few months!

Clayton Welsh - Chef de Mission

Team Newfoundland & Labrador - 2007 Canada Winter Games

Table Tennis Team Putting a 'Spin' on Preparations for the Games

The Newfoundland & Labrador Table Tennis team for the 2007 Canada Games is close to its final team selection. The process began two years ago when over 200 eligible players were invited to participate in six 'head to head' tournaments with points awarded based on results and the value of tournaments escalating.

Four of these tournaments have been completed, with one coming up this month and the last in early December. Over 60 players accumulated selection points.

Athletes also participated in the Atlantic Championships held Corner Brook, in March, where the team won the girls title and earned a second in boys. Athletes also competed at the Junior National Championships in Quebec in July 2006, where the team had a 7th place finish. Individual training is ongoing, with east coast athletes meeting three times a week to train collectively.

Currently, prospective team members are focused on technical development (refining

strokes) and footwork. They are ever aware that they need to foster an aggressive style with major emphasis on initiating and defending against topspin attack.

Most members of the current training roster have experienced several national events and certainly understand the challenge before them. The team is looking forward to a strong performance at the 2007 Games.



"The Vision of a champion, is bent over drenched in sweat, at the point of exhaustion, when nobody else is looking"
Mia Hamm

Team Profile - Women's Hockey

The Women's Hockey team has worked hard over the past few months in their preparations for the 2007 Canada Winter Games in Whitehorse.

The team has gained great benefit from the fitness testing and strength training program design coordinated through the Canada Games Sport Science Program. The team is now into the second phase of the training program and more testing will follow in late October at the Atlantic Challenge Cup.

The team had its main camp in Gander during August with 51 players attending. They followed the 'Team Canada' model, which involves having the group constantly together; staying in hotels, eating together, on ice training, off ice conditioning and reviews of

systems to be used.

Following Gander, twenty-four players were invited to attend the Atlantic Challenge Cup as a final selection event. The team traveled to Moncton for a two day camp prior to the tournament. This camp included more fitness testing, on ice sessions and mental training sessions. It was a huge success for all involved.

Following the camp, the team competed in the Atlantic Challenge Cup, which is an annual event held each Thanksgiving weekend and involving the four Atlantic Provinces. The team had a great finish and took home the Silver medal after competing in five very close games.

The team will stay in close contact, through their own website, which the coaches use

to communicate with the players, who file regular logs.

The team plans on attending a large international tournament in Mississauga, ON over the Christmas break to continue preparing for the games. They will then break away again and regroup once more 4 days prior to departure for Whitehorse. This four days will be the team's final preparation event.

The 2007 Women's Hockey team will regionally represent Newfoundland and Labrador. Having three players from Labrador, two from the Northern Peninsula, three from the west coast and players from Lewisporte, Fogo Island, Bonavista, Paradise, St John's, Mt Pearl, and CBN - it is truly a 'NL' team.

Brenda Greene Sets Her Sights on Whitehorse



Brenda Greene was a bronze medalist at the 2005 Canada Winter Games in Bathurst and is eligible to compete in Whitehorse in 2007.

Brenda takes some time to answer some questions about her rise in the sport of shooting and her preparations for the Games.

How long have you participated in the sport of shooting & how did you get started?

I've been involved in the sport of shooting for 7 years now, and it all started when I joined 2895 Enright Memorial Cadet Corps in September of 2000.

What attracted you about the sport of shooting and how have you become so involved?

When I first started, I was intrigued by the many opportunities to travel that were presented by the sport of shooting. However, as my involvement progressed, it was the constant challenge to better myself and my teammates that attracted me the most.

Name some interesting places that you've traveled to, as a result of your participation in shooting?

To date, my shooting experiences have taken me all over the country and world. Through cadet shooting, I've been to British Columbia, Quebec, New Brunswick and Ontario. As a member of the National Rifle Team, I spent two summers training in Ottawa,

Brenda Greene looking to hit the target in Whitehorse and Bisley, England. While on the Bisley trip, I got the opportunity to visit the Beaumont Hamel & Vimy Ridge War Memorials in France. Also, through the Newfoundland &

Labrador Shooting Association I've been to New Brunswick for the last Games and am excited about heading to the Yukon this winter for the next Games.

How did you feel about the results you achieved at the 2003 Canada Games in Bathurst?

I was honestly surprised by our results from the 2003 Canada Games. While our coach knew that we all had potential, I don't think we really believed him. However, after the games were over, I was very proud of how I'd shot and what I had accomplished, being one of only several Newfoundlanders to bring home a medal that year.

What type of training do you participate in to help better prepare you for competition?

At the moment, I am working closely with my coach, Dave Woolridge, to try and better my position and technique. We are using the computerized SCATT training system to test my current ability and to also test the effects of any alterations we make. This will continue up until Christmas and after that I will be fine-tuning my position and concentrating on improving my scores. Our Coach also has us working in the area of mental training. I listen to a mental & physical relaxation recording every day, and we will be creating our own imagery scripts to keep us mentally sharp for competition days.

What's your motto when it comes to sport?

I don't really have my own motto when it comes to sports. However I try to live by the words of wisdom I heard a million times from my high school basketball coach, Karen Hearn. She always told us to "Never say can't - Say I'll Try". She believed that we

could do anything we put our minds to, and I guess I've kind of adopted that as my motto. You've got nothing to lose by trying something different, but everything to gain.

What's been your favorite part of competing in the sport?

I was 12 years old when I started shooting. Right away I fell in love with the sport. The friendships I've made and the places I've been have helped me create memories that I will cherish forever. I absolutely thrive under the pressure of competition, especially when it comes to shooting 'fullbore' in the summertime. I love shooting in the windiest conditions imaginable, at a target that's almost a kilometer away from me. That's where shooting becomes really interesting.

What are your goals for the 2007 Canada Winter Games?

For the 2007 Canada Games, I definitely have my sights set on a strong individual performance. I want to get my score up to a minimum of a 95 average, and hopefully that will be strong enough to get me into the medals. Beyond that, I hope to someday make it onto the Canadian National Team and attend the World



Laurie Hearn & Brenda Greene pose with their medals at the 2005 Canada Winter Games in Bathurst.

Some Updates as We Move Towards Whitehorse

Athletes & parents should check in with the Canadian Centre for Ethics in Sport website to review the doping control measures that will be in place at the Canada Games. The website houses information on banned substances, doping control procedures and many other great resources. There will be a scheduled doping control information session for all athletes as we get closer to the Games. Visit www.cces.ca for more information.

THE NORTH STAY PROGRAM

Family and friends hoping to travel to Whitehorse to cheer on Team Newfoundland and Labrador should make arrangements as early as possible through the North Stay Program. Accommodation opportunities are expected to be very tight and the Host Society has encouraged all those traveling as spectators to coordinate their accommodation plans early. Visit <http://www.2007canadagames.ca/en/accommodation/index.php>

Whitehorse - HOST City for the 2007 Games

Below are some short facts about Whitehorse and the Yukon to help you learn a little more about the Host City for the 2007 Canada Winter Games:

- The city of Whitehorse was established as a trans-shipment point during the Klondike Goldrush of 1898.
- It was originally given the name "White Horse" by the Gold Miners who thought that the rapids at Miles Canyon looked like the manes of charging white horses.
- Whitehorse is the capital city of Yukon and its current population is close to 20,000.
- The Yukon lies in the sub arctic climatic zone. The climate of the Yukon is characterized by long, cold winters with dark nights, and by short mild summers featuring long sunny days.
- Whitehorse has the distinction of being Canada's driest city, mainly because it lies in the rain shadow of the Coast Mountains. Surprisingly, despite its relative cold, Whitehorse was ranked among Canadian cities with the most comfortable climate.
- Mining, the Yukon's largest industry, accounts for more than 30 percent of the economy. Tourism, offering a wilderness experience in a unique and relatively unspoiled environment, provides a further base for jobs and services.
- A \$45 million (CAD) Multiplex centre has been built for the Canada Winter Games. Whitehorse also previously hosted the 1972, 1980, 1986, 1992 and 2000 Arctic Winter Games.

