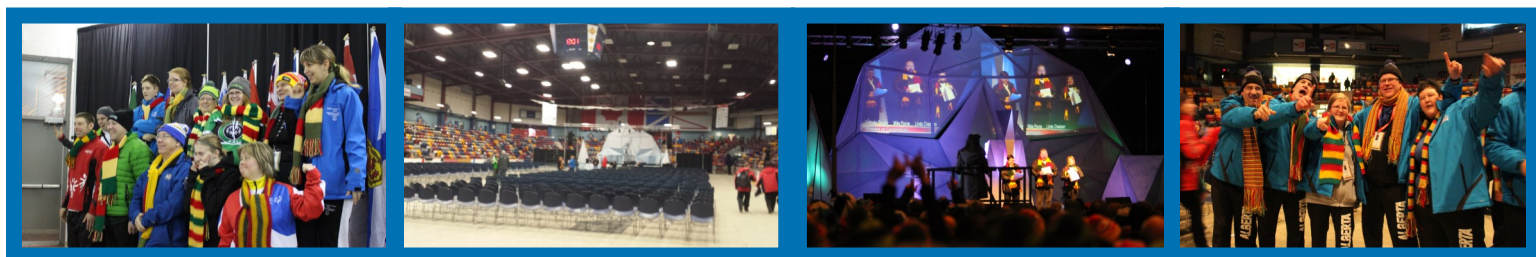




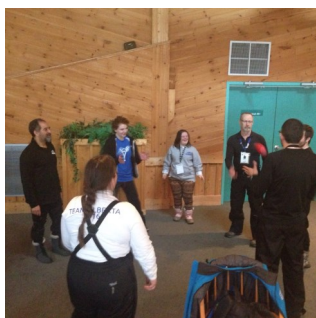
WINTER GAMES PRACTICE DAY

MARCH 1

"Today was a test of what east coast weather an throw at you. There was snow melting, strong winds followed by rain that made slick conditions for alpine, cross-country and snowshoe. Welcome to the Rock Team Alberta! With mother nature throwing curve balls, Team Alberta was still hitting it out of the park. Alpine and cross-country skiing was able to get in a few runs, while floor hockey recruited some local fans to be part of Team Alberta's cheering squad. Today was a day to get in some good practice time and find our stride. I'm confident that Team Alberta is ready to take Corner Brook by storm!" - Jill Mattson, Team Alberta Chef de Mission



ALPINE



Alpine took the time to warm up by tossing the football during the day which taught some valuable team bonding and communication.

Fortunately, the staff made sure there was groomed snow for Team Alberta to be able to get some practice runs on.

Be sure to check out the finals for Giant Slalom

CROSS COUNTRY

It was a waiting game for cross country as Team Alberta was on the edge of their seats until they got the green light to be able to head to the trails.

Team Alberta practiced with Team Ontario on the 500m and 1 km loop.



NICHOLAS DAGENQIS

My goal is breaking my time.

CURLING

Team Alberta's curling team had some solid ice time on sheet 2 during the afternoon and is ready to hurry hard for the next few days.

FIGURE SKATING

It was an early practice day for figure skating. Each skater was able to get the feel for the ice in Civic Center and event had after lunch to get supplies for costumes and decorations for the opening ceremonies.

Each member proudly wore a bejewelled cowboy hat proudly into opening ceremonies.



SNOWSHOEING

Despite the snowshoeing track not accessible for practice, the snowshoeing team made sure they took advantage of Blow Me Down Trails by getting in some good conditioning and walks before they headed back to athletes village.



FLOOR HOCKEY

Team Alberta's floor hockey teams, Roughnecks and Cougars, shared court time at Corner Brook Regional High School.



Each team took time to go over passing, defence and offensive tactics.

Bill Hurley from Team Alberta's Roughnecks, officially became the official Casanova and Team Alberta fan recruiter after wooing high school students to become Team Alberta fans in the stands.



Team Alberta Cougars found their rhythm in passing and during the opening ceremonies as they swayed in unison together.

SPEED SKATING

Smooth ice and great practice with other provinces defined the day for speed skating. Each division received equal ice time and great exercises to help them prepare for some fast action for the next couple days. There was some lightning quick turns and even good spills on the ice, which helped them each learn how to control and refine their speeds.



THANK YOU YOUNG GUNS

YOUR DRAFT AN ATHLETE SPONSORSHIP HELPED TEAM ALBERTA FLOOR HOCKEY