

RANT N' ROAR

TEAM NEWFOUNDLAND & LABRADOR

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Greetings from Atlantic Lottery

Supporting Canada Games Athletes since 1976

When the Canada Games go to Whitehorse, Yukon in 2007, Atlantic Lottery will be there. We're proud of our 30-year tradition of support to local amateur athletes and artists participating in the Canada Games.

Next month, as Atlantic Canadian

athletes & artists proudly march in the opening ceremonies, the members of Team Atlantic will carry with them a sports bag from Atlantic Lottery.

Atlantic Lottery joins the rest of Atlantic Canada in wishing all Canada Games participants the best of luck in

Whitehorse, Yukon.

**Atlantic Lottery – A
Win-Win for Atlantic
Canadians for over
30 years**



www.alc.ca

Greetings from the Chef

Athletes, Coaches and Managers:

We are now in the final stages of our preparations for Whitehorse. For many of you, the Canada Games will represent the pinnacle of your sporting career, while for others, it will be a stepping stone to your future in sport.

I would like to remind you to take the time to enjoy the experience, as it will be unlike anything you've experienced before. Having the opportunity to participate in a multi-sport event of this magnitude is

always exciting and sometimes distracting. Take time to enjoy the moment, but remember that the competition venues are no different that those you've played in hundreds of times.

I would also encourage all members of Team NL to take an early look at the schedules of your fellow Team NL teammates. When not in competition, try and spend some time cheering on the many other athletes that will represent our Province at the Games.

Best of luck with your final training sessions and competitions and I look forward to meeting many of you in Whitehorse.

*Clayton Welsh
Chef de Mission
Team NL*



Team Newfoundland & Labrador - 2007 Canada Winter Games

Curling Team Update

The Junior Ladies Curling team are certainly a true Newfoundland and Labrador team, with two curlers from St. John's (Julie Devereaux & Jennifer Cunningham), one from Lab City (Jessica Moulard) and one from Port aux Basques (Tara O'Brien). The team's Coach (Gary Oke) lives in Corner Brook, while the manager comes from Port aux Basques! They cover all corners of this great province! As you can imagine, the geography has made training very challenging, but very rewarding. The team is extremely committed to their training and have spent the past 10 months attending training camps and competitions. In December 2006 the team traveled to Nova Scotia to compete in the Dartmouth

Curling Club Holiday spiel. They placed second, losing the final to the Nova Scotia Canada games team, a team which Team NL beat in the round robin! So, if the teams meet again in Whitehorse, it'll be anyone's guess who wins.

The Junior Men's Curling team is made up of Skip Stephen Ryan, Third Chris Ford, Second Alex Silmarie and Lead Scott Henderson. This team was chosen by selection from a curling camp held in Gander over a year ago.

Although teammates in Whitehorse, these athletes have been competitors of each other. In junior provincials, (Jan 3 - 7, 2007), Chris and

Alex played together on a team from Gander, Stephen played on a team from Bally Hally & Scott played on a team from St. John's Curling Club. All 4 players ended up in the playoffs at the provincials: Chris and Alex played against Scott in the semi-finals. And in the championship game, Chris and Alex played against Stephen. Stephen's team won, and earned the right to compete for NL at the M & M Meat Shops Junior Nationals, in St. Catharines, ON from Feb 3 - 11/07.

Just in case you were wondering, although the skip, Stephen, and the coach Diane have the same last name, they aren't related!

Athlete's Rally - Team NL

On Wednesday, January 31, 2007, Canada Games Athletes on the east coast gathered at the School for the Deaf in St. John's for an Athlete's Rally.

Athlete's from many sports were in attendance and close to 200 supporters joined the athlete's in celebrating their achievements and showed their support for Team NL.

The event was emceed by popular morning radio host Andy Newman (Coast 101.1FM) and Olympians Mark Nichols and Mike Adam were on hand to share some special words with those in attendance. Both Olympic Gold Medalists spoke highly of their

participation in the Canada Winter Games program and saw it as an integral stepping stone in being able to reach their Olympic dreams. Mark Nichols encouraged athletes to set their dreams high and to chase those dreams with hard work and commitment.



The Team NL Walk-out Uniforms were unveiled at the rally and the comments from athletes, coaches and managers echo that this year's gear is quite trendy! Many special guests joined

the Athletes for the evening, including Tom Hedderson, Minister of Tourism, Culture and Recreation.



Team NL Flag Bearer **Luke Adam**, a men's hockey player and member of the St. John's Fog Devils had the privilege of wearing the entire uniform as he carried the provincial flag in leading a delegation of athletes that were sporting different elements of the TEAM NL uniform at the event.

A Team Rally is scheduled for Feb 10th on the West Coast!

Gymnast David Lane Looks Ahead to Whitehorse



David Lane is a member of the 2007 Canada Winter Games Gymnastics team and took some time to answer questions about his growth in the sport of gymnastic and about his expectations for the Games.

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

I have been in gymnastics for 9 years and I got started because I was a very hyper active child and my parents thought it would help get rid of some of my extra energy.

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

I was very attracted to gymnastics after watching the Sydney Olympics on television because, for the first time, I saw the range of skills that athletes perform at that level. I really became involved with gymnastics after making my first Atlantic's team. Atlantic's was the first competition that I had competed in outside of my own town (Happy Valley- Goose Bay).

What's been your most memorable moment?

I think that my most memorable moment was either when I qualified for the floor finals at my first ever national championships (in Quebec) or winning floor and vault for the third straight time at The Eastern's.

Name some interesting places that

Gymnast David Lane looks forward to competing in Whitehorse as a result of your participation in gymnastics? I have traveled to Charlottetown (P.E.I.), Halifax (N.S.), Fredericton (N.B.), Quebec city and Laval (Quebec), and Toronto and Oakville (Ont.).

Tell me a little bit about your training facility?

I train in St. John's at a gymnastics club called Cygnus. I train at the club 5 days a week for 3 to 4 hours each time.

Are there certain things you do to help prepare yourself moments before the competition begins?

I don't have any rituals or certain things that I do before each and every competition. I just try to calm myself down and think about each routine in my head.

What are your future goals in the sport?

I don't really know where I'm going right now in the sport of gymnastics but someday it would be really nice to become a senior national gymnast and hopefully win some medals at nationals.

What are your goals for the 2007 Canada Winter Games?

I'm not trying to set my goals too high for the 2007 Canada Winter Games because I know the depth in the men's program right now in Canada (especially with the junior national level boys being able to compete). It would be really nice to make event finals on even one of the apparatus's.

Who do you credit as being influential in your accomplishments?

For the most part, I credit my parents for my accomplishments because of all the things they have done for me to help me succeed in this sport. Also I give a lot of credit to all of the coaches who have been involved along the way, as they

have molded me into the athlete that I am today.

What are some of your hobbies outside of the sport of gymnastics?

Outside of gymnastics I like to go to the mall, play other sports and just hang out with friends.

What are your educational goals & what are your future career plans?

My educational goals are to graduate from university or college with honors and maybe become a sports medicine doctor or any kind of doctor that specializes in helping people who participate in sports.

How long do you plan on competing in the sport? I plan on competing in this sport until my body gives out. I'd say that between the ages of 25 to 30 I'll retire.

Provide some additional information on when you picked up the sport (how old), how it all started?

I went to gymnastics for the first time when I was 8 years old and I knew right away that I was going to love it. I think that the best part about competing in this sport is that you get to travel with some of your best friends and you get to see many different places that you probably never would have, without the sport. I believe that the toughest part about the sport is that even when you've trained a routine for a long time and you can do it in your sleep, when the day of the competition comes nerves can sometimes overpower calmness and you can mess up.

What's your favorite pre-competition meal?

I think that it's either spaghetti or chicken stir-fry with rice.

What's your motto when it comes to sport? "No matter how high the price, never give up on your dreams".

"No matter how high the price, never give up on your dreams".

Here's Some Important Information for Team NL

- Coaches and Team Managers have now received details regarding team travel. Athletes should confirm travel details with their coaching staff.
- The Team NL Athlete's and Parent's Handbook is available online at www.gov.nl.ca/tcr/canadagames. This booklet contains key contact information and other policy related information important to all Team NL participants

AND Some Information that might be USEFUL in getting ready for Whitehorse

- The average temperature over the last week in Whitehorse was -15 degrees (and that's without the wind chill)
- There will be a large selection of Canada Games Merchandise available from the Host Society. The Canada Games Centre will be the site for all merchandise sales
- The newly constructed Canada Games Centre is quite the facility, boasting two ice surfaces (Olympic and NHL arena size), indoor track, two field house playing surfaces, a physio clinic, aquatics center, wellness centre and of course **SUBWAY!**

Getting Ready for The Games

Many of our teams have been participating in some competitions over the past few weeks, making some last minute preparations for Whitehorse.

Check out these results and upcoming events.

January 26 - 28—**Artistic Gymnastics** attended a preparation meet for the Canada Winter Games in Prince Edward Island. Our women's team competed against some of the best gymnasts in Atlantic Canada and performed well. Take note of these great performances:

Laura Hurley - Gold All Around
Keely Whitelaw - Bronze All Around

The Canada Games **Synchro team** has been busy in the last few months in preparation for the games. The athletes are training 20 hours a week, which includes water and dryland training.

Quebec's provincial coach, Lisa Petriozello, will be in St. John's from February 2-5th to assist the team with their final preparations and competition strategies.



The **Wheelchair Basketball** team has been training hard over the past year in preparation for Whitehorse. The team meets three times per week for training and if you look a little closer at the rosters, there are some strong family connections. Neal and Melissa Jackson are both children of head coach Chris Jackson. Assistant Coach Terry Prim also has two children on the team (Ashley & Josh), while Mission Staff member Gary Power also has a son (Nicholas) traveling to Whitehorse for the Games.

According to Gary Power who's had a long-time association with the sport, it's been a real family affair!