

SUNDAY FEBRUARY 22 2015

Rant n' Roar

FROM THE CHEF

Week two is officially underway. With a tough travel day behind TeamNL on Saturday evening, our athletes took to the ice and the squash court for competition while many other sports took to practice for a final day of prep before a full day of competition tomorrow. A great start with the men's hockey team win and hopefully start some forward momentum. Looking forward to tomorrow.

- Rod Snow



SCHEDULE FOR MONDAY FEB. 23

EVENTS & COMPETITION PRINCE GEORGE BC TIME

Print

Monday, February 23

9:00am	Squash vs BC (UNBC)
9:25am	Badminton Singles (Jago)
10:00am	Curling vs NS (PGGCC)
10:00am	Cross Country 10k Male (Otway)
11:00am	Cross Country 7.5k Female (Otway)
11:00am	Table Tennis Female vs PEI (Duchess)
12:30pm	Badminton Doubles (Jago)
12:30pm	Hockey vs Yukon (CN)
1:00pm	Table Tennis Female vs ON (Duchess)
1:00pm	Table Tennis Male vs SK (Duchess)
1:00pm	Cross Country 2.5k Sit-Ski Para (Otway)
3:30pm	Badminton Mixed Doubles (Jago)
4:00pm	Curling vs MB (PGGCC)
4:30pm	Squash vs Alberta (UNBC)
5:00pm	Figure Skating Singles Pre-Novice (KIN1)



**Atlantic Lottery
Loto Atlantique**

Synchro

Synchro were busy today at the pool. A two hour music spacing practice followed by a 2 hour figure practice has everyone warmed up and ready for competition. No yoga tonight as savasana will happen naturally!

Tomorrow brings a 9:25am figure practice, 11am music practice, 3pm music practice, and a 3:55pm music practice. And at 8pm a yoga night cap! I am tired just typing it.

- Laura Cole



Judo

Today was the first day that Newfoundland and Labrador Judo athletes took to the mats. Overall they had a great training session and will have their second practice in as many days as they take to the mats Monday morning at 9:00.

Coaches Maurice Sheppard and Tracy Angus have high expectations for their athletes going into competition on Wednesday.

- Robert Goulding

Cross Country

Today the Cross Country boys and girls pre-skied all race courses. Courses are very fun and FAST given the warm weather and snow conditions. Hard on the up hills and technical and FAST on the downhills. The boys came back to the Village looking like Christmas had come early!



Competition starts 10am Monday morning.

- Glenn Smith

Badminton

A practice day for TeamNL Badminton at the Northern Sports Center. Great venue with 6 courts. TeamNL is pumped and ready to compete. It promises to be a great week.

- Jeff Milley

Curling

The girls had a full hour practice on Sunday. Everyone is pumped and ready to go with 2 draws on Monday.

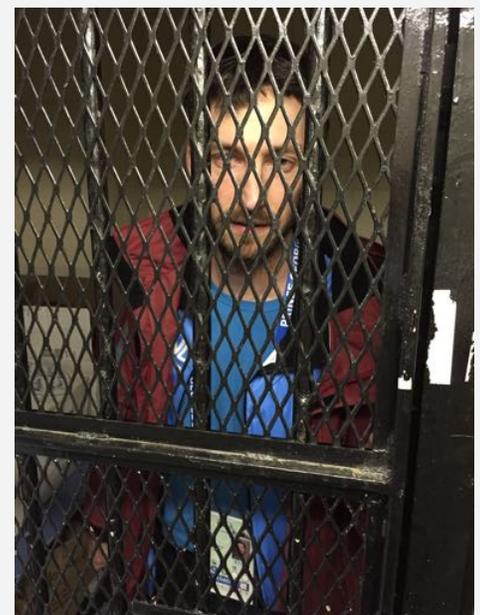
- Dean Lear

Figure Skating



TeamNL Figure Skating will have two competitors in each of Pre Novice, Novice and Special Olympics categories. All skaters had practice time on Sunday and everyone had a fabulous skate ... energetic and anxious to start competition tomorrow. Keep an eye out for pictures and stay connected to our social media sites. Go TeamNL Go!!

- Lynette Hiscock



Coach Ian Graham checks out the Mission Storage Room

Squash

Our boys and girls took to the courts today at the UNBC Sports centre and got in some practice after a very long travel day. Girls rallied up first followed by the boys.

On court #2 at 7:00 Alexa Johnson took on Manitoba's Hannah Blatt battled hard, but went down to defeat in straight sets. Team NL's Tiuri Lomond on court #3 went up against hometown BC boy Gavin Maxwell. Tiuri forced Maxwell to sets: 12-10, 11-4, and 11-5. Way to go Tiuri !!



Action resumes tomorrow with Team NL at 9:00 am and 4:30 pm @ UNBC.

- Gary Martin



Table Tennis

This was a practice day for TeamNL Table Tennis. They participated in a high energy 2 hour session and the team seems to be ready for the upcoming competition Monday morning at 11:00 am.



Today's practice allowed the team to acclimatise themselves with the venue, especially with the tables and the lighting. The team is very excited and so they should be as the venue is very impressive. Time to bring on the Games!

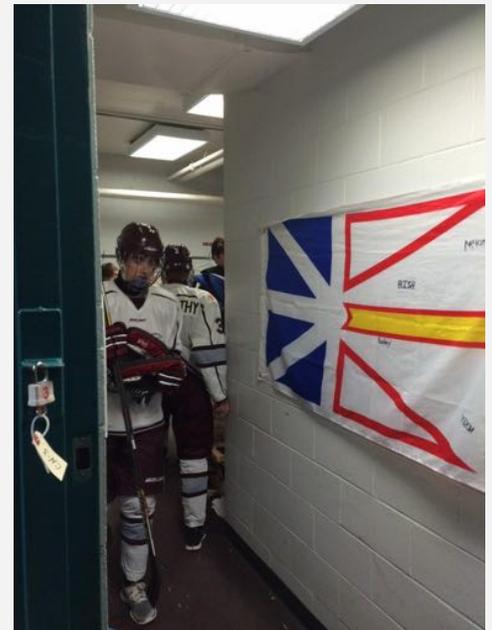
- Peter Butt



Hockey

After Day one of the male hockey competition jet lag didn't seem to be an issue as the NL squad cruised to a decisive 11-0 decision over NWT. Kyle McGrath led the NL attack with three goals and one assist. Ryan Ricketts and Adam Dawe also chipped with two goals apiece. Action resumes tomorrow with Team NL tangling with Team Yukon.

- Dave Tilley



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