

## Rant n' Roar

### FROM THE CHEF

I can't help but think of the old ABC Wild World of Sports intro where the announcer says, "welcome to the world of sports; the thrill of victory, the agony of defeat and the human drama of athletic competition." Well team NL had it all today. Men's basketball and softball both picked up wins which were certainly thrilling...but its hard to forget the agony of the extra innings loss by team nl softball in their second game. And if you want to know about the human drama of athletic competition, you only have to think about our soccer ladies and their 1 to 1 draw with Alberta after a last gasp injury time goal snatching victory from our girls. Well that's Sport and that's the Canada Games! No one ever said this stuff was gonna be easy! Let's go Team NL.

-Rod Snow



Atlantic Lottery  
Loto Atlantique



SUNDAY JULY 30 2017



Beach Volleyball- Team NL vs. the host team, Manitoba

### Schedule



			Time	Location
Baseball	NL	Nova Scotia	1:00 PM	Whittier Park
Basketball- Male	NL	Alberta	5:30 PM	Canada Games Sport for Life Centre
Basketball- Female	NL	BC	7:45 PM	Duckworth Centre
Diving	Synchro 3m Male- Final		4:15 PM	Pan Am Pool
	Synchro 3m Female Final		6:00 PM	Pan Am Pool
Rowing	Rowing Quadruple Sculls- Female		9:10 AM	Kenora Rowing Club
	Rowing Quadruple Sculls- Female		10:20 AM	Kenora Rowing Club
Sailing	Single Handed Laser- Male		11:00 AM	Gimli
Soccer	Practice			
Softball	NL	Saskatchewan	3:00 PM	John Blumberg Softball Complex
	NL	BC	6:00 PM	John Blumberg Softball Complex
Triathlon	Individual Female- Final		9:30 AM	Birds Hill Provincial Park
	Individual Male- Final		11:30 AM	Birds Hill Provincial Park
Beach Volleyball	NL	Ontario	7:08 PM	Sargent Park Beach Volleyball Centre
Athletics	12:30- Female Javelin; 1:00pm- Decathlon 100m; 1:20- 100m Mens Heats; 1:50- 100m Women's Heats;			
	2:20- 100m SO Heats; 2:50- 100m Women's Heats; 3:10- 400m Men's Heats; 3:40- 400m Women's Heats;			
	3:50- Women's Long Jump ; 4:10- Men's Wheelchair ; 6:00- 400m Men ; 7:40- 4x100 ; 8:00- 4x100			

## Athletics

Another very warm practice day at the University of Manitoba Athletics Stadium. Despite the challenging environment all athletes are in good spirits and looking forward to performing their very best. A special acknowledgment to Stephen Connolly who has taken on double duty at the games. Originally designated as the Special Olympics manager, he agreed to take on the additional role of Attendant the day before we left for the games.



Stephen along with SO Athlete David Nofall.

If you get a chance please drop by the NL Athletics TENT. A creative venture to help athletes and staff manage the heat. They did a wonderful job of making it their home away from home.

- Tom Godden



## Beach Volleyball

In their first match of the games, Team NL's version of the "beach boys" gave Team Toba a run for their money in beach volleyball. Despite losing both sets to Manitoba (10-21, 12-21), Brent and Marcus played very solid defensive volleyball. This match was broadcast on TSN; they have a bunch of "followers".

- Frank Humber



## Baseball

Baseball had a busy day on the diamond taking on both Team Ontario and Team Manitoba. In game one, the sun was hot and so were the NL bats, gathering 6 hits with two coming off Josh Mercer swings. After a hard fought game with excellent pitching from starter Graham King and reliever, Cam Brewer, they fell to the hosts 5-2.

Game two saw a big challenge in Team Ontario, but the NL Boys put forth a great effort. Evan Reid pitched a great game to hold off the Ontario bats for the majority of the game. He exited the game to a strong applause for his efforts from the large crowd of NL fans in attendance. Turning a 4-6-3 double play to end the fifth, NL took the momentum into the 6<sup>th</sup>, but were unable to capitalize, eventually falling by a score of 5-1. Team NL looks for their first victory tomorrow at 1:00 against their fellow Atlantic Canadians, Nova Scotia.

- Peggy Wakeham



## Soccer- Female

Today the ladies displayed another stellar defensive performance led by their goalkeeper, Sydney Walsh. They faced another tough opponent in Alberta and held the lead into the final minutes of the game when Alberta tied it up 1-1. Team NL showed tremendous determination and grit in very hot conditions. Re-hydrate and rest girls, because we can't wait to see what you have in store for your next game!

- Allison Sturge



## Basketball- Female

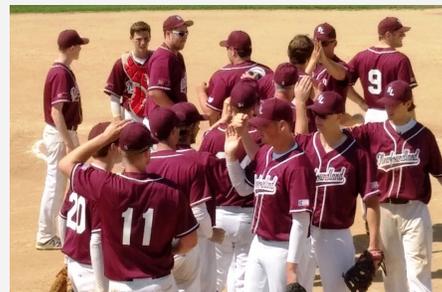
Team NL started the game strong against PEI with an early lead, however the boards were not in their favor today and they fell behind late in the game with a final score of 86-77. The team is eager to hit the court against British Columbia!

- Karen Sherriffs



## Softball- Male

This morning at 11:00 am Jordan Nofall got the win over Team Alberta's Logan Steeves. 3 runs in the 1st inning adding 5 more in the 3rd, on to an 8 to 1 win after 5.



Home run Celebration

Team NL faced Atlantic Provincial rival NS at 6:00 pm, Teams battled through 7 innings of play with our boys tying the game in the bottom at 6. NS came out with the win. What a exciting game a solid display of character and determination.

Action resumes tomorrow on the diamond we meet Saskatchewan at 3:00 pm later in the evening at 6:00 it's Team BC.

- Gary Martin

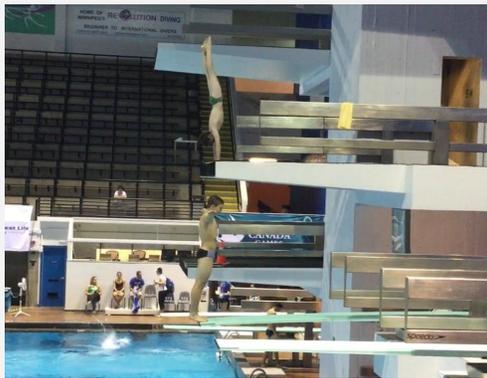
## Diving

NL Divers Ava, Jake and Jacob had a great last practice session today and are really looking forward to the competition starting.

Great sporting moment today at practice! Jake and Jacob were adding a new dive to their synchro list and were struggling to find their rhythm. After numerous misses and corrections in a crowded pool, they finally sorted it out and nailed one. All of the competitors on deck spontaneously erupted to cheer their achievement. Great sportsmanship by great athletes!

Happy 15th birthday Jacob!

- Leslie Ann Walsh



## Triathlon

The athletes had their second day of course familiarization at Birds Hill Park. They were able to test out their equipment on the bike course, experience the swimming route and fine tune their strategies heading into tomorrow's individual male and female competitions.

- Allison Sturge



## Rowing

Our TeamNL rowers had another busy day. It started off with an early morning practice, then they boarded the MS Kenora for a relaxing day at the Coney Island Music Festival. A well deserved break before stress of the competition tomorrow morning. The rowers had a great time at the beach and listening to local talented artists. Once back on the boat, they enjoyed a tour of "Lake of the Woods". The rowers then headed back to Rabbit Lake to finalize their preparations for race day.

-Peter Butt



## Basketball- Male

Team NL dominated in their first victory of the Games with a convincing 108-61 win over Team NWT. The team was quick off the start and applied pressure throughout the contest. They let by 25 at the half and continued to build the lead right to the final buzzer. Both teams displayed a great deal of grit and sportsmanship. Happy Birthday to Team NL guard Devon Tobin who will turn 16 tomorrow. Best wishes from teammates and coaches.

- Gerard Lowe



## Sailing

Today was the first day of competition for our lone sailing athlete. The day started with a delay, as there wasn't a breath of wind in Gimli. Luckily, a light wind eventually picked up and Jesse was out on the water by mid-afternoon. He completed 2 races in the men's single-handed laser event, placing 4th and 5th. Overall, he is tied with BC for 4th place and is only 1 point out of 3rd place. Jesse will compete in a total of 10 races before a winner is decided on Friday. Jesse is looking forward to racing again tomorrow, and is keeping his fingers crossed that the forecasted thunder and lightning won't interfere!

- Brenda Greene



Happy Birthday!

Devon Tobin- Basketball

sportNL



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