



**WinSport Mission:** To provide excellence in winter sports facilities and training for Canadian athletes to **discover, develop** and **excel**, through a sustainable business model."

# winSPORT WEEKLY

Friday, December 13th, 2013



## Our athletes up close

**Kaillie Humphries, bobsleigh**

The 28-year-old became the first Canadian woman to win gold in bobsleigh at the Olympics, finishing first at the 2010 Vancouver Games. Humphries dominated the World Cup circuit in 2013 and is poised for the podium in Sochi with brakeman Heather Moyse.

# Gough leads lugers to podium

**I**t was a great weekend for Canadian athletes on the World Cup circuit, led by the lugers on the Whistler Sliding Centre track.

Alex Gough roared to a silver medal on Friday, marking the third time she has reached the top two spots of the podium during a World Cup race. She also won gold here at Canada Olympic Park and in Russia in 2011.

"It is my second best result ever, and best in Whistler, so that's awesome," said Gough. "It is always nice to get on the podium, but it is definitely a good feeling to have my best result ever on this track."

Gough also helped the Canadian team win a silver medal in the team relay event. **EXCEL** She teamed up with

Sam Edney and the doubles duo of Tristan Walker and Justin Snith to clock a combined time of two minutes 4.202 seconds, which was just behind the German's gold-medal winning time of 2:03.791.

Walker and Snith teamed up for a career-best fourth place finish in doubles, while Edney, meanwhile, was sixth for the third straight men's singles race.

**Skeleton:** Calgary's Sarah Reid reached the podium for the first time this season, earning a bronze in Park City, Utah. It was the sixth World Cup medal of her career. Calgary's John Fairbairn matched his career-best finish with an eighth.

**Bobsleigh:** Kaillie Humphries piloted Canada 1 to its 15th straight World Cup podium on Friday with a second-place finish, then fell to seventh in



Saturday's race. The top men's two-man sled was Lyndon Rush and Lascelles Brown, who were sixth. Chris Spring led Canada 2 to were seventh in four-man.

*"This course is long and tiring and I felt like that really suited me."*

- Brady Leman

stop in Lake Louise wrapped up on Sunday, with Marie-Michele Gagnon finishing 10th in the women's super-G. She now has three top-10 World Cup finishes this season, in



Photo: Courtesy David McColm (davidmccolm.com)

Tristan Walker, left, Justin Snith, Alex Gough and Sam Edney show off their hardware from the team relay event in Whistler on Saturday.

**Ski cross:** Home cooking paid off for Canadian skiers Marielle Thompson of Whistler, and Calgary's Brady Leman, who finished first and third, respectively, in the World Cup event at Nakiska. "I was feeling good all day," said Leman. "This course is long and tiring and I felt like that really suited me."

**Alpine skiing:** The annual World Cup

three different disciplines – slalom, giant slalom and super-G. Larisa Yurkiw was seventh in Friday's downhill, while Manuel Osborne-Paradis of Vancouver led the men with a fourth-place finish in Friday's downhill.

**Speed skating:** Canada's men's and women's pursuit teams claimed a berth at the Sochi Games, after qualifying on the weekend in Berlin. The roster will be decided following the Canadian trials, which will be held Dec. 28 to Jan. 3 at the Oval.

**Ski jumping:** Canada's Taylor Henrich finished 10th on Saturday at a World Cup event in Lillehammer, Norway.

## Last weekend's medallists

### Gold

Marielle Thompson, women's ski cross  
Brian McKeever, IPC men's cross-country

### Silver

Alex Gough, women's luge  
Canadian luge relay team

### Bronze

Brady Leman, men's ski cross

## Events at the Park

### Public skiing/snowboarding

**Weekdays:** 9 a.m. to 9 p.m.

**Weekends:** 9 a.m. to 5 p.m.

### Royal Snowboarding Series

**Monday:** Grassroots event, for kids 12 and under, 6:30 p.m. to 8:30 p.m.

## MARKIN MACPHAIL CENTRE

### Public skating

**Saturday:** 7:30-8:30 p.m.

**Sunday:** 6:15-7:15 p.m.

## CANADA'S SPORTS HALL OF FAME

Tuesday to Sunday: 10 a.m. to 5 p.m.



This week on WinSport TV, host Helen Upperton welcomes the warm weather and talks about the IPC World Cup in Canmore. Click [here](http://youtu.be/YFImLWY53ol) to watch or go to: <http://youtu.be/YFImLWY53ol>

## Schools program a class act to help kids discover sport

If there is a number that WinSport is most proud of, it's the 30,000 people who are introduced to winter sport each year. Many of those newcomers to skiing and snowboarding come from the 20,000 students that take part each year in WinSport's school program.

The goal of the program is simple.

"We want to engage the children of Calgary to discover new ways to stay active and have fun, especially in an outdoor environment," said Kyla White, the supervisor of WinSport's schools program.

"The school program allows us to target children and youth that might not otherwise be-

**DISCOVER**

come engaged in this sport. We have a lot of schools that come from areas with high immigrant populations and various socio-economic status, which aren't typically what you would find in skiing and snowboarding. It's discovery for a new audience."

The Calgary Board of Education, the Calgary Catholic School District, the Rocky View Schools Division, along with several private and charter schools are taking part in the program.

For some of the schools, the last season was their initiation into the program, when more than 14,000 students took part in WinSport's ski free program, which celebrated the 25th anniversary of the 1988 Winter Olympic Games. Students in Grades 1 through 6 were given a complimentary day of lessons when they came with their schools during the anniversary season.

After their first experience, many schools were quick to reg-



Students learn the finer points of snowboarding during their school visit on Wednesday morning.

ister for this season. In fact, the time slots filled up in just days and there is a school waiting list of more than 500 students.



*"The school program allows us to target children and youth that might not otherwise become engaged in this sport."*

The success of the program is because of a change in focus.

"Our main focus is time on task. Previously, the goals were about participant numbers. We didn't have a maximum capacity per day," she said. The program is now maxed out at 300 students per day, which allows for small group lessons.

Those instructors used to remain at each station all day, with the students expected to master that particular station before moving on.

"We now use group lessons to teach. The instructors have their small group for the day, they eat lunch with the group and they are fully engaged with that group. Students are given lesson cards, but it's not a pass-fail system, they are progressing through the skills using different approaches throughout their day. Each lesson is tailored to the skills of each individual group."

## Academy freeskiers light up the pipe

The competitive season is off to a solid start for the WinSport Academy.

The Academy, which was created to help bridge the gap between WinSport's discover programs and the national team programs, has one common goal this winter season – the pursuit of excellence in slopestyle, moguls and half-pipe skiing and snowboarding.

This past weekend in Copper Mountain, Colo., the WinSport freeski halfpipe A team took part in the first event on the 2014 The North Face Park

**DEVELOP**

and Pipe Open Series, with coach WinSport coach Mike Shaw calling it a successful weekend.

"The team skied really well. Everyone was performing," Shaw said by phone from Colorado on Wednesday. "Not all the runs went as planned like at any contest, but definitely the team was in good shape. Our top guy and girl that were skiing their best ended up making the finals."

Lukas Bowman, who qualified sixth in his heat, finished 13<sup>th</sup> overall, while Megan Warrener qualified 14<sup>th</sup> and finished 12<sup>th</sup>. Brendan MacKay (seventh), Ty Schulte (11<sup>th</sup>), Ryan Malone (19<sup>th</sup>) and Neil Jeffries (20<sup>th</sup>) didn't advance to the men's finals, while Cassie Sharpe (25<sup>th</sup>) didn't advance to the women's finals.

"It was a really high level event with a stacked field, so we were looking for personal bests and if we had anyone make finals, it was a huge bonus," said Shaw.

The team continues to train at Copper until Dec. 22.

### Did you know?

Last week's cold spell allowed WinSport's hill crew to make snow non-stop for a week — putting them 10 days ahead of schedule.

FIS  
FREESTYLE SKI  
WORLD CUP

HALFPIPE JANUARY 3, 2014  
MOGULS JANUARY 4, 2014  
CANADA OLYMPIC PARK, CALGARY AB

HALFPIPE 3 JAVIER 2014  
BOSSSES 4 JAVIER 2014  
CANADA OLYMPIC PARK, CALGARY AB