

Rant n' Roar

FROM THE CHEF

When I came to M1 just over a year ago to learn about Winnipeg and its right to host the 2017 Canada Games, the fact that I heard overwhelmingly most often was "Winnipeg, the largest city ever to host the Canada Games." Looking past the obvious benefits to being a larger city you don't get far before realizing the pitfall of a Games like this getting lost in the big city. Well, just past the halfway point of the 2017 Canada Games I can say that they have been anything but lost. Sure, there are vast expanses of roads and concrete without a sign of the Games regalia, but the venues and the downtown - the renowned "Forks" - are undeniably alive with all the interest, energy and emotion that comes attached to a Canada Games. With that said, surely there is lots left to do and maybe even a few things to prove for Winnipeg...and for that matter, let's hope it's the same for Team NL too.

-Rod Snow

TUESDAY AUGUST 8 2017

Team NL 4 x 200 m Provincial Record!



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DAILY SCHEDULE**

Softball - Female

The softball team took on two tough opponents yesterday. Their first game was against Ontario followed by New Brunswick. While the outcome of their games were not in their favour, the girls kept their spirits high and rallied until the last pitch. They welcomed their bat girl Katie and she has quickly become an honorary Team NL member. They will take to the field today to play BC at 1pm and PEI at 5pm. Let's get those bats swinging - see you at the field!



- Karen Sherriffs

Tennis

A great start for our tennis group in the Team Mix Event Round of 16 yesterday. Although we didn't advance, Coach Meaney was extremely impressed with all athletes and felt that everyone performed above expectations. Our women's doubles team of Olivia and Ashley defeated NB in straight sets (6-1, 6-4), while our team of Kai and Rogan lost a heartbreaker in three sets in the men's doubles (6-7, 7-5, 6-2). The team is back in action today as they get set for the singles and doubles competitions.



Lots of support for their teammates on the sidelines for TeamNL Tennis!

- Jamie Randell

Golf

Yesterday our golfers spent their last full day of practice in prep for today as each of them tee off early this morning at the Southwood Golf And Country Club. Players are full of anticipation and excitement and can't wait to hit the links. Good luck to all. Go Team NL Go!



- Robert Goulding

Volleyball - Female

Team NL started their competition schedule yesterday and despite 21 kills and a solid passing percentage, lost to Team Alberta in three sets. In their second match of the day, the girls faced a tough opponent in Team Quebec. The girls played with enthusiasm but lost in three sets. In all sets they mounted admirable comeback attempts, but ultimately fell short. They hope to take the positives from today's matches and turn them into a win tomorrow against Team Ontario at IGAC.



- Frank Humber

Soccer - Male

The men's soccer team put up an energetic and strong performance in their first match of the Games. The final score of 4-0 was not indicative of the play as Team NL owned possession of the ball for the vast majority of the game. The NWT keeper made numerous saves but had the four shots that hit the post gone in, the score would have been much higher. The boys are now looking forward to their game Wednesday night against New Brunswick. A win in that game will position them nicely going into the playoff round.



- Greg Pittman

Volleyball - Male

The boys hit the floor yesterday playing Alberta in their opening match. Two of the three games were very close as the guys gave Alberta all they could handle. They have two big games today, the first against New Brunswick in the morning and then the Northwest Territories in the evening. Should be an exciting day of volleyball for TeamNL!



Coach Brian giving instructions to the team during a timeout.

-Mike Summers

Cycling

Yesterday at Birds Hill Park, Team NL joined forces with Team PEI for some training runs, practicing the Time - Trials and the road race. The boys enjoyed getting acclimatized to the heat and some of the courses challenging hairpin turns.



Competition gets underway today at 11:30am, with the Men's individual Time Trial, a 20 km course through scenic Birds Hill Park. Josh, Kipling, Colin, Caleb, Ian, and coach Jordan are excited and eager to get racing, best of luck to TeamNL.



- Gary Martin

Swimming

The NL Swim Team started its competition yesterday. All swimmers gave an excellent performance and several personal best times were recorded. Special congratulations to Kate Williams, Emily Ricketts, Rachel Legge, and Kate Sullivan who finished 5th in the Women's 4 x 200 m free relay and in doing so broke both the provincial record for 15-17 year old and open girls. The team was also 30 seconds ahead of their competition in their heat.



Team NL's Megan Holden on the blocks in the Women's 1500 m Free.

-Ellis Coles

Wrestling

Practice Day #2 for our Team NL wrestlers at the Axworthy Health & Recplex. Another day of training for our athletes and to give them an opportunity to plan strategies to aid them in preparing for the upcoming competition. These practices also allow them to become more familiar with their surroundings. After lunch, the team went to cheer on other Team NL teams at other venues to add to their Canada Games experience. The team looks ready and confident.



- Peter Butt



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