

Rant n' Roar

*Team Newfoundland
and Labrador
Newsletter at the Games*



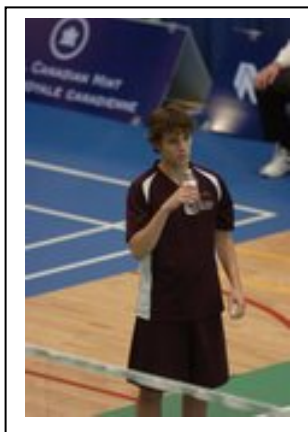
Badminton Competes



Badminton player Samantha Ralph & Coach / Father Craig Ralph from Eastport scout the opposition in preparation for Sam's next match.



Coach Craig Ralph discusses the quality of the court flooring



Badminton player Matthew Alexander from Stephenville pauses for a drink between sets.

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Team NL's Website

www.tcr.gov.nl.ca/tcr/canadagames/

Sunday, February 25, 2007 Today's Forecast

Temperature -21°C

Cold Wind Chill -42

RISK OF FROSTBITE

Skies Cloudy - Chance of
Flurries

Winds 20km NW

Today's Schedules

Badminton	Quarter Finals
Biathlon	Training Male 9am-12pm Female 12pm-3pm Grey Mountain
Curling (w)	Practice 2pm-3pm Mt Mac
Hockey (m)	7:30pm NL vs BC Takhini Arena
Judo	Training 11:05am-12:05 pm CGC
Shooting	Practice 8:30am -4pm Vanier Secondary
Synchro	Practice 5:00pm-6:00pm CGC Lions Aquatic Centre
Speed Skating	1500m Male & Female 9:35am
National Artist Program	Morning Workshops Afternoon Planning Sessions Porters Creek & The Guild Hall

Rant n' Roar

Badminton

After stiff competition and some hard played matches at the Canada Games centre today, all our competitors exhibited true team spirit. Congratulations to Samantha Ralph on advancing to the quarter finals in singles.

Biathlon

Yesterday the team finely got the opportunity to view the facility at Grey Mountain. They are ready and excited to finally get the opportunity to start competing. "The only thing we need is for the temperatures to warm up and then we'll strut our stuff," Coach Shawn Conway said.

Curling (f)

Occupying their days shopping and cheering on fellow NL Teams, the girls are excited to get out on the ice tomorrow and throw rocks together as a team for the very first time!

Hockey (m)

The Men's Hockey Team had a technical meeting on Friday evening and focused on 'Specialty Teams' and other key aspects of the game. The coaching staff encouraged high tempo play and competitive 'battle' mentality throughout Saturday's skate in preparation for the teams opening game against BC on Sunday evening at 7:00. The team will skate earlier in the day and have another team meeting prior to the game to be as prepared as possible to compete to the best of their ability.

Judo

Body drop, shoulder wheel, heel reversal - the Judo Team were all smiles during Saturday night's practice. When asked about his experience at the Athlete's Village, team member, Andrew White raved about the quality of the food, "the meals are so good, I'm worried I may exceed my weight category!"

Shooting

The Shooting Team enjoyed a relaxing morning exploring downtown Whitehorse. In the afternoon, the team members relaxed while the coaches checked out the shooting range. The evening was spent strategizing and preparing the athletes for the competition starting on Tuesday.

Synchro

Synchro had their first practice this afternoon and were very pleased with the facility and the workout, and are anxious to start their competition on Monday.

Speedskating

The all west-coast team had a great first practice today sharing the ice-time with Team PE. Come out and cheer on the team competing in the 1500m race Sunday morning.



Birthday wishes to:

Mitchell Flynn

Men's Hockey

Celebrating his 17th birthday!!!

National Artist Program

The Young Artists Program is an intense two-week internship that provides three artists from each province and territory, representing various disciplines such as visual arts, literary arts, dance, theatre and/or music arts, with the opportunity to work together under an established artist in their fields. Over the course of the program, the artists prepare collaborative and creative works of art associated with their Games' experience. Their work is then presented to the public in the final days of the Games.

Team Newfoundland and Labrador's National Artists are Lora Campbell (performing artist), Joshua Jamieson (performing artist), Jordan Bennett (visual artist) and Joyce Skanes (Manager).

Rumor Has it...

NL Hockey Team manager, who doubles as the team's skate sharpener, has moved his expertise to the PEI Team. As well he isn't sure where his bed is going to be tonight.

Golden Sticks...

Two NL Hockey players had some new sticks delivered Saturday. The gentleman who brought the sticks to the Mission Office stated "there were a lot of goals in those sticks".