

Rant n' Roar

SUNDAY MARCH 1 2015

FROM THE CHEF

One of the biggest honors any member of Team NL 's Canada Games Team can attain is that of Flag Bearer. As the honor went to Gold Medalist Sam Marsh for the opening, Team NL proudly announces Synchro athlete, **Catherine Barrett**, as our flag bearer for the 2015 Canada Games closing ceremonies. Catherine placed 5th over all in the highly competitive individual competition, impressing not just her teammates but the whole NL contingent. Catherine's work ethic and dedication to her sport places her amongst the best in our country and we are proud to call her our own.



Catherine Barrett - TeamNL Flag Bearer for the Closing Ceremonies



Competition has concluded for TeamNL at the 2015 Canada Winter Games. Our contingent heads home Sunday evening with a red-eye flight arriving in St.John's Monday morning 8:40am.



Atlantic Lottery
Loto Atlantique



Daily TeamNL Mission Staff meetings

Badminton

TeamNL played Team Nunavut this morning in the final encounter of the team event. Everyone played extremely hard but came up short in the final tally. The team had a great games and a wonderful experience in Prince George.



- Jeff Milley

Synchro



What a day at the Aquatic Center! A day of personal bests, provincial bests, and many happy tears. Team NL's Catherine Barrett and Emma Knee represented our province with pride. A big thank you to the coaching staff of Jackie, Alicia, and Jennifer who have given endless to our stars.

- Laura Cole

Cross Country

The week of competition ended with an exciting Team Relay seeing the girls complete 4 x 3.75k loops and the boys 4 x 5k. After the races all hands packed up their gear for the long trip home. Sunday will see the Closing Ceremonies at 4pm and then the long trip home across the country

- Glenn Smith



Table Tennis

TeamNL table tennis team spent the morning watching the bronze medal and gold medal matches. These matches were very entertaining and provided a valuable experience to our young table tennis team. The team then took advantage of some free time to explore the games facilities, especially the poutine truck.

- Peter Butt

Squash

On the last day of competition our Squash team finished off with two wins in the Placement round.

The girls took on NWT at UNBC and finished on a positive note with the win beating NWT on points 132 to 44. Well done girls, nice to see you guys havin fun on the court.



"Thank You Prince George"

In boys action at 12:00 the boys finished with a win over Team NWT and 9th place over all. Well done.

We are looking forward to the closing ceremonies and a safe trip home.

- Gary Martin



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