

### *Rant n' Roar*

#### FROM THE CHEF

*I watched several of our teams put the finishing touches on their preparations in yesterday's final day of practice. For some this means the culmination of many years of hard work, focus and sacrifice to play on the biggest amateur sport stage our great country has to offer; the Canada Games. Good luck and leave it all on the field, mat, pool, course, road or court. Here's to week 2 at the Canada Games.*

-Rod Snow

Newfoundland  
Labrador



Atlantic Lottery  
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MONDAY AUGUST 7 2017

#### Welcome to Winnipeg Team NL Week 2 Athletes, Coaches and Managers!

Saturday, August 5 was a turn around day here at the Games. With a bustle of activity at the athletes village, the volunteers and host staff were busy transitioning into what will be another exciting week. As our Week 1 athletes left Winnipeg to return home, Saturday also saw our second half contingent arrive at the village. With everyone now settled and rested, focus now shifts to the competition. We can certainly expect an exciting and memorable week here at the 2017 Canada Summer Games in Winnipeg!

Some really life experience was had by a particular athlete who now has a new skill to put on his resume. Harry Spurrell is passionate about volleyball and the whole Canada Games experience. However it appears he also plans to keep his options open. Check out Harry on First Flight Airlines as he helps the flight attendants pass out some snacks and beverages. Newfoundland and Labrador athletes are so helpful and considerate. Thank you Harry!



## Cycling

Yesterday at Birds Hill Provincial Park our "Biker Gang" got a chance to familiarize themselves with the course. Our riders did a couple of loops and checked out the pits and start areas. A beautiful country like setting and venue.



*Below cyclists Caleb Winn and Joshua Belber gear-up for a training run yesterday at the bike venue.*



*Cycling's Coach / Manager meeting took place yesterday at 3:30, today is an off day. Racing resumes on Tuesday August 8th with the Men's Individual Time Trial (20 km). Go Team Go*

*- Gary Martin*

## Golf

Both male and female Team NL golfers took to the links yesterday for their first of two practice rounds before teeing it up for real on Tuesday August 8th @ the Southwood Golf & Country Club in Winnipeg. Players are eager to get started and are very impressed with the links style course that will present some challenges.

*- Robert Goulding*

## Swimming

The NL Swim Team is both proud and excited to represent the province at this very special Canada Games. The Pan Am Pool will certainly be loud and full of excitement as our swimmers give their best in what surely will be a noisy and packed house. Team NL is ready! Let the competition begin!



*-Ellis Coles*

## Soccer- Male

A focused and determined group of soccer players started early yesterday on their practice day. They started with a healthy breakfast and then had a team meeting. In the afternoon they hit the practice pitch with obvious enthusiasm to get some fine tuning done. The coaches had their sport technical meeting last night. The team begins the Games with a match tonight against the North West Territories. Everyone is anxious now to get the competition started!



*- Greg Pittman*

## Volleyball- Male

The boys hit the court for their last practice together after 3 years of preparing for the games. The boys are pumped for their first match today at 1:00 against Alberta. Their focus, training and team chemistry is a winning combination and will hopefully carry them far into the tournament. On another note, the coaching staff have caught the pin trading bug, with Matt willing to trade everything including his personal backpack.

*-Mike Summers*

## Volleyball- Female

Team NL volleyball girls are "bumped" to get these Games underway. They familiarized themselves with one of the competition venues yesterday and practiced with high energy and enthusiasm. Team NL looks forward to tracking their progress as they compete against the best in the country. Their first match is against Alberta this morning at 9:00 am.



**sportNL**

*Eat Great  
and Participate*



Softball- Female

After a late night arrival to athletes village the previous night, the girls had an early rise yesterday for an 8:30 practice. They took to the field for their only practice of the week before a full competition schedule. They take to the field to play today against Ontario at 10:00 and New Brunswick at 2:00. Good luck in your first game, we will be cheering you on.



- Karen Sherriffs

Tennis

A great day of practice for the NL Tennis Team at the Winnipeg Lawn Tennis Club yesterday. The players got acquainted with the beautiful venue and then ventured out in the afternoon to experience the cultural side of things at the Forks. Looking forward to the Team competition beginning this morning at 9:00 am against Team New Brunswick!



Coach Meaney offering up some technical advice to the Boys group during yesterday's practice.

-Jamie Randell

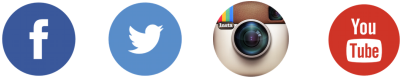
-Frank Humber

Wrestling

Team NL wrestlers took the first day to get used to their surroundings. With a long day of travel and delays, the team settled into their rooms after a late lunch. Yesterday morning the coaches attended the Coach/Manager meeting at the Mission Office. The team then went to the wrestling venue for their practice session. The team looked focused and ready for competition. Another two practice days before competition begins on Wednesday.



- Peter Butt



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