

# Rant n' Roar

**THURSDAY FEBRUARY 19 2015**

## FROM THE CHEF

Another solid day for Team NL. No medals but a good win in women's hockey plus a couple of Alpine athletes, Katie Perry and Megan Colbourne, qualifying for Ski Cross Finals tomorrow. I took some time to watch NL athletes Liam Hickey and Danielle Arbour, compete for Team PEI in WC Basketball. The more I watch these athletes battle the more I respect the sport; skill, speed, intensity and aggression. Looking forward to Team PEI vs Team Alberta for bronze tomorrow ... Go Liam and Danielle, Go Team PEI, Go Team NL.

- Rod Snow



*Katie Perry and Megan Colbourne advance to the Ski Cross Finals on Friday.*



**SCHEDULE FOR FRIDAY**

**EVENTS & COMPETITION**  
**PRINCE GEORGE BC TIME**

 Print

**Friday, February 20**

- 9:00am Curling vs NB (PGGCC)
- 10:00am Speed Skating 3000m Points Final (KIN 1)
- 10:00am Alpine Ski Cross Finals (Tabor)
- 10:00am Biathlon Women Relay (Otway)
- 1:00pm Biathlon Men Relay (Otway)
- 5:00pm WC Basketball PEI vs AB (Duchess)



## Gymnastics

The gymnastics teams had a relaxing day supporting the other Newfoundland teams and taking in some of the sports for which we don't have teams, like ringette. The coaches are looking forward to a sushi dinner tonight and getting ready for the athlete dance tomorrow night.

- Simon Blanks

## Hockey

A good win today against PEI to wrap up competition and an excellent week of Hockey! The girls will now enjoy a little downtime before handing the reins over to the boys for Week 2.

- Karen Sherriffs

## Alpine

Our Alpine team moved to Tabor Mountain today to take on a new event to the Canada Games - ski cross. The athletes had a



hoot bombing down the rollers, banked turns and jumps, and two of our girls qualified to move onto tomorrow's heats. Katie Perry posted our fastest time of the day at 1:11:00, and Megan Colbourne was right behind her at 1:11:68. Erin, Heidi, Abby, Carley, Kyle and Patrick all had awesome runs and Erik's DNF lived up to the team's "leave it all on the hill" philosophy. Good luck to our girls on their last day of the Games - we'll all be there to cheer you on!

- Janice Turner

## Biathlon

Today was an off day for the Biathlon team as they prepare for tomorrow's relay. Mission staff wish them well and will be on hand to cheer them on!

- Angela King

## Curling

Thursday Day 7 of the Games started off great for the Team NL Curlers as they beat the Yukon 9-3 in 9 ends. In their second game of the day. The great start got better as NL team beat Alberta 5-4 on skip Andrew's draw to the four foot. Today the curlers had better hits and more consistent draws leading to less opportunities for their opponents.

- David Kennedy

## Speed Skating

The speedskaters continued to show commitment to their sport by posting personal bests again today in the 1000 m competition. Ashley Higgins skated the 1000 m in 1:46:950 against some tough competition. But congratulations Ashley, for finishing in the upper heats.

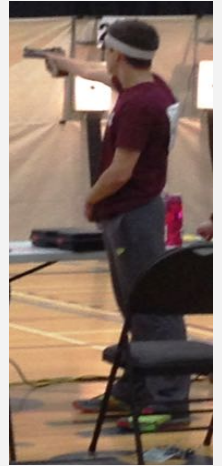
Thomas Park had another good day at the rink. He posted a personal best in the 1000 m. Good luck on Friday in the 3000, the longest of the short track races.

- Frank Humber



## Target Shooting

Shooting wrapped today at the Games for Team NL, strong finishes again with Maggie Coady placing 10th with a 342.3x and Emily Keeping 340.3x in Female 10m Pistol.



Martin Dimitrov advanced to the finals finishing the qualification in 6th place. Martin finished just short with a score of 125.5 in the finals good for 5th place in the country. Way to go Martin!

Competition is now complete today after a superb showing in Prince George with 2 Gold and 2 Silver. The team will now enjoy some rest and relaxation and support their teammates at some other events.



- Gary Martin



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