



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

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Our athletes up close

Manuel Osborne-Paradis,
alpine skiing

The 30-year-old North Vancouver native has three World Cup victories to his resume, including the 2009 World Cup in Lake Louise. His best finish at the 2014 Sochi Olympics was a 24th in the super-G. He was 25 in the Olympic downhill.

Road begins to 2018 Games

The cauldron has barely been snuffed out in Sochi, Russia, but the road to Pyeongchang, South Korea, has already begun.

WinSport is proud of its contribution to the Canadian team in Sochi, with 181 of Canada's 221 athletes having trained or competed at WinSport facilities. Of the 25 medals that Canadians won, 18 have close ties to WinSport or WinSport facilities.

With less than 1,500 days until the opening ceremonies of the 2018 Winter Games in South Korea, the work at WinSport has already started. Canadian athletes will soon be enjoying the full benefits of the High Performance Training Centre, located at the Markin MacPhail Centre.

EXCEL

The High Performance Training Centre will be home to more than 120 carded national team athletes.

"Now that the new centre is going to be open, that's huge," said bobsleigh pilot Kaillie Humphries, who returned to Calgary on Monday with another gold medal around her neck. "We honestly now will have one of the best training facilities in all of North America. The running track and everything has been set up so great for us to be high performance. They've gone all in."

WinSport's contribution in Sochi, included eight of Canada's 10 gold, six of 10 silver and four of five bronze. Humphries, who teamed up with Heather Moyse to become world beaters for the second straight Games, credited



Photo: Chris Dornan, Bobsleigh Canada Skeleton

Heather Moyse, left, and Kaillie Humphries soak up the atmosphere of their gold medal.

WinSport's Ice House in helping with their success.

"The Ice House has been a huge, huge part for us in regards to bobsleigh," said Humphries. "When that opened, that's world leading. That's not just us saying or trying to be the best, that was icing on the cake for us to really breakthrough and continue to be the best."

The women's hockey team was centralized at WinSport for six

months; the men's hockey team played ball hockey on Arena A; freestyle skiers have competed at WinSport the past several years, and the speed skaters have consistently competed and trained at the Olympic Oval, which is a facility WinSport helps support.

"This is where everything is put into place. This is the ground, this is the base of any type of pyramid we have," Humphries said of WinSport. "The Olympics are al-

ways the very top part of the pyramid. You build up for that for one or two days of competition, but here (WinSport) is three-quarters of that pyramid. Here's where all that hard work is put in. You really can tell WinSport is now on a path of world leading and trying to be the very best, not just giving it to us, but understanding we are in positions to make history and they want to support that."

Canadian medallists in Sochi

Gold: Alex Bilodeau, freestyle moguls; Justine Dufour-Lapointe, freestyle moguls; Charles Hamelin, short track; Dara Howell, slopestyle skiing; Humphries/Moyse, bobsleigh; Canadian women's hockey team; women's curling; Marielle Thompson, ski cross; men's curling; men's hockey.

Silver: Canadian team, figure skating; Chloe Dufour-Lapointe, freestyle moguls; Mikael Kingsbury, freestyle moguls; Denny Morrison, speed skating; Patrick Chan, figure skating; Mike Riddle, freestyle half-pipe; women's speed skating relay; Virtue/Moir, figure skating; Dominique Maltais, snowboarding; Kelsey Serwa, ski cross.

Bronze: Kim Lamarre, slopestyle; Mark McMorris, snowboarding; Denny Morrison, speed skating; Jan Hudec, alpine skiing, Charle Cournoyer, speed skating.

Events at the Park

Public skiing/snowboarding

Friday-Sunday: Closed (extreme cold)

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

Royal Series

(Grassroots snowboard event)

Monday: 5 p.m. to 9 p.m., progression park. (weather permitting)

MARKIN MACPHAIL CENTRE

Canadian Women's Hockey League

Friday: Boston at Calgary Inferno, 8 p.m. Joan Snyder Arena (B)

Saturday: Boston at Calgary Inferno,

1:45 p.m. Joan Snyder Arena (B)

Sunday: Boston at Calgary Inferno, 7:30 a.m. Joan Snyder Arena (B)

Bow River Novice Tournament

Friday-Sunday: Games throughout the weekend.

Ringette - AA Provincials

Fri.-Sun.: Games throughout the weekend.

CANADA'S SPORTS HALL OF FAME

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

Physical literacy a priority for WinSport

Two years ago, WinSport made a commitment to physical literacy.

And today, that commitment hasn't wavered, with WinSport's Active Lives department taking the lead in helping kids get physically active.

"At WinSport we have an incredible advantage, and such a

rich landscape to work with," said Jennifer Konopaki, WinSport's director of Active Lives.

"There aren't a lot of other facilities and centres that have the venues, and outdoor terrain that we have to work with. It truly is the most unique playground for developing physical

literacy – it allows us to be very creative as programmers and work outside of the box."

Konopaki and her team are working closely with various national partners, including Active for Life, in helping Calgary kids and their families to learn about physical literacy and help prevent childhood obesity and rising inactivity levels.

Last Thursday, Konopaki joined Richard Monette of Active for Life and Lea Norris from Canadian Sport for Life for a presentation to doctors, nurses, administrators and parents for a session entitled 'Physical Literacy as a

Solution'. The session discussed the role each group can play and how the different sectors can work together to battle the realization that kids are not developing the fundamental movement skills that allow them to go on to discover new activities and sports, increasing their likelihood of being active for life.



Jennifer Konopaki

Physical literacy is the cornerstone of both participation and excellence in physical activity in sport. Physically literate individuals move with poise, confidence, competence and creativity in different physical environments (on the ground, indoor and out-

door; in the air; in and on water; on snow and ice).

WinSport has continued to build its programs around physical literacy, whether it's simple tasks such as running and throwing to learning how to ski or snowboard: Everything we do is focused on producing active, skilled, imaginative, resourceful and resilient kids.

"Since we have started this work, I have literally seen children transform right before my eyes," said Konopaki. "They have increased self confidence, self awareness and willingness to try new and different things. We are all doing very important and impactful work which is so exciting. Well done Team!"

Olympics helped Quan get volunteering spirit

When organizers of the 1988 Calgary Olympics, were looking for volunteers, Paul Quan was quick to raise his hand.

Quan, who was a building designer with the City of Calgary back in '88, was tasked with security duties at the University of Calgary campus.

Once the Games wrapped up, Quan's fire for volunteering was still burning. That led him to Canada Olympic Park.

Since that time, he's been a fixture around the campus.

"It's the satisfaction, how people appreciate my help and to represent a place I'm proud of," Quan said of his more than 25 years of volunteering at COP.

Quan is among several hundred volunteers that help out WinSport each year, and he is one of two WinSport nominees for the 2014 Propellus Volunteer Awards, which recognize the contributions of outstanding volunteers and organizations.

Quan was nominated for the Heart of Calgary Award, while Jim Phelan was nominated for the Silver Star Award. WinSport's volunteer coordinator Michelle Mungar Lumley was nominated for the Outstanding Volunteer Management Award.

The winners for the 18th annual awards will be announced on April 8 at the BMO Centre.

"My volunteerism is a fun



Paul Quan gets a bronze-medal experience from alpine skier Jan Hudec at the Frank King Day Lodge.

thing," said the 78-year-old Quan, who arrived in Canada from China in 1950 and has made Calgary his home since 1962. "The people who deserve this award go visit the hospital or volunteer with Meals on Wheels, those type of things. I just do it for people to have a good time. I don't think my volunteerism is worth as much as the people who are making real sacrifices."

Quan spends most of his days helping on the ice during public skating. He is often seen on the

hill in an unofficial capacity, checking for obstructions or helping out skiers who may be struggling to get their skis back on. He spends the summer helping at the Visitor Information Centre in the Day Lodge.

More than anything, he enjoys being around the family atmosphere that WinSport offers.

"I like to see the parents bring their little kids out and the family bonding. I like to encourage them to come and have a good time," he said.

Sharpe leads big weekend for Academy

WinSport's Academy teams turned in a great weekend of results, with the slopestyle and halfpipe teams competing at the Aspen Open; the freestyle B team competing at the provincial championships; and the snowboard slopestyle A team at Lake Louise.

Cassie Sharpe led the WinSport contingent in Aspen, with a first-place finish in women's halfpipe.

DEVELOP

Megan Warrenner was fifth, while Brendan

Mackay was fifth in men's halfpipe. Nikki Blackall was second in women's slopestyle, while Reid McEachran was sixth in men's.

"The Academy had some great takeaways from this event which is one of the most impactful events of the season," said WinSport Academy performance manager Patrick Breault. "The field was very talented this year, so our podiums and top-10s meant a lot to those athletes. Our team demonstrated that Canada has a lot of depth in the slopestyle and halfpipe disciplines."

At the provincials at Castle, Bennett Thibault led the way with a first overall in Big Air, while Dustin Cressey was second. Janelle Yip was third overall in women's Big Air.

At Lake Louise in a provincial event, Sam Tuff was second in women's slopestyle, while Josh Reeves was tops in men's and Josh Powell was second. Carter Thibault (fourth), Carter Jarvis (fifth), Liam Lafrance (sixth) and Jack Collins (ninth) also cracked the top-10.