

BEDFORD SKIERS TO PARTICIPATE IN CANADA GAMES

Haligoniac.ca January 18, 2011 Bedford Beacon



Nova Scotia's cross country ski team for the upcoming 2011 Canada Winter Games has

been chosen after a recent series of selection races held at Ski Martock, the site of the cross country skiing events at the Canada Winter Games.

The 8 member team is comprised of 6 women and 2 men, including Nova Scotia's first Para-Nordic competitor at the Canada Winter Games. Daniel Murray, the Head Coach of Nova Scotia's cross country ski team is excited for his athletes to be racing right here in Nova Scotia. Mr. Murray said that "The Canada Winter Games give our athletes a terrific opportunity to compete against the best cross country skiers in the country. To have the chance to race at home will make the experience even more special."

The cross country skiing events will be held at Ski Martock during the 2nd week of the Games, from February 20-26, 2011.

Team members include:

Females:

Abby Lewis – age 19, from Milton. She skis for the Martock Nordic Ski Club. She was a member of the Nova Scotia team at the last Canada Winter Games in Whitehorse and has been on the provincial team since 2005.

Meggie Soehl – age 19, from Bedford. She skis for the Martock Nordic Ski Club. She was a member of the Nova Scotia team at the last Canada Winter Games in Whitehorse and has been on the provincial team since 2005. She also was a member of the NS Triathlon team at the 2009 Canada Summer Games in PEI.

Jennie Mae Roy – age 21, from Stewiacke. She skis for the Arctic Fox Ski Club. She was a member of the Nova Scotia team at the Whitehorse Canada Games and been on the provincial team since 2006.

Marie Soehl – age 17, from Bedford. She skis for the Martock Nordic Ski Club. She was the alternate for the Nova Scotia team at the 2007 Canada Winter Games in Whitehorse and has been a member of the provincial team since 2005.

Kilya MacNeil – age 15, from Cape North. She skis for the North Highlands Nordic Ski Club. She has been on the Provincial team since 2008 and this will be competing at her first Canada Winter Games.

Alternate: Mariah Hudec – age 18, from North Sydney. She skis for the North Highlands Nordic Ski Club. She has been on the Provincial team since 2008.

Nicole Durant – age 20, from Eastern Passage. She skis for the Arctic Fox Ski Club. Nicole will be representing Nova Scotia in the sit-ski division of the Para-Nordic category. This is the first Canada Winter Games to include Para Nordic athletes. Nicole also plays sledge hockey and wheelchair basketball.

Males:

Liam McInerney – age 18, from Dartmouth. He skis for the Martock Nordic Ski Club. Liam will be competing in his first Canada Winter Games.

Cole MacDonnell – age 16, from Belnan. He skis for the Martock Nordic Ski Club. Cole will be attending both weeks at the Canada Winter Games representing Nova Scotia in biathlon during the first week of the Games and cross country skiing in the 2nd week.

Team Coaches & Management:

Head Coach: Daniel Murray – He represents the North Highlands Nordic Ski Club. Daniel is from Cape North, the home of the 1987 Canada Games. He competed as a member of the N.S. cross country ski team from 1992 until 2009 when he became Canada Games head coach. He was a member of Team Nova Scotia at the 1995 and 1999 Canada Winter Games.

Assistant Coach: Kjerstin Baldwin – She represents the Martock Nordic Ski Club. Kjerstin is originally from Manitoba but now calls Bedford home. She raced for Manitoba in the 1983 Canada Winter Games and has coached provincial teams in Alberta and Manitoba. She was also the Sport Psychologist for the Alberta team at the 2003 Canada Winter Games.

Para Nordic Coach: Sue Hill – She represents the Arctic Fox Ski Club. Sue is from Dartmouth. This is her 5th Canada Winter Games as a Coach and Manager for Nova Scotia's cross country ski teams.

Manager: John Hudec – He represents the North Highlands Nordic Ski Club. John is from North Sydney and this will be his first Canada Winter Games.

Wax technician: Chris Algar – He represents the North Highlands Nordic Ski Club. Chris is from Cape North. He competed for Nova Scotia at the 1999 Canada Winter Games and has been on the Nova Scotia team since 1992.



Athlete of the Week
Jahilica Kimon is the Cape Breton Post pick for this week.
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Habs hammer Sens
Montreal beats Ottawa by score of 7-1.
Page B3



Capers look to tame Tigers

By T.J. COLELLO
CAPE BRETON POST

SYDNEY — The Cape Breton University Capers basketball teams hope to ride a wave of momentum into this weekend's Atlantic University Sport action at Sullivan Field House.

The Capers host the Dalhousie Tigers tonight at 6 p.m. (women) and 8 p.m. (men). Sunday, they'll tackle the Tigers at 1 p.m. (women) and 3 p.m. (men).

The men's and women's teams from CBU are coming off big wins over St. Francis Xavier University, Wednesday in Antigonish. The men needed double overtime in their 101-98 triumph over the X-Men, while the women had an easier time in a 72-58 win.

The Capers men, ranked No. 8 in the country, are on the summit of the Atlantic University Sport standings with an 11-1 record for 30 points. They'll look to pad their lead on the second place Tigers, who boast a 6-3 mark for 20 points.

And although their victory over the X-Men was in dramatic fashion, Capers head coach Jim Charters said that could prove a difficult high to come down from.

"To play a game that was that emotional on Wednesday and now, your next game it's human nature to come out flat," he said. "That's the biggest thing we're trying to fight (tonight). We need to generate enough mental and physical energy to be able to compete."

The Tigers are the only team to hand the Capers a loss in regular season play, a 93-79 setback in Halifax, Jan. 8. They'll need to contend with Simon Farine, the team's leading scorer, who's draining 16.2 points per game.

Dalhousie's defence is anchored by Joseph Schow, who's second in the AUS with 8.8 boards per game.

"Schow had a big game against us, 28 points and 11 rebounds up at Dal, so we have to pay him a little bit of attention...but I think Farine is definitely the key to their team."

The Capers women are also tops in the AUS with a 9-3 mark for 24 points, only two up on the second place University of New Brunswick Varsity Reds (8-1).

The Tigers have struggled — they sit in seventh spot at 3-6 — but split a two-game set with the Capers Jan. 8-9 in Halifax.

The Capers will look to contain the one-two punch of Courtney Thompson and Patricia McNeil, who are ninth and 10th in the AUS in scoring respectively.

"They're a team by committee," said McKenzie. "They play tough, they're a very good team overall. We really have to guard them well, which we didn't do well up there. They have a great zone defence and we have to penetrate that and not be afraid of it."

This weekend's games are the last for CBU before hitting the road for the next four weeks.

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MacAusland scores hat trick as Wildcats edge Eagles

By SEAN HATCHARD
TIMES & TRANSCRIPT

MONCTON — The Moncton Wildcats needed a spark and it was easy for everyone to see who provided it.

Coming off a pair of tough losses on home ice, it was veteran forward Devon MacAusland who stepped up and delivered.

MacAusland fired his first career hat trick, added an assist and powered the Wildcats to a 4-3 victory over the Cape Breton Screaming Eagles in a Quebec Major Junior Hockey League game last night in front of an announced crowd of 3,175 at the Moncton Coliseum.

The victory snapped a two-game skid for Moncton, which gave up 15 goals in its previous two games.

"It's good to have these games because it really helps your confidence, but at the same time, the guys around you deserve a lot of credit," said MacAusland, who has 15 goals and 40 points in 47 games this season.

"My linemates played well and definitely helped me out. I thought it was an all-around team effort."

MacAusland and linemates Ted Stephens and Marek Hrivik brought plenty of pressure and created several scoring chances. The trio combined for eight points.

Stephens contributed three assists and has six points in his last three games. He returned to the lineup earlier this month after missing 36 games with a concussion.

Cole MacMillan also tallied for the Wildcats, who improved their third-place Maritime Division record to 24-17-2-4.

Jean Kristoff Grenier, Olivier Jodoin and Cory MacIntosh replied for Screaming Eagles, who have lost six of their past seven games. Cape Breton (14-30-1-2) is last in the Maritime Division and 16th overall in the 18-team league.

Moncton goaltender Steve Gleeson, who allowed six goals in a 9-5 loss to the Acadie-Bathurst Titan on Wednesday, was much better on this night.

He finished with 24 saves and made several big stops in the third period when Cape Breton pressed for the equalizer.

"Gleeson played great tonight and he's done a great job for us since he got the starter's job here," MacAusland said.

"It's tough for him some nights, but he definitely keeps us in a lot of games and he's playing great."

Andrew Hayes and Alexandre Veronneau combined to stop 25 shots for Cape Breton.

The Wildcats have defeated the Screaming Eagles in all six meetings between the teams this season, but staying true to form, Cape Breton played Moncton tough.

After giving up three first-period goals, the Screaming Eagles made a game of it when they scored two goals 1:14 apart and cut the lead to 3-2 heading into the second intermission.

But hopes of a Cape Breton comeback



Ryan Penny of the Moncton Wildcats, front, keeps Cape Breton Screaming Eagles forward Olivier Jodoin from the puck during first period Quebec Major Junior Hockey League action at the Moncton Coliseum, Friday. The Wildcats won the game, 4-3. Viktor Pivovarov - Times & Transcript

were diminished when MacAusland completed his hat trick, finishing off a nice feed from Hrivik on a 2-on-1 break, just seven seconds into the third period.

"Devon is one of our most consistent players and you know that every game he's going to bring it and you know every game he's going to play a good, sound two-way game," said Wildcats head coach Danny Flynn.

"It's great to see his progression as a player. In the last three years, he was in more of a checking role and this year he's earning some opportunities to play in more offensive type situation."

"He's getting some power play time and the offensive part of his game is really coming along and it's great to see because he doesn't take too many nights off."

The Screaming Eagles cut the lead to one again on a short-handed beauty by MacIntosh, who roofed one past Gleeson on a breakaway midway through the third period to make it a 4-3 game, but that's as close as they came.

The Wildcats roared out to a 3-0 lead with three first-period goals, but the Screaming Eagles finally came to life late in the middle frame.

First, it was Grenier, who had an easy

tap-in after a shot by Vincent Boudreau-Plouffe rang off the post, and then Jodoin redirected a point shot by Raman Hrabarenka to cut the lead to 3-2.

It didn't take long for the Wildcats to get rolling.

MacAusland scored his first goal of the evening 3:31 into the first period, pouncing on a rebound off a shot by Stephens from in close to get on the board.

Moncton took advantage of another large rebound by Veronneau later in the period.

This time, Thomas Flynn streaked down the wing on a power play and let a shot go that Veronneau got a piece of, but he couldn't stop MacMillan, who jumped all over the rebound to give the Wildcats a 2-0 lead.

Just a minute and a half later, MacAusland got his second goal of the night, redirecting a nice feed from Stephens in the crease past Veronneau to extend the lead to 3-0.

That was the end of the night for Veronneau, who was searching for just his second win of the season but instead allowed three goals on six shots.

He was replaced in the Cape Breton net by Hayes, who fared much better, stopping 22 of the 23 shots he faced.

Capers on the cross-country ski team, condolences to family of John Giovannetti

There's some local talent on Nova Scotia's cross-country ski team that will compete at the 2011 Canada Winter Games in Halifax next month.

Among the athletes is 15-year-old Kilya MacNeil of Cape North, who skis out of the North Highlands Nordic Ski Club. MacNeil has been on the provincial team since 2008 and this will be her first Games experience. Eighteen-year-old Mariah Hudec from North Sydney has been named an alternate for the female team. The North Highlands Nordic Ski Club member has been on the provincial team since 2008.

MacNeil is joined by head coach Daniel Murray, also of Cape North. Murray competed in the Canada Games in 1995 and 1999. The staff includes manager John Hudec of North Sydney and wax technician Chris Algar from Cape North.

Condolences to the family of Port Morien native and Glace Bay resident John Giovannetti, who died this week at the age of 89. Many people may remember him as a sure shot in the sport of trap shooting despite only having one arm. He was inducted into the Cape Breton Sports Hall of Fame in 2004 and the Nova Scotia Sports Hall of Fame in 2007.

Giovannetti competed across Canada and the United States. He was the provincial champion in 1967 and captured two Canadian titles in 1974 and 1985. He also posted a win at the Southern Grand American in Florida in 1982.



• Former Cape Breton Screaming Eagles goaltender Olivier Roy has moved into second on the Quebec Major Junior Hockey League's all-time wins list. Roy recorded his 111th win as he backstopped the Acadie-Bathurst Titan to a 4-2 win over the P.E.I. Rocket Thursday in Charlottetown. That moved him past former Titan netminder Adam Russo (110). Jacques Cloutier holds the record with 142 wins with Trois-Rivières from 1976-80.

• Andrea Melanson of North Sydney was named athlete of the week in the Atlantic Colleges Athletic Association. An outside hitter with the women's volleyball team at Mount Saint Vincent, Melanson recorded nine kills in a 3-0 (29-27, 25-12, 25-21) win over Mount Allison Mounties last weekend. She also recorded 13 and 11 kills respectively in two games against the top-ranked St. Thomas University Tommies two weekends ago.

Melanson received the 2009-10 National Scholar Award from the Canadian Colleges Athletic Association (CCAA) in both volleyball and soccer. The award recognizes academic accomplishments of CCAA student-athletes. To achieve the honour, a student-athlete must

achieve honours standing at their institution over the academic year.

Melanson is a third-year player with the Mystics and is studying in the bachelor of arts program.

• The Strait Area Community Curling Club is celebrating its grand opening today in Port Hawkesbury at 4 p.m. The rink is starting the season in their new, three-sheet curling rink. Everyone in the Strait area, be sure to stop by and check out their new digs!

• The Cape Breton University Capers basketball teams have crept up the Canadian Interuniversity Sport top 10 rankings this week.

The Capers women moved from No. 10 to No. 9 after their two wins over the Acadia Axe-

women last weekend. The University of New Brunswick Varsity Reds are the only other Atlantic University Sport team in the rankings in the No. 5 spot, unchanged from last week.

On the men's side, the Capers jumped from No. 10 to No. 8, also on the strength of their two wins over Acadia at Sullivan Field House. The St. Francis Xavier X-Men remain at the No. 4 spot, while the Dalhousie Tigers entered the rankings in a tie for No. 10 with the Toronto Varsity Blues.

Got a note of interest you would like to see appear in this weekly column? Send it to sports@cbpost.com along with a name and number.

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Passion fuels young biathlon team; N.S. biathletes return to Games competition for the first time since 1995

Gordon Delaney Staff Reporter Windsor

BIATHLON, the sport that combines the speed and endurance of cross-country skiing with the precision of rifle shooting, is relatively new to the province.

But "there's a number of us who are pretty passionate about the sport and would like to see it grow," said Sean Hennessey, manager of the Nova Scotia Canada Games biathlon team.

Nova Scotia is fielding a Canada Games team for the first time since 1995 in Grande Prairie, Alta. New cross-country trails and a rifle range at Ski Martock will help build up a base of future athletes, most of whom now come from the ranks of military cadet programs.

"The cadet organization deserves a lot of credit for feeding the sport in this part of the world," said Hennessey. "If it wasn't for the cadet organization there really wouldn't be much of a sport in this province.

"We're trying to change that by starting clubs and organizations outside of cadets . . . to get young people involved." The sport requires overall fitness, shooting skills and mental toughness. The ability to focus on hitting a target while the heart rate is high is crucial.

"You need to have athletes that have both speed and endurance," Hennessey said.

"They have to be in excellent physical fitness because it takes a lot to shoot a rifle when your heart rate is up.

"And we look for people who are committed to a 12-month training regime."

The lack of snow in early winter was also a problem. Qualifying athletes had to run the cross-country trails at Ski Martock over Christmas, because there was no snow.

The final athletes of the eight-member team - four men and four women - were chosen in mid-January following the Atlantic Cup event in New Brunswick.

An athlete to watch will be Ciarran Dunn, 18, of Lower Canard, Kings County, who is now taking an engineering degree in Calgary.

The King's-Edgehill graduate has competed in biathlon since 2002 as part of that school's cadet program.

In that short a time span, he has won 12 provincial medals, earned a bronze National Patrol Race medal, placed third in a national cadet championship and won a President's Cup award.

"I like biathlon for the intensity of cross-country skiing mixed with the precision of shooting," Dunn said.

"We've got great hopes that he is going to do well," Hennessey said.

High expectations are also on Belnan's Cole MacDonnell, 16, an all-round athlete who also plays hockey and is on the Canada Games cross-country ski team.

"He's an athlete who has great potential in many sports. He's very impressive and somebody to watch," Hennessey said.

Also on the men's team are Dartmouth's Patrick Hennessey, 17, an air cadet who won bronze and silver at Nova Scotia provincials last year and bronze at the cadet national championships, and Michael Castein, 16, of Truro, winner of several provincial gold and silver medals.

On the women's side, there's Victoria Dimick, 18, of Chester, who placed third in the cadet nationals in 2010; Amanda McLaughlin, a 20-year-old Dalhousie University student and pianist who has been interested in biathlon since she was 12; Rebecca Rigby, 19, of Digby, who has won five gold medals at the Atlantic Cup and Nova Scotia provincials; and Francis Castein, 18, of Truro, who won the President's Cup in 2010.

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Women's team brings experience into Games; Para-nordic event added to cross-country competition

Gordon Delaney Staff Reporter Windsor

THE NOVA SCOTIA cross-country ski team for the 2011 Canada Winter Games

will be a combination of youth and experience, with a new para-nordic event to boot.

The five-member women's team brings several years of experience, with three of its members having competed in the 2007 Canada Games in Whitehorse, Yukon, and another who was an alternate at those Games.

"The women's team is on their second time around and more is expected of them," said Sue Hill, who has been to five Canada Games in a coach or manager role.

"We're expecting a much higher placing than at the last Games," said Hill, who hails from Dartmouth and works as a nurse at the IWK Health Centre in Halifax.

She will serve as the team's para-nordic coach at the Halifax Games. These games will be the first to have a para-nordic category.

"So it's exciting," said Hill. "They are aiming to have . . . 32 para-nordic athletes from across the country there."

Nicole Durand, from Eastern Passage, is the lone para-nordic athlete on the Nova Scotia team. She will compete in sit-ski. (Sports Canada)

The Nova Scotia cross-country team will have one para-nordic athlete - 20-year-old Nicole Durand of Eastern Passage, who is a sit-ski athlete. (She sits in an adapted chair attached to skis and propels herself with her arms and poles.)

Durand, a second-year Saint Mary's University student, also plays sledge hockey and wheelchair basketball.

The women's cross-country ski team includes 19-year-old Abby Lewis of Milton, who has been on the provincial team since 2005 and placed 45th at the Whitehorse Games in 2007.

Nineteen-year-old Meggie Soehl of Bedford placed 48th in Whitehorse, and has also been on the provincial team since 2005. And she was a member of the Nova Scotia triathlon team at the 2009 Canada Summer Games in Prince Edward Island.

Jennie Mae Roy of Stewiacke is 21 and placed 43rd at Whitehorse. A member of the provincial team since 2006, she comes from a family of athletes; her

brother Benjamin and sister Lila also competed at Whitehorse.

With the exception of the 1995 Games in Alberta, a member of the Roy family has participated in every Canada Games since 1979, when Jennie Mae's father Pierre competed.

Marie Soehl, 17, of Bedford was an alternate in Whitehorse. The youngest member of the women's team is Kilya MacNeil, 15, of Cape North. The alternate is Mariah Hudec, 18, of North Sydney.

The men's team will have only two members for these Games.

Injuries and athletes moving have left a relatively small pool to choose from.

Liam McInerney of Dartmouth will turn 18 at the opening race of the Games. A high school student, he moved from biathlon to cross-country skiing this season.

Cole MacDonnell, 16, a high school student from Belnan, is an all-round athlete who is competing on the cross-country and biathlon teams at these Games.

"Both are fairly new to our team," said Hill. "They're young, so it will be a good experience. And then at the next Games we're expecting them to shine."

Head coach is Daniel Murray, a high school teacher in Cape Breton and an athlete on the Canada Games teams in 1995 and 1999. He competed with the provincial team from 1992 to 1999, when he became Canada Games head coach.

Assistant coach is Kjerstin Baldwin of Bedford, who moved to Nova Scotia from Manitoba. A psychologist in Dart-

mouth, she was coach of Manitoba's team in 1995.

Team manager is John Hudec of North Sydney, a professor at Cape Breton University. This is his first Canada Games.

Wax technician is Chris Algar, an oceanographer from Cape North. He was a member of the 1999 team in Newfoundland and an alternate for the 1995 Games.

A Queens athlete to root for

By Nick Moase
THE ADVANCE
NovaNewsNow.com

The Canada Winter Games got underway last week in Nova Scotia, and Queens County will have one of their own to root for. Milton resident Abby Lewis is part of the Nova Scotia Cross Country Team.

Lewis' races will start on Monday Feb. 21, with the 7.5 km Interval, followed by the 1000 m Sprint on Tuesday and the 10 km Classic mass start on Thursday. She adds there is also the possibility of being on the 4x3.75 km relay team, if her times are in the top four for the provincial team.

The 19-year-old has been skiing for most of her life, a passion she got from her parents early on.

"I've been skiing for as long as I can remember. My parents had my sister and me on skis from around the time we could walk," she says. "We spent a lot of time skiing together as a family and usually with a group of other skiers, having fun in the woods in North Queens and Keji. I did my first race at Martock when I was 12 years old, and the next year I made the provincial team."

Lewis has been doing a lot of preparation for the events, spending as much time as possible on skis. That is in between studying of course. She is at the University of Northern British Columbia in Prince George, BC right now, working towards a Bachelor of Science degree



Milton native Abby Lewis is part of the Canada Winter Games, which are taking place now in Nova Scotia. Lewis is taking part in the cross-country ski events, starting on Monday Feb. 21.

majoring in Forest Ecology.

While she doesn't aspire to be on the World Cup circuit, Lewis has no plans to cut down on skiing. She says she wants to continue to race for fun and challenge for as long as she can.

"I hope to be able to ski forever. It's a good way to spend time outside in the

winter, and you always feel great after a ski."

Her parents will be right there along with her, cheering her along the way. Both are volunteering for the Cross Country Ski event. Her dad David is one of the main starting officials, and will be at the starting line to send the racers off.

At the other end of the courses, her mom Louise will be there to collect race bibs and check on the racers when they stop.

Their support, and that of the rest of her family and friends, is a driving force for her too.

"I'd really like to say thank you to my family and friends, thanks for being so supportive of the things I've been doing. I can't tell you how much I appreciate their support!"

This isn't the first time Lewis has competed in the Canada Games. She has been at the 2007 Canada Games when they were in Whitehouse, and has one particular memory that has stuck with her.

"I saw the speed skater Marianne St-Gelais dancing outside the cafeteria with the all medals she'd won, and just last year at the Vancouver Olympics we saw her win a silver medal. It's really neat to think that the 2014 Olympic Champions could be right here in Nova Scotia for a couple of weeks," she says.

"I'm really proud to be a part of these Canada Games; some of the best athletes from the entire country are coming to visit our province, it's an exciting thought."

Lewis also hopes having the games in Nova Scotia will make an impression on future athletes as well.

"I hope it inspires young athletes to dream big and I hope it reminds us all of the importance of keeping sport and play in our lives."

Wild make the playoffs

By Nick Moase
THE ADVANCE
NovaNewsNow.com

The South Shore Wild are in the playoffs, after the Valley Fuelers backed out of their berth.

The Wild were neck and neck with the Fuelers most of the season, and the deciding game for the playoff berth was on Feb. 5 in Digby. The Wild lost the game 2-

1, but the Fuelers could not get enough players to commit to playing.

This means for the first time in the team's history, the Wild are in the playoffs. The Wild certainly have their work cut out for them though. For the first round of the playoffs the team is taking on the Chester Clippers, who have lost just two games this season.

The first two games were played on Feb. 11 and 12,

both in Chester. The team comes home for the next two, Feb. 18 at 9 p.m. and Feb. 19 at 9:30 p.m.

The Wild are also gearing up for their annual general meeting, taking place on Thursday March 3. This is the public's chance to get involved either on the executive or even as a volunteer. Anyone interested can contact Starr Donovan at 354-2078.

RECREATION REPORT

Volunteer Income Tax Program for Residents

The Recreation Department will once again be making appointments for the Free Volunteer Income Tax Program, operated by community volunteers, and provided at no charge. You may begin calling February 1, 2011 to make your appointment. Appointments will be scheduled on Monday evenings between 7 - 9 p.m., and Tuesday afternoons between 1:30 - 4:30 p.m. Appointments will begin on Tuesday, Feb. 15, and will continue until mid April. For more information about the program, or to make an appointment, please call 354-5741. Please note that appointments are required as this is not a drop in service.

Social Walks

Saturdays, 10am, Privateer Park, Henry Hensley Dr., Liverpool

If you are looking for some low impact exercise, fresh air and a social experience, all for FREE,

then please join the Social Walk every Saturday. The walk is approx. 2-3kms from Privateer Park - Union St-Waterloo St-School St-Main St.-back to Privateer Park, (it is easy to shorten or lengthen this walk based on your fitness level). These walks are sponsored each week by a local service club or business and hot drinks are provided at a local venue in Liverpool.

Physical Activity in a Box: Loan Program

Did you know that the Recreation Department has a variety of equipment for loan? We have snow shoes, GPS systems, and igloo making kits. There is a refundable deposit required upon pick-up, items will be loaned to those 19 years and older. Call the Recreation Department for more information!

Fitness Theory

Fitness Theory is the pre-requisite for all subsequent modules Basic fitness theory goes beyond the Wellness Leader to cover the musculo-skele-

tal system, exercise physiology, anatomy, conditioning principles, basic nutrition, legal liability, and safety. This course has been postponed until Spring; however, you can have your name put on a class list by calling the Recreation Dept. at 354-5741.

Cost: \$200 + tax (\$230)

Resistance Training Leadership

Cost: \$150+tax (\$172.50)

This course prepares you to instruct confidently in a weight room setting. We will cover muscular mechanics, weight training safety and prevention of injury, programming trends and design, and legal liability. Our course also includes a practical component, giving you an edge over theory-only courses. This course has been postponed until Spring; however, you can have your name put on a class list by calling the Recreation Dept. at 354-5741.

Please note: The Region of Queens Municipality Recreation and Community Facilities

Department may provide funding to assist with the certification of Fitness Instructors to increase the number of community land based fitness classes offered in Queens. Call the Recreation Department for more details.

Red Cross Assistant Water Safety Instructor

(Age 15+) This certification course is a pre-requisite to the Red Cross WSI course and covers: instructional skills including teaching methods, learning styles, progressions, communication, safety supervision and feedback. Certified AWSI can co-teach the Red Cross Swim programs under the supervision of a fully certified WSI. This is a 30-hour course, with an additional 8 hours of practice teaching. Proof of age is required at registration. This course will be taught by Karen Geddes-Selig. Starts March 24.

\$130 (includes manual. Interested candidates should call Bridgewater Parks & Recreation at 543-2274 to register.

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MacNeil to face Canada's best in cross-country skiing

By T.J. COLELLO

CAPE BRETON POST

SYDNEY — Cross-country skiers in Nova Scotia are usually behind the eight ball when it comes to training as opposed to their western Canadian counterparts, but that only pushed Kilya MacNeil to work harder.

"In Canmore, they're usually skiing in November," said the 15-year-old from St. Margaret Village, located just outside of Bay St. Lawrence.

"Back in December, there wasn't enough snow to go skiing all the time. A few of us went up on North Mountain and we skied up there every weekend. We also roller ski, run, and bike too."

MacNeil will be competing in the sport starting today during Week 2 of the 2011 Canada Winter Games in Halifax. The North Highlands Nordic Ski Club member will take part in the 7.5 km free, 10 km classic, 1,000-metre sprint and 4x3.75 km relay events.

But she won't be alone at her first Games.

The team is coached by Daniel Murray of Dingwall, who competed at the Canada Games in 1995 in Grande Prairie, Alta. and in 1999 in Corner Brook, N.L. The team's alternate is 18-year-old Mariah Hudec of North Sydney, while the team manager is John Hudec of North Sydney. Chris Algar from Cape North will serve as the team's wax technician.

"I've known him since I was in Grade 2, because he also coached Jackrabbits [introductory-level skiing] when I was younger, so he's always been there," said MacNeil of Murray. He's also her cross-country running coach at school.

MacNeil began cross-country skiing at the age of three, but only got into the competitive side of things two years ago. She officially cracked the Canada Games team last month at an event at Ski Martock in Windsor, N.S.

"It's been my goal for the past



Kilya MacNeil of St. Margaret Village will compete in the 2011 Canada Winter Games starting today at Ski Martock. The 15-year-old member of the North Highlands Nordic Ski Club will compete in four different cross-country skiing events this week. Submitted photo - Kilya MacNeil

two years," she said. "It's pretty exciting."

"I'm definitely not that much of a sprinter. I'm better with

endurance. Classic skiing has always been my strong point."

The cross-country skiing events get underway today and

run until Saturday at Ski Martock.

tjcolello@cbpost.com

Flames shut out Canadiens 4-0 in NHL's Heritage Classic

CALGARY (CP) — The Calgary Flames bucked a trend of host teams losing NHL outdoor games by defeating the Montreal Canadiens 4-0 in the Tim Hortons Heritage Classic on Sunday.

Rene Bourque scored a pair of goals, Anton Babchuk scored short-handed and Alex Tanguay also struck for Calgary in front of 41,022 on a cold, clear night at McMahon Stadium.

Flames goalie Miikka Kiprusoff stopped 39 shots for his fourth shutout this season, while Montreal counterpart Carey Price turned away 33 of 37 in the loss.

Heading into Sunday's game, visiting teams were 4-1 outside dating back to the last Heritage Classic in 2003, when the Canadiens edged the host Edmonton Oilers 4-3. The Boston Bruins are the only other team to win their outdoor game, prevailing 2-1 in overtime in the 2010 Winter Classic at Fenway Park.

But more importantly for the Flames, the victory vaulted them over four teams in the Western Conference. The Flames moved into a tie with fifth-place Nashville at 70 points, although the Predators had two games in hand on Calgary.

The Flames (31-22-8) have collected points in 18 of their last 20 games, but the conference is so tight less than 10 points separates

third from 12th.

Montreal (31-22-7) dropped to 1-2-2 in their last five games. The Habs were sixth in Eastern Conference and four points back of Boston for the Northeast Division lead.

The temperature Sunday in Calgary didn't quite make it to the predicted high of -8 C. It was -9 when the puck dropped, but the wind made it feel like -17.

By comparison, the CFL West Final between the Stampeders and Roughriders on Nov. 21, 2010, was colder with snow and a wind chill of -24.

The Heritage Classic had more hockey-like weather than in the Winter Classic in Pittsburgh on Jan. 1, when 10 C temperatures and rain forced the NHL to delay the start of the game from afternoon to evening.

A 26-kilometre breeze from the south Sunday blew directly into the faces of about 5,000 spectators in the temporary seats. Spectators were popping hot packs into their boots by the start of the second period, but the chill didn't seem to shorten the lineups for beer.

The majority wore the Flames' red and cream retro jerseys, but there was also a strong Montreal contingent and some combined jerseys and tuques from both clubs.

Several players wore eye black



Montreal Canadiens' Lars Eller, centre, has the puck stolen from him by Calgary Flames' Mikael Backlund, left, as Tom Kostopoulos looks on during the first period of the NHL Heritage Classic in Calgary, Alta.

The Canadian Press

under their eyes to reduce the sun's glare. They didn't need it for the opening faceoff at 4:25 local time because the setting sun behind the west stands cast a shadow completely covering the ice. The stadium lights reflected brightly off the ice by the third period, however.

Dan Craig's ice crew pampered the McMahon Stadium ice prior to and during Sunday's game. They opted to hand spray the surface instead of running re-surfacing machines that weigh 6,300 kilograms over it and risk cracking.

Kiprusoff and Calgary's special teams were the difference in the

game with a pair of power-play goals and one short-handed.

Chicago 3, Pittsburgh 2 (\$0)

CHICAGO — The Chicago Blackhawks' top forwards came through in regulation, and then again in the shootout.

Patrick Sharp and Bryan Bickell scored in regulation and Patrick Kane had the only goal in the tiebreaker to lift Chicago to a 3-2 victory over the Pittsburgh Penguins.

Philadelphia 4, New York 2

NEW YORK — Broad Street Bullies? Not during this early outing at Madison Square Garden.

In a game that surely would

have Philadelphia's former bruisers Dave Schultz and Bob Kelly cringing, the Flyers shed their well-honed rough-and-tumble image — at least for one day — and skated off with a penalty-free 4-2 victory over the New York Rangers.

Detroit 2, Minnesota 1

ST. PAUL, Minn. — Todd Bertuzzi was showered with boos as he glided left, then right, then charged forward on the empty ice.

His 1,000th career game came to a fitting and dramatic conclusion, when he flipped a backhand over Minnesota goalie Niklas Backstrom into the far upper corner to clinch a 2-1 shootout win.

Glace Bay splits junior hockey homestand

SYDNEY — The Glace Bay Junior Miners suffered a 9-5 drubbing at the hands of the Windsor Royals in Nova Scotia Junior Hockey League play, Sunday.

The loss gave the Juniors Miners a split of a weekend home stand at the Bayplex, following their 5-2 win over the Pictou Scotians, Saturday.

In Sunday's game, Ian Lewis scored three times to lead the Royals to victory.

Shawn MacEachern, Colton Parsons, Mark Blanchard, Brian Naugle and Logan Phillips also

scored for the winning team.

Evan Romard tallied a hat-trick to lead the Junior Miners. Brett Simmons and Liam MacDonnell were the other Glace Bay goal scorers.

The opening game of the weekend saw MacDonnell score twice in Glace Bay's win over Pictou. Mitch Carabin, Brett McCarron and Brett Simmons also scored for the Junior Miners.

Scotian scorers were Jamie Fraser and Reg MacKenzie.

Nova Scotia beats P.E.I. in women's Canada Games hockey

SYDNEY — Team Nova Scotia's women's hockey team is off to a positive start at the 2011 Canada Winter Games in Halifax.

The home team at the games — featuring Jolene MacInnis from Whycomagh, Sarah MacNeil of Albert Bridge and Lisa MacLean, from Inverness — won its opener, a 4-1 decision over Prince Edward

Island, Sunday.

All three local players were scoreless in the game.

Nova Scotia's goal scorers were Alexis Crossley, Sarah Robichaud and Blayne Turnbull.

The P.E.I. scorer was Shannon MacAulay.

Nova Scotia is back on the ice today against Team Quebec.

BRIEFLY

Milos Raonic's run ends in loss to Andy Roddick in Memphis final

MEMPHIS, Tenn. (AP) — Milos Raonic's dazzling run at the ATP Tour event in Memphis ended in defeat.

The 20-year-old Canadian dropped a hard-fought 7-6 (7), 6-7 (11), 6-4 decision to American Andy Roddick

in the final of the Regions Morgan Keegan Championships on Sunday.

Raonic, of Thornhill, Ont., was gunning for his second consecutive ATP Tour victory after winning last weekend in San Jose, Calif.

"It's the end of two long weeks," said Raonic.

Making her move



Kelsie Ferguson, right, of the Malcolm Munroe Magic, drives past Holly Scott of the Antigonish Bantam Royals during the championship game of the seventh annual Logistec Winter Classic Junior High Basketball Tournament at the Whitney Pier Memorial Junior High School, Sunday. Steve Wadden - Cape Breton Post

JUNIOR B HOCKEY

Scullion finishes second in scoring race

TRURO DAILY NEWS

BROOKFIELD – There's a controversy brewing over the Nova Scotia Junior Hockey League's scoring title.

The league said on its website Sunday executives were notified that Cumberland County Blues forward Dave Burke assisted on his team's first goal on Friday night but the point was initially given to Brandon Rumble. Burke and Brookfield's Jimmy Scullion were tied following Sunday's action with 71 points.

"Upon intensive discussion and investigation, including with the referee of that particular game, who stated he directed the scorekeeper to make the necessary change and upon further review it now shows that Burke collected two assists on the night," the website said.

With the change, Burke won the scoring title. Scullion had one assist in the Elks 5-4 loss Friday in Port Hawkesbury. The Elks lost that

contest despite holding 3-0 and 4-1 leads over the Strait Pirates. Brett Lauther scored twice while singles went to Thomas Whidden and Chris Armsworthy. Ryan Blaauwendraat and Mathew Ryder each had a pair of assists.

Armsworthy lead the league in goals with 32 in 34 games, four ahead of Dustin Campbell of Sackville. He was three behind Elks coach Randy Frame's club record of 35 goals.

Scullion was named to the Fred Fox Division first all-star team Sunday while Chris and Doug Armsworthy each made the second team.

The Elks open their junior B playoffs Tuesday at home against the Windsor Royals.

Game time is 7:30 p.m. at Don Henderson Memorial Sportsplex.

The fourth-place Elks will host the opening game of their Fred Fox Division series with the top-ranked Windsor Royals. East Hants plays the Bay Ducks in the other semifinal.

IN BRIEF

Cobequid Mountain Sports complete undefeated season, sweep Acadia

TRURO – Gavin Hart and Connor Miller scored to lead the Truro Cobequid Mountain Sports to a 2-1 victory over Acadia to complete their undefeated atom AAA regular season.

The club finished with a 23-0-1 record during the season, including a sweep of two games this weekend with Acadia.

Jarod McIsaac, Marc Aucoin and Brody

Schmitt each had assists on Saturday while Alec MacDonald picked up the victory.

The win followed a 6-4 victory against on Friday. Cameron Patton led the way with a pair of goals while singles went to Kamryn Matheson, Carson Lanceleve, Miller and Cody MacDonald. Sam Roy and Lanceleve each picked up three assists while singles went to MacDonald, Miller and Ryan Rath.

Ben Gibbon picked up the win.

Truro Daily News

Mustangs capture championship



Grade 12 student Tyler Johnson of the North Colchester Mustangs makes it by Oxford's Dean Dormiedy during the second half of the championship game of the Division 4 basketball regionals held in Oxford on the weekend. The Mustangs won the game 59-51 to capture their sixth straight regional championship. North Colchester and Oxford both advance to the provincials being held at Cabot High in Neil's Harbour from March 3 to 5. The Mustangs won the provincials two years ago and finished third last year.

RAISSA TETANISH - TRANSCONTINENTAL MEDIA

Week 2 athletes ready to strut their stuff at Canada Winter Games

By JASON MALLOY
TRURO DAILY NEWS

TRURO – The second wave of Colchester County athletes are set and ready to hit the national stage today at the Canada Winter Games.

"It's pretty exciting. We're getting pretty psyched," said Jennie Mae Roy, who is competing in the cross-country skiing events at Martock.

She is involved in four races during the week with today's event being the 7.5-kilometre skate race. The 21-year-old Stewiacke native and her teammates had a chance to practice on the course Sunday morning. She said seeing the "beautiful" course, volunteers,

welcoming signs and flags added to the excitement. She has been watching coverage, both through the media and online, while attending classes at Concordia University in Montreal where she is a third-year student taking a joint

specialization in sociology and anthropology with a minor human relations.

She flew into Halifax with Team Quebec on Saturday.

"The anticipation builds so much once you see the athletes putting their hearts out there, you get to see the pictures and the video, it really ramps up the excitement," Roy said.

This will be her second Games experience after competing in 2007 in the Yukon.

"With every race, my goal is to do a person-

al best, to have fun and to be proud of myself at the end because I did my best and left it all out there on the course," she said.

Dustin Yuill sees his first action this morning at 9:30 a.m. in a table tennis team event.

"The spirit is just amazing down here," he said last night from a loud Metro Centre where he was watching Nova Scotia play Prince Edward Island in girls' hockey. "It's just intense."

Catherine Berghuis, a 16-year-old Truro native, is a member of the hockey team. Scores from last night's contest was not available at press time. While this is Yuill's first Canada Games experience, he has been to nationals three times before.

"It's going to be a great time. I'm going to give it my all," the 15-year-old Truro native said. "I'd like to make the medal round in the team event, that's my main goal."

jmalloy@trurodaily.com

COLCHESTER ATHLETES TODAY

Badminton

Nigel Power vs. Martin Giuffre, 9 a.m.
Canada Games Centre

Table tennis

Dustin Yuill, 9:30 a.m.
Josh MacMillan, time unavailable
Citadel High School

Cross-country skiing

Jennie Mae Roy, 12:15 p.m.
Ski Martock

Figure skating

Matthew Allen, 11:05 a.m.
St. Margarets Centre

Women's hockey

Nova Scotia vs. Quebec, 7:30 p.m.
Halifax Metro Centre
Colchester County athlete: Catherine Berghuis

STANDINGS

HALIFAX (CP) – Medal standings and results at the Canada Winter Games:

	G	S	B	Tot
Quebec	26	25	17	68
British Columbia	14	11	15	40
Alberta	10	10	14	34
Ontario	11	11	11	33
Saskatchewan	4	2	3	9
Manitoba	1	2	4	7
New Brunswick	0	1	3	4
Nfld.-Labrador	0	1	2	3
Yukon	2	0	0	2
Nova Scotia	1	0	1	2
Northwest Territories	0	0	0	0
Nunavut	0	0	0	0
P.E.I.	0	0	0	0

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Breaking barriers
Justine Siegal first woman to pitch major league batting practice.
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How do you like me now?
In first start after trade, Senators' new goalie blanks Leafs.
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Toews, Kane lead Blackhawks past Blues

Islanders knock off Panthers, Capitals blank Penguins

ST. LOUIS (AP) — Jonathan Toews and Patrick Kane keyed a four-goal second period with a goal and assist apiece and goalie Corey Crawford had a strong game for the second straight day as the Chicago Blackhawks beat the St. Louis Blues 5-3 on Monday.

Viktor Stalberg and Dave Bolland got the tying goals one minute apart early in the second period for the Blackhawks, who trailed 2-0 after the first. Crawford made 31 saves a day after thwarting Pittsburgh in a shootout.

Marian Hossa added an empty-netter with less than a second to go to help Chicago improve to 3-1 without ailing coach Joel Quenneville, recovering from gastrointestinal bleeding caused by an ulcer.

Andy McDonald and Brad Boyes gave the Blues the two-goal lead in the opening period, and Alex Pietrangolo pulled St. Louis within a goal at 8:48 of the third.

Islanders 5, Panthers 1

UNIONDALE, N.Y. (AP) — Matt Moulson scored three times for his second straight multi-goal game. Al Montoya stopped 20 shots and the Islanders cruised past Florida.

Moulson got the Islanders going 7:40 in and added his 25th goal with 5:02 left in the first period, when New York out-shot Florida 16-3. Radek Martinek added a power-play goal in the second, and Josh Bailey scored to turn it into a rout.

Moulson completed his hat trick and took the team lead in goals by scoring an empty-netter with 2:37 left.

Montoya has been quite a find for the Islanders, who have used six goalies this season because of injuries. On Saturday, he became the first Islander to post a shutout in his first start when



Chicago Blackhawks goalie Corey Crawford (50) is congratulated by teammates Brent Seabrook (7) and Brian Campbell (51) after the Blackhawks beat the St. Louis Blues 5-3 in an NHL game Monday, in St. Louis. The Associated Press

New York topped Los Angeles 3-0.

Capitals 1, Penguins 0

PITTSBURGH (AP) — Alex Ovechkin scored the only goal and Michal Neuvirth was perfect for the second straight time against the Penguins, leading the Washington Capitals to a 1-0 win at Pittsburgh on Monday night.

Neuvirth made 39 saves, including 18 in the first period, for his third shutout of the season, and second

against the Penguins after a 3-0 victory on Feb. 6. Ovechkin secured the Capitals third win in four games by blasting a 35-footer over Marc-Andre Fleury's right shoulder late in the second period.

Ovechkin's goal made up for Fleury stoning him on a breakaway in the first period. The Capitals continue to have the edge on the Penguins, winning their season series 3-0-1 and improving to 10-0-2 since March 2008.

Quebec explodes for four goals in six minutes to defeat N.S. 5-1 in women's hockey

HALIFAX (CP) — Sarah Lefort scored twice as highly regarded Quebec defeated Nova Scotia 5-1 in Canada Winter Games women's hockey Monday night at the Halifax Metro Centre.

None of the three Cape Breton players on the team — defender Jolene MacInnis of Whycomagh, forward Sarah MacNeil of Albert Bridge and forward Lisa MacLean of Inverness — figured in the scoring.

The powerful Quebec side scored four times in a six-minute span of the first period to decide the outcome.

Genevieve Legault, Vickie Lemire and Maxie Plante added singles as Quebec, which pummeled the Yukon 17-0 on Sunday, improved to 2-0 in Pool B. Alexis Crossley scored a power-play goal for Nova Scotia's lone tally.

Nova Scotia, coming off a 4-1 victory over Prince Edward Island in its opener, fell to 1-1.

Bluenose captain Blayne Turnbull had the first good scoring chance of the contest when she darted in on a partial breakaway less than a minute in, but wasn't able to get off a good shot.

Quebec quickly took over. Legault got Quebec on the board with a slapshot from the point that eluded a screened Kayla Findlay at 3:05 while Nova Scotia was short-handed.

Two minutes later, Lefort jammed in a loose puck at the side of the Nova Scotia net and Lemire banged home another goal at 7:49 to end the night for a besieged Findlay.

Her replacement, Stéfanie Moak, had a rocky start as well when Plante, left unattended in the slot, snapped a shot past her at 9:04 to give Quebec a 4-0 edge.

The Nova Scotia team settled down after head coach Lesley Jordan called a timeout immediately after the fourth goal, playing the third-ranked opponents even the rest of the way.

Moak got a big hand from the Metro Centre crowd of about 2,700 when she foiled Gabrielle Davidson on a breakaway with four minutes left and Nova Scotia responded with a couple of solid scoring opportunities on a power play a minute later.

In the second stanza, a refocused Nova Scotia squad enjoyed a slight territorial advantage for much of the period but couldn't get anything past Quebec goalie Jaimie Leonoff.

She thwarted Crossley's long solo effort three minutes in and got some help on a power play shortly after when Sarah Robichaud's wrist from the slot grazed the outside of the post.

Lefort had the only goal of the period on the power play with two minutes to go but Moak stoned Davidson on a clear breakaway in the final 60 seconds to prevent any further damage.

In the third, the arena erupted when Crossley, on her backhand, banged in her own rebound with 3:34 left to get Nova Scotia on the scoreboard.



Jolene MacInnis



Sarah MacNeil



Lisa MacLean

BRIEFLY

Cross-country skier from Cape Breton places 46th in competition

HALIFAX — St. Margaret Village cross-country skier Kilya MacNeil finished in the 46th spot out of 55 competitors in 2010 Halifax Canada Games women's 7.5 kilometre competition on Monday.

The 15-year-old, who started cross-country skiing at age three, was five spots behind the top Nova Scotia finisher in the women's 7.5-km competition, Marie Soehl, who finished 41st.

A member of the North Highlands Ski Club, MacNeil will continue to compete in Canada Games competitions including the 10 km classic, 1,000-metre sprint and 4x3.75 km relay events. Cross-running skiing events will run until Saturday at Ski Martock.

The gold in the women's 7.5-km division went to Emma Smallwood of Saskatchewan. Silver and bronze were captured by New Brunswick's Lindsey Arsenault and Emily Fradette.

Team Nova Scotia is also coached by Daniel Murray of Dingwall, and includes 18-year-old alternate Mariah Huduc of North Sydney, team manager John Huduc

of North Sydney and Chris Algar of Cape North, the team's wax technician.

Milos Raonic set Canadian tennis mark by reaching No. 37 in rankings

TORONTO (CP) — Despite losing Sunday's final in Memphis, Milos Raonic has continued his rapid ascent up the ATP rankings — making Canadian tennis history in the process.

The 20-year-old from Thornhill, Ont., jumped 22 places to reach No. 37. He finished 2010 ranked as No. 156. Raonic becomes the highest ranked Canadian singles player in the history of the ATP. Vancouver's Rebecca Marino, meanwhile, vaulted 20 places to No. 60 in the WTA rankings. The 20-year-old reached Saturday's final in Memphis but had to retire with a left abdominal strain down 6-2 to Magdalena Rybarikova of Slovakia.

Raonic was beaten 7-6 (7), 6-7 (11), 6-4 by American Andy Roddick in the final of the Regions Morgan Keegan Championships on Sunday. Roddick remained at No. 8 in the rankings.

Raonic earned US \$122,000 U.S. in prize money as runner-up.

The hard-serving Canadian had won the previous weekend in San Jose, Calif., and his record stands at 12-3 on tour this season.

Saskatchewan's Holland, Ontario's Homan teams to beat at Scotties

CHARLOTTETOWN (CP) — Ontario and Saskatchewan are still perfect at the Scotties Tournament of Hearts.

Rachel Homan's Ottawa rink got past B.C.'s Kelly Scott 6-5 in Draw 8 action Monday night, while Regina's Amber Holland downed Quebec's Marie-France Larouche 7-6.

Ontario and Saskatchewan both sit at 5-0, while Quebec and B.C. fell to 2-3.

In other Draw 8 play, Team Canada skip Jennifer Jones (3-2) dropped her second match of the tournament, falling 8-6 to P.E.I.'s Suzanne Birt (2-3). Meanwhile, Alberta's Shannon Kleibrink improved to 3-2 with a 8-5 triumph over Newfoundland and Labrador's Stacie Devereaux (1-4).

Nova Scotia sits at 3-2, New Brunswick is at 2-3, while Yukon/Northwest Territories and Manitoba are 1-4.

Canadians just one win away from securing berth at FIFA U-17 World Cup

By NEIL DAVIDSON
THE CANADIAN PRESS

Canada can end its 16-year exclusion from the FIFA U-17 World Cup with a win over Trinidad and Tobago in the quarter-finals of the CONCACAF qualifying tournament Wednesday.

The young Canadians are the only team in the 12-country field yet to concede a goal after thumping Barbados 8-0 and tying Honduras 0-0 to finish first in Group D and advance to the final eight.

The quarter-final winners book their ticket to the FIFA U-17 World Cup in Mexico from June 18 to July 10.

Trinidad tied Jamaica 2-2 and defeated Guatemala 1-0, finishing tied with the host country atop Group C on points, goal difference and goals scored. After a drawing of lots, Jamaica was given top spot in the group and Trinidad and Tobago placed second to face Canada in the crossover.

Canadian coach Sean Fleming said the draw didn't make much difference to his side.

"I knew either team would be a good opponent so it didn't really affect us. The only difference would be playing in front of a Jamaican crowd — it's been a great atmosphere when the Jamaican team plays."

He calls Trinidad a "solid defensive team."

"They've given up two goals and one was a penalty — a questionable penalty... Some great athletes, with some good players up top (on offence)."

Both teams have had their problems in the past at this age group.

Canada has missed out on the last seven youth under-17 championships.

It did qualify in 1989 (Scotland), 1993 (Japan) and 1995 (Ecuador) and hosted the event in 1987.

Canada has lost all 12 of its games at the world level at this age group and been

outscored 42-3.

Trinidad and Tobago hosted the world championships in 2001 and qualified for the 2007 edition. Its record is 0-6 and it has been outscored 23-3.

At this qualifying tournament, Canada has outshot its opposition 40-9 (27-6 in shots on target) and racked up 14 corners to one.

"I wanted to have a team that was disciplined defensively and would be a good attacking team with good possession," Fleming said. "And we've proven we can do that. We are doing some good things but there's still things we need to get better at. And we know we've got to be better for Wednesday."

The Canadians have performed well. But the tournament setup has also helped. Ten teams had already played before Canada took to the field on Day 4 of the tournament. That time allowed the players and coaches to adjust to the heat and assess the opposition.

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Durand places seventh in sit-skiing

Gordon Delaney Valley Bureau

MARTOCK - Nicole Durand tried sit-skiing a year ago and hasn't looked back.

The 20-year-old from Eastern Passage plays sledge hockey and wheelchair basketball. But it was sit-skiing that brought her to the 2011 **Canada Games** as a competing athlete.

"I tried the sport last season and just fell in love with it," she said in an interview after her first **Games** competition at **Ski Martock** on Monday.

She said she had great support over the past year from friends, family and coach Sue Hill, who has been to five **Canada Games** in a coach or manager role.

This year, Hill is Team Nova Scotia's para-nordic coach. These **Games** are the first to have a para-nordic category, and Durand is this province's only representative among the 29 para-nordic athletes at these **Games**.

Durand said she has been training at Martock once a week for the past year but has done a lot of work on her own.

She plans to continue her para-nordic training with an eye on the next **Canada Games** in British Columbia in 2015.

"It's been such a great experience, meeting all the other athletes that are with disabilities," Durand, a second-year arts student at Saint Mary's University, said in an interview after her race.

Cole MacDonell of Belnan prepares for the start of the men's 10-km **cross country ski** race at Martock on Monday. (GORDON DELANEY / Valley Bureau)

"It's been a great social experience, as well as the competing."

Durand finished seventh of eight in her first competition, the 2.5-kilometre sit-**ski** interval start, which was dominated by Ontario athletes.

"There were a couple of tough hills, but other than that it felt good," she said after the race.

"Your first day at the **Games** the adrenaline starts up really quickly, but it wears off after a while."

She said she hopes to improve her performance in today's short sprint event.

"I'm just trying to make my personal best."

Durand said sports take up most of her time. In addition to sledge hockey and wheelchair basketball, she has also started roller-skiing.

The gold medal in the women's sit-**ski** division was won by Christy Campbell of Ontario, with the silver awarded to Christine Gauthier of Quebec and the bronze to Tanya Quesnel of Ontario.

The gold, silver and bronze medals in the men's 2.5 km sit-**ski** interval were captured by Sebastien Fortier of Que-

bec, Lou Gibson of British Columbia and Yves Bourque of Quebec.

In the men's para-nordic standing event, medals went to Slade Doyle of Manitoba, Louis Fortin of New Brunswick and Gabriel Denis of Ontario.

In the men's 10 km free cross-country event, gold was captured by Alberta's Kevin Sandau, who finished with a time of 22:09.40.

The silver and bronze medals were claimed by Michael Sompi of Ontario and Jesse Cockney of Alberta.

The gold in the women's 7.5 km division went to Emma Smallwood of Saskatchewan. Silver and bronze were captured by New Brunswick's Lindsey Arsenault and Emily Fradette.

Nova Scotia's top finisher in the men's 10 km cross-country race was Liam McInerney, who finished 26th of 52 athletes.

The top N.S. finisher in the women's 7.5 km competition was Marie Soehl, who finished 41st of 55 competitors.

Sixteen-year-old Cole MacDonell of Belnan, who finished 41st in the men's 10 km race, said the course was fast but he didn't have to worry about shooting, as he did in last week's biathlon event.

MacDonell is on the biathlon and cross-country ski teams. The Nova Scotians were hampered in the biathlon by poor shooting.

"It definitely felt really good," he said after the race. "There was no shooting to pull me down."

MEDAL STANDINGS

HALIFAX – Medal standings following Monday's events at the Canada Games:

	Gold	Silver	Bronze	Total
Quebec	27	26	18	71
B.C.	14	14	16	44
Ontario	14	13	14	41
Alberta	12	11	16	39
Saskatchewan	4	2	3	9
Manitoba	2	2	4	8
N.B.	0	2	3	5
N.L.	0	1	3	4
Yukon	3	0	0	3
Nova Scotia	1	0	1	2
N.W.T.	0	0	0	0
Nunavut	0	0	0	0
P.E.I.	0	0	0	0

IN BRIEF

Hopefuls at Games confident in future of women's hockey

HALIFAX – Emily Fulton dreams of wearing a maple leaf-embellished hockey sweater some day and skating alongside other Canadian women on Olympic ice.

And so it wasn't easy for the 18-year-old forward from Stratford, Ont., to hear the president of the International Olympic Committee cast doubt upon her sport during the Vancouver Games last year.

Citing the competitive imbalance between countries playing the sport, Jacques Rogge raised the prospect of nixing women's hockey from the Olympics unless improvements are made.

"I kinda took that hard a little bit," said Fulton, who's representing her home province as it looks for its fifth consecutive gold medal at the Canada Winter Games this week.

"I think women's hockey is headed in a great direction. Certainly you have the top guns, per se, with Canada and the U.S. But the other teams are right behind. They're improving so much."

Women's hockey remains a developing sport in most countries, even though it's been more than two decades since the first world championships. Champions of the game are quick to point out that its slow, steady growth has outpaced the early days of men's hockey.

Still, Canada and the United States are the game's undisputed powerhouses, combining to win the world championship every year since its inception in 1990. The two countries have also nabbed all four gold medals awarded since women's hockey became an Olympic sport in 1998.

The Canadian Press

2011 CANADA WINTER GAMES

Table tennis players eyeing the podium

Truro's Yuill, MacMillan look to help the Bluenose squad achieve its goals

By JENNIFER TAPLIN
HALIFAX METRO

HALIFAX – They may be ranked middle of the pack, but the boys on Nova Scotia's table tennis team have their eye on the bronze medal.

"We have a high possibility of playing for a bronze medal so that's our main goal right now," said Truro's Dustin Yuill, 15.

But they'll have to get by the country's table tennis powerhouses of Ontario, Quebec and B.C.

"Their competition is amazing," Yuill said.

Both the men's and women's team events started yesterday at Citadel high school. Nova Scotia started out strong with both teams easily beating Nunavut in the morning.

"It wasn't the level we expected from them, but it's a good start off to get ready for the tournament," Yuill said.

Monday afternoon, however, was a differ-

SINGLES RANKINGS

- ▶ Dustin Yuill, 15, of Truro, ranked 18
- ▶ Josh MacMillan, 12, of Truro, ranked 19
- ▶ Dartmouth's Katie Jolli-more, 16, ranked 14th
- ▶ Kirsten McCaffrey, 17, of Simms Settlement, 17, ranked 16th
- ▶ Morgan O'Hearn, 16, of Dartmouth, ranked 19th
- ▶ Shane Hines, 15, of Carrolls Corner, ranked 14



Dustin Yuill

"The game is 80 per cent mental and 20 per cent physical so you need to have a high tolerance of psychological focus. For some people the sport is too much to handle and they quit."

Dustin Yuill, 15,
Truro

TEAM RANKINGS:

- Mixed (Hines and Jolli-more), ranked sixth.
- Girls doubles (McCaffrey/O'Hearn), ranked sixth.
- Boys doubles (Yuill/MacMillan), ranked sixth

Both MacMillan and Yuill discovered a talent for table tennis at the Boys and Girls Club in Truro.

Badminton

Truro's Nigel Power lost his opening match in men's singles on Monday morning at the Canada Games Centre.

Power lost 2-0 (21-12, 21-10) to Alberta's Martin Giufre. In doubles action, Power and Justin Barkhouse of



Nigel Power

Hantsport lost 21-11, 21-10 to Quebec's Sébastien Rochon-Coutu and Maxime Tétreault.

Cross country skiing

Jennie Mae Roy of Fort Ellis crossed the finish line in 43rd place in the women's cross-country 7.5km free (interval start) event.

Roy, 21, posted a time of 25:41.60 at Ski

Martock. Emily Nishikawa of the Yukon won the event with a time of 19:37.60, while B.C.'s Alysson Marshall 19:53.10) nabbed silver and Heidi Wider of Alberta (20:13.40) was the bronze medalist.

Roy, who races out of the Arctic Fox Ski Club and is competing in her second Canada Winter Games, will compete in the 10 km classic on Thursday.

N.S. athlete falls in love with sit-skiing a year ago; now at Canada Games

THE CANADIAN PRESS

MARTOCK, N.S. – Nicole Durand tried sit-skiing a year ago and hasn't looked back.

The 20-year-old from Halifax plays sledge hockey and wheelchair basketball. But it was sit-skiing that brought her to the 2011 Canada Games as a competing athlete.

"I tried the sport last season and just fell in love with it," she said in an interview after her first Games competition at Ski Martock on Monday.

She said she had great support over the past year from friends, family and coach Sue Hill, who has been to five Canada Games in a coach or manager role.

This year, Hill is Team Nova Scotia's para-nordic coach. These Games are the first to have a para-nordic category, and Durand is this province's only representative among the 29 para-nordic athletes at these Games.

Durand said she has been training at Martock once a week for the past year but has done a lot of work on her own.

She plans to continue her para-nordic training with an eye on the next Canada Games in British Columbia in 2015.

"It's been such a great experience, meeting all the other athletes that are with disabilities," Durand, a second-year arts student at Saint Mary's University, said in an interview after her race.

"It's been a great social experience, as well as the competing."

Durand finished seventh in her first competition, the 2.5-kilometre sit-ski interval start, which was dominated by Ontario athletes.

"There were a couple of tough hills, but other than that it felt good," she said after the race. Your first day at the Games the adrenaline starts up really quickly, but it wears off after a while."

The gold medal in the women's sit-ski division was won by Christy Campbell of Ontario, with the silver awarded to Christine Gauthier of Quebec and the bronze to Tanya Quesnel of Ontario.

The gold, silver and bronze medals in the

men's 2.5 km sit-ski interval were captured by Sébastien Fortier of Quebec, Lou Gibson of British Columbia and Yves Bourque of Quebec.

In the men's para-nordic standing event, medals went to Slade Doyle of Manitoba, Louis Fortin of New Brunswick and Gabriel Denis of Ontario.

In the men's 10-km free cross-country event, the gold went to Alberta's Kevin Sandau, who finished with a time of 22:09.40.

The silver and bronze medals were awarded to Michael Sompi of Ontario and Jesse Cockney of Alberta.

The gold in the women's 7.5-km division went to Emma Smallwood of Saskatchewan. Silver and bronze were captured by New Brunswick's Lindsey Arsenault and Emily Fradette.

Nova Scotia's top finisher in the men's 10 km cross-country race was Liam McInerney, who finished 26th out of 52 athletes.

The top Nova Scotia finisher in the women's 7.5-km competition was Marie Soehl, who finished 41st among 55 competitors.

Sixteen-year-old Cole MacDonald of Bel-nan, who finished 41st in the men's 10-km race, said the course was fast but he didn't have to worry about shooting, as he did in last week's biathlon event.

MacDonald is on the biathlon and cross-country ski teams.

The Nova Scotians were hampered in the biathlon by poor shooting.

"It definitely felt really good," he said after the race. "There was no shooting to pull me down."

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N.S. snowboarders out in quarters; Ontario athletes steal the medal show

Gordon Delaney Valley Bureau

MARTOCK - Three Nova Scotia snowboarders made it into quarter-finals Tuesday but failed to advance to the semifinals on the first day of the **Canada Games** snowboarding competition.

Kita McRory, Jenn Hart and Zack Francis put in solid performances in the snowboard parallel giant slalom event at **Ski Martock**.

Ontario athletes stole the women's competition, with Hannah Silk winning gold and Jessica Janine Rose Herron capturing bronze. Jade Depont of Quebec won the silver medal.

McRory placed fourth in her heat, missing the semifinals by only two hundredths of a second.

In the men's event, Taylor Dee and Richard Evanoff of Ontario won the gold and silver medals while Sebastien Beaulieu of Quebec captured bronze.

Nova Scotia's four-woman and four-man snowboarding team also includes Kimberley Sutherland, Emma MacAulay, Zachary Fraser, Marc Chasse and Josh Drapeau.

"It was a little disappointing but it was still really fun," MacAulay, 20, of Dartmouth, said.

Kita McRory of Nova Scotia crashed midway through her second run in parallel giant slalom snowboard racing at **Ski Martock** on Tuesday. (Eric Wynne / Staff)

She failed to advance past the qualifying round after missing the last gate before crossing the finishing line.

"It was a silly mistake but I made up for it with the second run," MacAulay said.

A member of the snowboard **cross** team as well, MacAulay said she was "just trying to do my personal best, otherwise it makes me too nervous."

The snowboard **cross** event goes this Saturday.

MacAulay, who has been snowboarding for five years, said all the Nova Scotia athletes are feeling comfortable competing at home.

"It just makes it a little bit more homey," she said. "You just feel more relaxed."

Snowboard coach Steve Fairbairn said wind conditions were gusty on Tuesday. He said he'd have been happier if the wind had been more constant because some gusts were strong enough to slow some of his athletes down.

"But that's just another part of racing."

Fairbairn said the Nova Scotia snow-

board athletes have two more competitions - the halfpipe and snowboard cross - and good medal chances before the Games wrap up on Sunday.

The athletes are ready for the next events, he said.

"We've worked really hard for this and this year, suddenly, the results have really started to speak for themselves. I've been with these kids for the last three-and-a-half years. They put the time in and it's just really starting to pay off."

Going into the remainder of the competition, he said the local team is "excited, but we don't want to be overconfident because racing is racing. But we think we've got a really good shot."

The coach said some of the snowboard athletes could be competing in Olympic competitions in the future.

"Absolutely, why not?"

He mentioned Sarah Conrad and Trevor Andrew and Alex Duckworth, all of whom had humble beginnings at Martock.

"My goal would be to see a speed discipline athlete get there as well," Fairbairn said. "We're a small hill, but when you see some of the kids from here doing it, it paves the way for the rest of them."

Fairbairn said the competition Tuesday was what he expected.

"We had a good run this morning," said team manager Craig Johnson. "The athletes have put a lot of work in. Being on our home hill, the guys are really comfortable riding here. So, hopefully, we'll have a good chance at the podium."

The 1,000-metre cross-country ski

sprint for men and women was also held at Ski Martock on Tuesday.

The men's division was won by Alberta's Jesse Cockney of Alberta. His teammate, Heidi Widmer, captured gold in the women's division.

Silver medals went to British Columbia's Alysson Marshall and Matt Wylie, while bronze medals were won by Graeme Killick of Alberta and Emily Nishikawa of the Yukon.

"We walked into this without medal expectations," Nova Scotia cross-country ski coach Daniel Murray said in an interview.

"It's a very deep field here. . . . None of our skiers see themselves as sprinters. And they're up against people who have been racing World Cups and national (championships). Some of them are 23, we have some teenagers racing.

"It's unique beast this kind of race, in terms of the demographic of the competitive group. It's very different than you get the rest of the year."

THE DAILY NEWS

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The Daily News (Truro)

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Truro, Nova Scotia, Canada

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Tuesday, February 22, 2011

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Cross country skiing

Jennie Mae Roy of Fort Ellis crossed the finish line in 43rd place in the women's cross-country 7.5km free (interval start) event.

Roy, 21, posted a time of 25:41.60 at Ski Martock. Emily Nishikawa of the Yukon won the event with a time of 19:37.60, while B.C.'s Alysson Marshall 19:53.10) nabbed silver and Heidi Wider of Alberta (20:13.40) was the bronze medallist.

Roy, who races out of the Arctic Fox Ski Club and is competing in her second Canada Winter Games, will compete in the 10 km classic on Thursday.

Source name

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2011 **Canada** Winter **Games**

Francis defies odds

Truro snowboarder makes top 10 finish in PGS

Matt Veno

Truro Daily News

TRURO - - Going into something with no expectations sometimes can pay dividends.

It certainly did for Truro's Zack Francis, as he finished eighth overall Tuesday in snowboarding's parallel giant slalom at the 2011 **Canada** Winter **Games** at **Ski** Martock.

"Yeah, it definitely helped me," the 20-year-old said. "I wasn't psyched out about anything."

Francis went into the event without a goal because he's never competed in the event in the past and only trains for it occasionally, trading it for his preferred boardercross event.

He ended up falling to Ontario's Taylor Zee in the quarterfinal after beating New Brunswick's Patrick Dionne. Francis qualified for eliminations with a ninth-best time of 1:53.22.

"It was pretty cool, especially since PGS isn't really my event at all," Francis said. "It's a good way to start and get back into competition mode."

Francis said he's looking to medal in boardercross, which is scheduled for Saturday, and feels it's not too lofty a goal. He's been provincial champion for the past two seasons and has been train-

Jennie Mae Roy

ing and competing in the discipline for the past four years. Even though he has expectations set for himself, he'll be taking the same approach as Tuesday.

"I just went out and did my thing and had fun," he said. "So I'm just going to try to keep calm and not worry about what's going on or who's there."

He also thinks having a day of competition under his belt can only help his cause later in the week.

sports@trurodaily.com

Cross Country Skiing

Stewiacke's Jennie Mae Roy crossed the line 48th out of 53 competitors Tuesday in **cross country** skiing's 1,000m female sprint at **Ski** Martock. Roy posted a time of 3:34.90.

Table Tennis

Truro's Josh MacMillan and Dustin Yuill were swept 3-0 in both of their doubles matches in table tennis at Citadel High School.

The pair dropped a playoff match 11-6, 11-7, 11-7 to P.E.I.'s Eddie Jiang and Christopher Gallant after coming up on

Brent McDonald claims judo silver at Games

HALIFAX — The judo medals keep coming for Cape Breton athletes at the 2011 Canada Winter Games.

Brent McDonald of Port Hawkesbury finished with a silver medal in the male over-100 kg category. Wednesday, Dylan Landry of Louisdale won gold in the male under-60-kg division.

The 17-year-old McDonald posted a record of 3-1 in matches Thursday at Saint Mary's University for 27 total points. He was three points back of gold medalist Tommy Hébert-Lemieux of Quebec, who was McDonald's only loss on the day.

After his loss to Hébert-Lemieux, the Port Hawkesbury Judo Club member defeated Louis Nutarairaq of Nunavut and Tarek Elmayergi of Ontario by 10-0 scores and Nicholas Losier of New Brunswick by a 7-0 advantage.

In the male 81-90 kg division, Colton Grant-House of Dominion finished in fifth place. The 17-year-old won two of his three matches Thursday, defeating Andrew Balach of Ontario and Mark Antonio of Alberta after being defeated by Ontario judoka and eventual gold medalist Josef Hamraev. All matches ended in scores of 10-0.

McDonald, Landry and Colton-House will compete in the team event, Saturday.

Cross-Country Skiing

Kilya MacNeil of St. Margaret Village finished in 45th place in the 10 km classic race at Ski Martock in Windsor, N.S.

MacNeil finished with a



Brent McDonald



Colton Grant-House

time of 40 minutes, 14.7 seconds. She'll compete in the 4 x 3.75 km female relay, Saturday.

Female Hockey

Team Ontario scored five goals in the third period en route to a 9-2 win over Team Nova Scotia in quarter-final action at the Dartmouth Sportsplex.

Blayre Turnbull and Danielle Eustace found the back of the net for the bluenosers.

The Cape Breton players on the team, defender Jolene MacInnis of Whycocomagh, forward Sarah MacNeil of Albert Bridge and forward Lisa MacLean of Inverness, didn't find the scoresheet.

Nova Scotia will play in the relegation round today at 4 p.m. against British Columbia at the Dartmouth Sportsplex.



Kilya MacNeil from St. Margaret Village in Cape Breton competes in the women's 10km cross-country ski event at the 2011 Canada Games in Windsor, N.S., Thursday. Alberta's Jess Cockney, won gold.

The Canadian Press

2011 CANADA WINTER GAMES

Truro boys have good day in table tennis

By Matt Veno

TRURO DAILY NEWS

TRURO – Dustin Yuill had plenty to smile about after Thursday's action on the table tennis floor at the 2011 Canada Winter Games.

The 15-year-old Truro resident scored a big 3-2 win over Saskatchewan's Kevin Song in singles while he and fellow Truro resident Josh MacMillan pushed Alberta's Eddie Guo and Donny Li to the limit in a 3-2 (12-10, 10-12, 9-11, 12-14) in boys doubles at Citadel High School.

"It was a lot better than I expected," Yuill said last night.

Yuill bounced back for the singles victory after opening the day with a 3-0 (11-7, 11-5, 11-7) loss to Saskatchewan's Benjamin Che Chi.

"He was a better player than me," Yuill said of Song. "But I played really strong and held on to get the win."

Yuill said he shortened his strokes and hit shallow shots which the shorter Song was unable to reach and returned them into the net.

The victory puts Yuill into a match with Newfoundland's Nicholas Buckle at 11:30 a.m. today which will decide 21st out of 32 spots in the final standings.

"I know how he plays," Yuill said. "He's got a strong swing and he likes to hit the corners so I just need to shorten up and go for it."

MacMillan also split his singles matches Thursday, falling lost 3-0 (11-9, 11-5, 11-9) to Saskatchewan's Hongjian Huang after opening with a 3-1 (11-8, 11-5, 9-11, 12-10) win over Buckle. He'll take on Manitoba's Alan Huang also at 11:30 a.m.

Yuill said he and MacMillan played one of their best matches of the Games against Guo and Li.



Truro's Josh MacMillan split his pair of matches in boys singles table tennis Thursday at the 2011 Canada Winter Games at Citadel High School. SUBMITTED PHOTO

"There wasn't much difference at all," he said. "We made our shots but they were just able to return them."

Cross Country Skiing
Stewiacke's Jennie Mae Roy crossed the line in 41:34.70 in the 10km Classic mass start cross country skiing event at Ski Martock.

Her time was good for 47th out of 54 competitors.

petitors. British Columbia's Alysson Marshall won gold in 29:32.30 while Emily Nishikawa of the Northwest Territories won silver in 29:34.60.

British Columbia's Andrea Lee rounded out the podium in 29:35.40.

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MEDAL STANDINGS

HALIFAX – Medal standings following Thursday's events at the Canada Games:

	Gold	Silver	Bronze	Total
Que.	42	36	34	112
Ont.	35	27	22	84
B.C.	23	25	25	73
Alta.	17	18	27	62
Sask.	6	7	7	20
Man.	5	6	9	20
N.B.	2	5	7	14
N.S.	3	4	1	8
Yukon	3	1	1	5
N.L.	0	1	4	5
P.E.I.	1	0	2	3
N.W.T.	0	0	0	0
Nun.	0	0	0	0

The Canadian Press

RESULTS

ALPINE SKIING

Women

Super-Combined

Final

1. Sandrine David (QC), 1:46.030;
2. Meg Currie (ON), 1:46.930; 2.
Kelly Moore (QC), 1:46.930; 4.
Andrea Turner (AB), 1:47.140; 5.
Kalliee Darlington (BC), 1:47.820;
6. Mary Beth Hemphill (ON),
1:47.920; 7. Logan Thackray
(AB), 1:48.410; 8. Becca Bernel
(BC), 1:48.960; 9. Candace
Crawford (ON), 1:48.970; 10. Flo-
rence Lacombe (QC), 1:49.170.

Men

Final

1. Broderick Thompson (BC),
1:39.110; 2. Gabriel Presseault
(QC), 1:39.810; 3. Tomas
Svovotka (QC), 1:39.910; 4. Tony
Naduc (AB), 1:40.380; 5. Mac
Senior (ON), 1:40.710; 6. Matt
Davies (ON), 1:40.810; 7. Francis
Touant (QC), 1:40.850; 8.
Alexandre Selesse (QC),
1:40.930; 9. Taylor Dawson (AB),
1:41.180; 10. Lincoln Esau (NB),
1:41.240.

CURLING

Men

Pool A

Quebec 6 New Brunswick 5
Nova Scotia 5 Northwest
Territories 4

Saskatchewan 7 Prince Edward
Island 1

Pool B

Ontario 9 Yukon 0
British Columbia 7 Alberta 5
Manitoba 4 Newfoundland &
Labrador 3

Pairs Novice Mix

Final

1. Rau/Simpson (ON) (ON),
1:12.41; 2. Marsh/Blackmore (AB)
(AB), 89.95; 4. Jurkiewicz/Arpin
(QC) (QC), 71.48.

Dance Novice Mix

Final

1. Edwards/Pang (BC) (BC),
91.21; 2. Bent/Mackeen (ON)
(ON), 89.36; 3. Bruser/Lum (BC)
(BC), 87.14; 4. Jean-
Lachapelle/Laliberte (QC) (QC),
73.54; 5. Rau/Green (NS) (NS),
70.95; 6. von Holwege/Jones
(SK) (SK), 56.35.

JUDO

Men

81-90 kg

Final

Josef Hamraev (MB), def. Marc
Deschenes (QC), 10-0.

90-100 kg

Final

Cody Dwyer (ON), def. Josh
Jensen (BC), 10-0.

Women

57-63 kg

Final

Catherine Beauchemin-Pinard
(QC), def. Emily Schaan (SK), 10-0.

63-70 kg

Final

Marie-Eve de Villiers Matte (QC),
def. Kristi Roots (BC), 10-0.

SNOWBOARDING

Women

Halfpipe

Final (best of two runs)

1. Quincy Carolyn Korte-King
(ON), 32.00; 2. Dallas Rourke
(NS), 31.70; 3. Kiersten Higgin-
son (ON), 27.40; 4. Clarissa
Hudek (AB), 24.50; 5. Tamara
Truchon (QC), 19.40; 6. Audrey
McManiman (QC), 11.90.

Men

Halfpipe

Final (best of two runs)

1. Trevor Niblett (ON), 34.10; 2.
Jeremy Page (NS), 33.30; 3.
Francis Boudreau (QC), 31.90;
4. Frank Lachance (QC), 30.10; 5.
Craig McMorris (SK), 28.00; 6.
Pierce Mimura (AB), 27.60; 7.
Kyle Jasper (BC), 26.80; 8. Max
Melvin-McNutt (YT), 24.10; 9.
Russell Chai (AB), 23.40; 10. Jam
Gallagher (AB), 21.60.

FIGURE SKATING

Women

Singles Novice

Final

1. Veronik Mallet (QC), 94.93; 2.
Brianna Clarkson (ON), 94.82; 3.
Kassie Costello (NB), 93.68; 4.
Tara Hancherow (SK), 85.42; 5.
Stacey Woods (MB), 83.19; 6.
Karina Tjow (BC), 80.18; 7. Ash-
ley Morgan (NL), 79.58; 8. Moni-
ka Gala (AB), 79.38; 9. Patricia
Antifaff (AB), 78.00; 10. Alexan-
dra Young (NL), 75.81.

Manitoba coach beat drugs, now mentors boxers from street life to Canada Games

THE CANADIAN PRESS

HALIFAX – It's been a long journey for Roland Vandal, from suicide attempts and drug addiction to mentoring young Manitoba boxers at the Canada Winter Games.

The coach of the Team Manitoba squad travels the country giving talks to young people about his recovery from addiction, and makes the case that boxing can rescue teens who might follow his path.

He says he dropped out of his sport at 13 years of age and descended into a life of gangs and drug addiction.

Vandal recalls reaching a personal low on May 15, 2002, the day he went into a violent seizure after drinking a bottle of methadone and woke up barely breathing on a dirty bathroom

floor in a cheap hotel.

"That was the wake-up call. I haven't touched a drop of drugs or alcohol since," he said during a training session at the Games in Halifax.

After treatment at a Winnipeg detoxification centre, he returned to the sport at 31 and has since become a coach, motivational speaker, foster parent and guide to "kids at risk."

"I always had the yearning to go back to boxing. It was in my blood," he said.

"It's changed my life. It gives me focus and direction and a sense of commitment and accountability to the boys."

Vandal's website, breakingthechain.ca, says he's given hundreds of motivational talks.

"Our ultimate goal is to inspire people to make the right choices," says the site.

Matt Bonne said Vandal's blunt words help keep him off the streets.

The 15-year-old Manitoba boxer said he's gone from selling drugs to other teenagers to competing for his province at the Games.

"I turned my life around and I realized this is the life for me. This is the life I'd rather have," Bonne said.

While the sport may not be genteel, Vandal argues it's often a bridge from street life to success.

Bonne said being asked to try out for the Canada Winter Games helped him avoid a return to using drugs last year.

"The Canada Games came along as an opportunity and my coach asked me to be in that. ... I started training again and here I am," he said.



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B.C. skiers capture women's cross-country relay gold; Alberta takes top spot in men's race; Nova Scotia women finish 10th

Gordon Delaney Valley Bureau

MARTOCK - British Columbia's women's team overcame an icy track and blustery conditions at Ski Martock to capture gold Saturday in the 4x3.75-kilometre classic-free cross-country relay competition.

"It went really well," Alysson Marshall, who skied the final leg of the race, said moments after crossing the finish line.

"We had Andrea (Lee) ahead in the first leg and everyone just held on to their spots," a breathless Marshall said as she hugged family and friends who had cheered the British Columbia team on.

"It feels good," said Marshall, who has won three gold and a silver medal at the Canada Games.

She said the track wasn't too bad considering Friday's heavy rains that left crusty and soft patches throughout the trail.

"It was a lot better than I expected," she added. "I've seen worse."

Marshall said the team was hoping for a gold medal but was not expecting it, "but everyone skied really well and it's the dream gold for the day. It's awesome."

Heather Mehain of British Columbia participates in the women's 4x3.75-kilometre cross-country classic-free relay competition on the final day of events at Ski Martock on Saturday. Mehain, Andrea Lee, Alysson Marshall and Rebecca Reid teamed up to give B.C. the gold. (GORDON DELANEY / Valley Bureau)

From Salmon Arm, B.C., Marshall, 22, has participated in the sport for the past 14 years. She placed fifth in the senior national championships last year and 12th at the world under-23 championships in 2009.

Besides Lee, her other gold medal-winning teammates were Heather Mehain and Rebecca Reid. Their combined time was 43:51.

Marshall had the best individual time of all 44 athletes in the race, completing her leg in 10:25.

Winning the silver medal was the Quebec team of Camille Pepin, Michelle Workun-Hill, Cathou Auclair and Olivia Bouffard-Nesbitt, with a combined time of 44:27.6.

The bronze medal was captured by the Alberta team of Maya MacIsaac-Jones, Sara Hewitt, Annika Hicks and Heidi Widmer, with a combined finishing time of 44:30.7.

Nova Scotia's team of Megan Soehl, Kilya MacNeil, Jennie Mae Roy and Abby Lewis placed 10th of 11 teams in the women's race, with a time of 56:46.7

The men's 4x5-kilometre cross-country relay race was won by Team Alberta, which has been strong throughout the cross-country events. The team of Gerard Garnier, Graeme Killick, Kevin Sandau and Jesse Cockney finished with a time of 52:24.8.

Silver went to the Quebec team of Alexis Turgeon, Raphael Couturier, Steffan Lloyd and Etienne Richard, with a time of 52:38.4.

The bronze medal was captured by the British Columbia's Matt Wylie, Joey Burton, Geoffrey Richards and Matt Neumann, with a time of 52:39.3.

Nova Scotia did not participate in the men's relay race.

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ATHLETE PROFILE OF THE WEEK

Kilya MacNeil

SPORT: Cross-Country
AGE: 15

SCHOOL: Grade 9, Cabot High

HOMETOWN: Bay St. Lawrence

HOW DID SHE GET INVOLVED IN SPORTS: When she was three years old her parents got her into skiing and she has been doing it ever since.

SPORT ACCOMPLISHMENTS: Member of the Nova Scotia Canada Games cross-country ski team. Two gold medals at the 2011 Atlantic cross-country ski championships.

COACH COMMENT: "Kilya is very passionate about cross-country skiing. Despite being relatively young, Kilya is already showing strong improvements in racing performance and training. Kilya's enthusiasm and success in cross-country skiing reflects the powerful, long lasting impact of a Canada Games legacy on the future of a community and sport." Daniel Murray.

ATHLETE COMMENT: "I have been skiing as long as I can remember. I love everything about it: the nerves before the race, the fatigue and adrenaline high just after crossing the finish line, pushing myself to reach my goals, and everything in between."