

Rant n' Roar

*Team Newfoundland
and Labrador
Newsletter at the Games*



PHOTOS of the DAY



Johnathan Forward and Fiona Humber
at the start of the relay race



3000m Mens Speedskating Relay Team



Peter Fitzgerald shooting at the
air rifle team match.

Team NL's Mission Office

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Team NL's Website

<http://www.tcr.gov.nl.ca/tcr/canadagames/>

Today's Forecast

<i>Temperature</i>	High -23°C Cold Wind Chill -44 RISK OF FROSTBITE
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<i>Skies</i>	Sunny
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<i>Winds</i>	20km NW
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Today's Schedules

Badminton	Team Event vs Nova Scotia 9am
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Biathlon	Unofficial Training Day
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Curling (w)	NL vs NWT 8:30am Mt. McIntyre Recreation Centre
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Hockey (m)	NL vs Yukon 3:30pm
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Judo	Team Competition (m / f)
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Shooting	Individual Air Pistol (male) Individual Air Pistol (female)
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Synchro	Duet 9:30am Team 6pm
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Speed Skating	Short Track 3000m (Female) 3000m (Male) 3000m Relay (Female) 3000m Relay (male)
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National Artist Program	Workshops & Planning Sessions Porters Creek & The Guild Hall
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Rant n' Roar

Badminton

Wednesday's results saw NL fall 5-0 to both BC and ON. However, the score does not reflect the outstanding effort put forth by players such as Adam Howse, Matthew Parsons and Candice Petten who played at a very high level, often forcing the opposing teams to play their very best. The team is looking forward to a significant encounter with Nova Scotia today.

Biathlon

Yesterday was the best weather day to date. Though cold, there was no wind and conditions were good. Our team skied well and shot better, commented Team Manager Shawn Conway. Our male team placed 9th in the relay with strong effort by all team members. We could not get a female result due to only 2 females competing in the team event. Our team now gets a day off before their final event, the individual pursuit on Friday.

Curling (f)

Curling only had one game today, staying close for the 1st half, which ended in a late game loss to NB.

Hockey (m)

Team Newfoundland and Labrador had the day off yesterday which was badly needed to nurse some minor injuries. Team NL's next game is against our host Yukon at 3:30 today at the Canada Games Centre. The team spent the day watching some of the other Newfoundland and Labrador athletes perform. The team also took the opportunity to watch the semi-final hockey game between Alberta and Manitoba.

Judo

It was a tough day for our Judo Team at the shai-jo. After tough fought fights, two of our women left the mats with injuries. Get well soon wishes to Kayla Ryan with a dislocated shoulder and Princie Corbin with a knee injury. Have a good training day tomorrow preparing for the Team event on Friday.

Shooting

Today both the male and female air rifle shooters competed in the team competition. The female team tied for 6th but was awarded 7th after a count back. Erin Warr shot a 349/400 and Brenda Greene shot a 376/400. The male team placed 4th. Peter Fitzgerald shot a 513/600 and Chad Gosse broke both the provincial and Canada Games record of 573/600 with a 578/600, and on his last series he shot a perfect score of 100! Had this been an individual competition, he would have placed first! Congratulations team! Mark Churchill shoots in the male pistol individual event on Thursday. Good luck Mark!

Synchro

Team enjoyed a rest day and visited a number of other venues to support team NL.

Speedskating (short track)

Erin had a first...she hit the board pads hard (and bounced off). All skaters had personal bests with Peter dropping 10 secs, Matt dropping 4 secs, Robert and Shawn both dropping 3 secs. Along with Erin's fall she also dropped 6 secs in her next race, Bronwyn dropped 6 secs, and Danielle dropped 4 seconds. This was the second day in a row that all skaters achieved personal best times. Good job speed skaters. The torture race starts tomorrow at 12pm...hang in there skaters.



Birthday wishes to:
Peter Woolfrey
Speedskating celebrating his
17th birthday!!!

Rumour has it....

Matthew Parsons hit two good clears in a row...it seems that he is now oozing **excellence**.

Jessica Murphy denies all romantic involvement with Adam Howse.

Be Aware of Bugs...



The stomach flu is spreading throughout our dorms, please take precautions to stay healthy.

- ✓ Wash your hands, wash your hands, wash your hands!!!
- ✓ Do not share beverages, lip stick, etc.
- ✓ Don't spread your germs: cough & sneeze into your sleeve.
- ✓ Always dress appropriately for the weather.
- ✓ Eat well – plenty of fruit, especially vitamin C.
- ✓ Stay well rested.

As competition is drawing to a close, we would like to remind all our athletes and artists of Team Newfoundland and Labrador to continue to be on their best behaviour and respect athletes still competing.



Hockey Team practices on outdoor rink



The Shooting Snow Angels