

**TUESDAY FEBRUARY 24 2015**

# Rant n' Roar

## FROM THE CHEF

Tough day for TeamNL in many sports on Monday Day 11; we lost a couple of heartbreakers to good teams in women's curling and we were in tough in badminton, squash and table tennis. Men's Hockey was the big winner today that sets them up nicely for big game tomorrow vs PEI. Here's to a fresh start and some better results today. Go TeamNL.

- Rod Snow



Michael Johnson Cross Country Para

### EVENTS & COMPETITION PRINCE GEORGE BC TIME

 Print

Tuesday, February 24	
9:00am	Synchro Figures (PGAC)
9:00am	Table Tennis Doubles vs Ontario (Duchess)
9:00am	Squash vs Quebec (UNBC)
10:00am	Cross Country Classic Sprint Qualifier (Otway)
10:00am	Table Tennis Doubles vs PEI (Duchess)
10:00am	Table Tennis Doubles vs Yukon (Duchess)
10:45am	Figure Skating Novice (KIN1)
11:00am	Table Tennis Doubles vs BC (Duchess)
11:00am	Table Tennis Doubles vs Yukon (Duchess)
12:00pm	Cross Country Classic Sprint Final (Otway)
12:30pm	Hockey vs PEI (CN)
1:20pm	Figure Skating Special O (KIN1)
2:00pm	Cross Country Para Sit Ski Sprint Qualifier (Otway)
2:00pm	Squash vs Sask (UNBC)
2:30pm	Table Tennis Doubles vs Alberta (Duchess)
3:30pm	Cross Country Para Sit Ski Sprint Final (Otway)
4:00pm	Curling vs Alberta (PGGCC)
4:00pm	Table Tennis vs Manitoba (Duchess)
4:30pm	Squash vs Yukon (UNBC)
6:30pm	Synchro Solo (PGAC)



Atlantic Lottery  
Loto Atlantique



## Synchro



Back to the pool again Monday for four hours of figure and music practice. The athletes are looking strong and prepared for the big day Tuesday. 9am to 1pm is the figure competition where all 10 athletes will perform a set of skills individually in front of a panel of judges. Then it is back to the pool at 6:30pm for Emma Knee and Catherine Barrett's solo prelims!

- Laura Cole

## Hockey

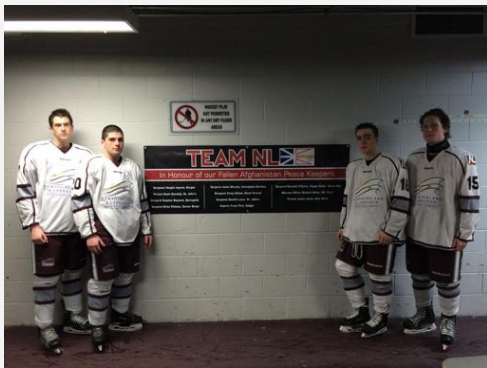


Photo by Kenn Oliver - The Telegram

With Day 2 in the books Team NL sports a 2-0 record in male hockey with a convincing 11-2 decision over Team Yukon. Adam Dawe led the attack with 3 goals and Ryan Roche added 2 goals and 1 assist. NL's final game in the preliminary round will be 12:30pm PST Tuesday against a much tougher opponent in Team PEI.

- Dave Tilley

## Cross Country

Beauty of a day at Otway Monday for the start of Cross Country competition. The cold evening before and warm sun on the snow in the morning made conditions slippery and fast. All athletes raced the Classic event (males 10k and females 7.5k) with respectable times near the middle of the pack. The Para Sit Ski event saw Jeremy and Michael working hard and finishing strong.

Tuesday is the Classic and Sit Ski Sprints starting 10am on what looks to be another sunny and warm day!

- Glenn Smith



## Judo

Our team had a very good practice session Monday for approximately an hour. Training focussed on physical as well as mental training and the athletes are looking forward to their first day of competition Wednesday. Today is another practice session at 10:00 am.

- Robert Goulding

## Table Tennis

Day 1 for both our table tennis teams Monday. Both the boys and girls team were a little nervous at first but soon settled into some great table tennis. The girls started off the day with a team encounter against PEI. Some very competitive matches and our girls came out on top with a 3 to 2 encounter win. Then it was on to their second match against the Ontario girls. Our girls played tough but could not manage a win.

The boys played their first encounter against the squad from Saskatchewan. A very spirited match with some great games. Nick Hiscock was trailing 2-0 but came back to win 3-2. It was a great deal of effort but TeamNL came out on the short end of a 3-1 final score. The boys then went directly into a match with the Ontario team. Again a very entertaining match but the team came up short losing 3-0.

TeamNL will be participating in mixed doubles and doubles on Tuesday.

- Peter Butt

## Curling

Sea-Saw match Monday between TeamNL and TeamNS. Tied going into 10th end and a nail-biter to the finish. TeamNL had great draw and take-out weight the entire game. Hard fought match with a final score TeamNL 8 Team NS 10.



Second match was another intense game with amazing curling shots by both teams. Manitoba was the winner in an exciting 10th end.

Tuesday it's TeamNL versus Alberta at 4pm Prince George time.

- Dean Lear

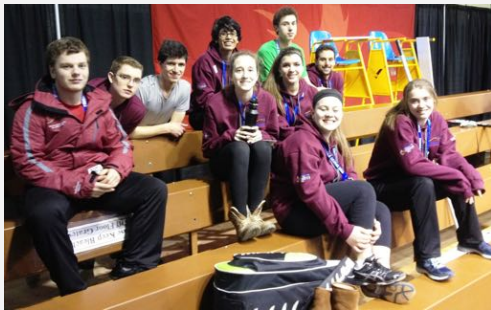


## Squash

At UNBC Monday TeamNL played Host Team BC in the Girls Team Encounter. Alicia Corcoran, Maddy Drover, Alexa Johnson and Morgan O'Connor all saw action on the court. The girls challenged the hometown favorites with Team BC coming out on top.



In the Boys Team Encounter TeamNL played Team AB. Jack Baggs, Nicholas Holden, Tiruri Lomond and John St.Croix faced the Albertans. Alberta advanced with the win. Play continues today at UNBC for TeamNL.



Team NL "Taking in the Action"

- Gary Martin

## Badminton

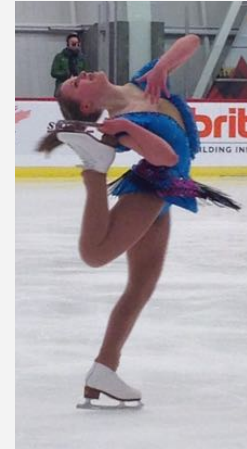
TeamNL began the Individual competition Monday with games in boys and girls singles, doubles, and mixed doubles. Competition was stiff, but several members of the team played with a great deal of heart and advanced to the next rounds in boys and girls singles. Great job for their first time at the games. Tuesday and Wednesday will see playoff rounds for the gold in the individual competition. TeamNL will be back in the hunt on Thursday with the team competition. Go TeamNL.

- Jeff Milley



## Figure Skating

Starting bright eyed and all smiles, Bethany was at the arena for a 9:15 am practice Monday with each of the other five skaters following throughout the day for their opportunity to work through their routines in preparation for their respective competitions. The



first formal competition began at 5:00 pm in the Pre Novice Womens division skating the short program. Jenna was the first skater to complete her routine with Sophie being skater #18. Both Jenna and

Sophie performed with grace; strong skaters they had no problem capturing the attention of all the spectators who obviously enjoyed the show. Tuesday morning's practice session will be dedicated to our Novice Women's category with Kaitlin skating at 7:00 am and Bethany at 7:30 am. The first competition for the Novice Women category will run from 10:45 to 12:50 tomorrow with Kaitlin starting as #1 up to compete and Bethany in slot #11.

Our Special Olympians will compete Tuesday with their routines running from 1:50pm - 2:45pm. Sara is up first and Melanie will compete second.

- Lynette Hiscock



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