



WINTER GAMES DAY 4

MARCH 4

"Snow squalls didn't keep Team Alberta from their full potential. With alpine, cross country skiing and snowshoeing back in business, Team Alberta was in full throttle to stay focused and show their skills. Alpine and figure skating finished off strong in their last day of competition while snowshoeing carried on with a couple finals and preliminaries. Floor hockey and curling battled on in their divisions with both floor hockey team battling to get bronze tomorrow and curling going for gold for tomorrow's game. This team is definitely dynamite and I can't wait to see the fireworks tomorrow! Go Team Alberta!" - Jill Mattson, Chef de Mission.

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ALPINE

What a day on the slopes! It was the final day of competitions with Super G races in the morning, the full team getting screeched in during lunch and Slalom races to finish the races.

Even with a chilly day of below 20 degrees with gusting winds, there was nothing but smiling and dancing after races. There was even sun dances every 15 mins from Katherine St. Amand and Siobhan Zobatar. Ambyr Lindon skied fast and hard earning her 2 silver medals in both events. First time Nationals competitor, Mason Cook, took home bronze for Super G while Katherine St. Amand had two solid runs earning her 2 bronze medals for both events.

CROSS COUNTRY

It was a full town effort to keep the tracks groomed for competitions at Blow Me Down Trails with the Games GOC holding a shoveling party and recruiting students to help get the trails ready. Gusting winds that could blow a grown man down, didn't stop our ferocious skiers cross the finish line in record times. Eloise Stewart set the tone in 7.5 km classic and took home gold. Kristen Stewart followed up, with a gold in 7.5km free. There was a big haul in the 500 m races with Sarah McCarthy taking home gold, Jennifer Riddell getting silver, Brock Jesse getting a silver, Megan taking a bronze and Erica Manson get gold.



JORDEN TYSON

It has helped me succeed in my sport. I got to meet lots of new friends from all over Canada and travel to different places.

CURLING



Curling cleaned up their game . After a day of rest and rethinking strategy, the team came in strong and hurried hard and dominated in their games winning their two games.

“The team was firing in all two cylinders,” said head coach, Dale Ellert. “All the funny things they were doing yesterday they fixed. They slept on it, put it together and upped their game today.”

Team Alberta will be playing their gold medal game against Manitoba at 10:30 a.m. tomorrow. Don't miss the excitement!

FIGURE SKATING

There was aerial tricks, spins and rhythmic finesse on the ice. Benjamin Maesele charmed the crowd with his flamenco flare in men's level 3 free skate earning him a silver. JorDen Tyson performed beautifully and with jazzy attitude in level 3 women's free skate and clinched the gold. Kristina Hansen's sassy performance in women's level 4 free skate earned 4th place and Kennedy Zaytsoff finished the day strong in her women's level 6 free skate and walked away with a silver.

SNOWSHOEING

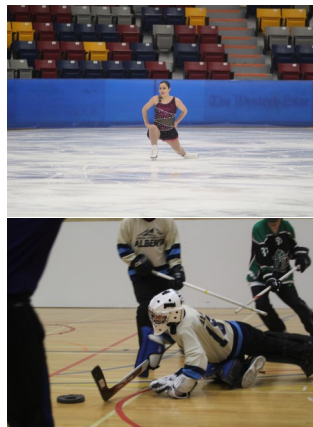
This team is boom– dynamite! Each snowshoer had exceptional races achieving personal bests in more than one race. Jenny raced down the tracks focused and determined beating her provincial qualifying time in the 800 m race by a minute and 48 seconds with the men crushing their times with Matt Meachin improving by 2 minutes and 10 seconds and Johnathan Stel shaving 50 seconds. A veteran National competitor, Peter Arsenaull, achieved his dream by getting his first medal after competing in five past national games. He 's taking home gold in men's div 3 400 m. Jenny Murray hit her stride in 200 m race, earning her first gold in National Games.

FLOOR HOCKEY

Both Team Alberta floor hockey teams had a hard fought games as round robin continued. The Cougars battled hard in division D with games against Ontario Brockville and BC. Vancouver. Hard cheers, high fives rang through the gym from the team and crowd. Their won't quit attitude will prepare them for a nail-biting bronze match tomorrow.

The Roughnecks fought with true grit against Team PEI and New Brunswick in division C. They showed true determination, quick skills and team comradery throughout each game that kept the scores tight till the end, but with New Brunswick and PEI just edging out.

Both teams showed true Alberta spirit and sportsmanship. Don't miss out on the exciting bronze medal matches at 8 a.m. and 9:15 tomorrow!



SPEED SKATING

Team Alberta speed skaters took a reverse roll today by being the fans in the stands cheering on fellow team members in figure skating and floor hockey. After the intense competition from the previous day, the speedy gang took in much deserved rest and even managed to take part in a speed skating clinic with dry land training and assessment that included vertical jump tests where Andrew Chamczuk showed great height reaching 9'3.

THANK YOU ALBERTA PHYSIOTHERAPISTS

YOUR DRAFT AN ATHLETE SPONSORSHIP HELPED ALPINE SKIER AMBYR LINDON