

# Rant n' Roar

Team Newfoundland  
and Labrador  
Newsletter at the Games



## PHOTO of the DAY



Bishop delivers instructions to team



Team NL Shooting Team



Chef de Mission Clayton Welsh & Asst. Chef Dave Feener with the NAP representatives Lora, Jordan & Joshua

Do you have a digital picture you'd like to submit to the newsletter?  
Email us at: [cg2007.teamnl@gmail.com](mailto:cg2007.teamnl@gmail.com)

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## Monday, February 26, 2007

### Today's Forecast

Temperature High -19°C  
Cold Wind Chill -35  
RISK OF FROSTBITE

Skies Periods of light snow

Winds 15km NW

### Today's Schedules

Badminton Finals - 9am-12pm: CGC  
M / F Singles, M / F Doubles  
Mixed Doubles

Biathlon Junior Male 10K Sprint  
Junior Female 7.5 km Sprint  
Grey Mountain

Curling (w) 2pm NL vs PE  
Mt Mac

Hockey (m) 7:30pm NL vs NB  
Takhini Arena

Judo Training  
3:05pm-4:05pm  
CGC

Shooting Practice  
8:30am -4pm  
Vanier Secondary

Synchro Preliminary - Figures  
9am-12pm & 2pm-5pm  
Preliminary - Solo (first half)  
6:55pm-7:55pm  
Preliminary - Solo (2nd half)  
8 :20pm-9 :20pm  
CGC Lions Aquatic Centre

Speed Skating 500m (Men & Women) - 11:40am  
Finals (Men) - 5:30pm - 6:10pm  
Finals (Women) - 6:30pm - 7:10pm  
3000m Relay Preliminary ( Men)  
7:30pm -8pm  
Awards - 8pm

National Artist Program  
Workshops & Planning Sessions  
Porters Creek & The Guild Hall

# Rant n' Roar

## Sport Updates

### Badminton

Unfortunately team member Samantha Ralph's injury, suffered during Saturday's doubles match, wouldn't allow her to compete in the quarter finals Sunday. Get well Sam and best wishes in the Nationals in May. Up next for our Badminton team is the team competition on Tuesday. Go get 'em team!

### Biathlon

It was a frosty day at the Biathlon facility but the athletes were determined to train and prepare for tomorrow's races. Coach Lise was busy in the waxing hut ensuring that the skis will be fast and swift in the morning.

### Curling (f)

**On the ice at last!!** The team finally got to practice at the curling club and were very pleased with the club and conditions in general. They are now itching to start their competition this afternoon.

### Hockey (m)

Last night's game was a thrilling affair as our team went down to a 3-2 defeat at the hands of Team BC. The stellar play of goalie Nick Champion who faced 54 shots inspired the team to a great performance. Goal scorers were Brandon MacDonald and Chris Thorne for Team NL. Good luck in your game tonight against Team New Brunswick. The team looks forward to the great fan support again tonight from our Team NL contingent.

### Judo

Strikes, throws and pinning training continued today at the Canada Games Centre. The Team have one more training day before competition starts on Tuesday. Stay tuned for more Judo lingo.

### Shooting

Today was our first practice day. Things are looking good for the team – good showing by all the athletes. The practice period was spent sighting in and getting used to the new environment. Our pistol shooter got some excellent guidance from the Ontario coach. At night, the team cheered on the NL Hockey team.

### Synchro

Some dry land drills and a practice yesterday and the girls are ready to take on the competition today.

### Speedskating (short track)

Many personal bests (PB's) were met, and new ones made, at today's speed skating competitions. Kudo's to Matthew Taylor and Shawn Tobin on their fine skating and coming in 1<sup>st</sup> and 2<sup>nd</sup> respectively in their particular heats on Sunday afternoon. Mission staff member, Carla May was overwhelmed with the excitement at the rink, "it was so exciting I could hardly stay in my seat!" Come out and see some fast paced competition in the 500m race on Monday.

### National Artist Program

NAP representatives, Lora, Josh and Jordan, celebrated with fellow artists at the Guild Hall on Saturday evening. Those present were treated to a wonderful evening of entertainment, with various artists showcasing extraordinary talent in song, dance, poetry and spontaneous acting. Visual artists also had the opportunity to display some of their past work. The performances and work were highly praised by accomplished Artistic Director, Lisa Stevens.

## Canada Games Spirit

These words, spoken by Marilyn Malenfant, a young competitor in the 1<sup>st</sup> Canada Games, from the steps of Quebec's National Assembly in 1967, exemplify the Games spirit:

"I seek fear, to master it;  
Weariness, to test my mettle;  
Hardship, to conquer it;  
Glory, to share it with my brothers;  
And I shall compete loyally."

## Rumor Has it...

- Two members of the NL male Biathlon team have been posing as a billiards team. Their 25 game winning streak was crushed by two distracting female snowboarders from NS & AB. A rematch is requested.
- It seems a Curler and a Badminton player have been spotted together frequently. Could there be a budding romance happening????
- Ethan from Judo would like to remind the hockey boys that he saw the synchro girls first!!

*Synchro coaches spotted dog sitting!*

*"A great Dane perhaps."*

Deadly tumble off bus by one synchro swimmer results in dime size carpet burn on back. Don't worry, heavy doses of polysporin and ibuprofen have been prescribed.

**Welcome to all the Team NL parents  
who have come to Whitehorse to cheer  
on our athletes!!**



**Team Newfoundland & Labrador - 2007 Canada Winter Games**