



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

Philip Brown
Alpine skiing

The 23-year-old is another one of Canada's stars of the future in alpine skiing. He made his World Cup debut in 2012 in a giant slalom race in Adelboden. He finished eighth in the first Nor-Am Cup slalom race at WinSport earlier this month.

Crash inspired Salt's dream

Within hours of a devastating motorcycle crash in June 2011 near Cochrane, Michelle Salt sat in her hospital bed and started to plan the next chapter of her life.

She always enjoyed speed and competition, so she decided to dedicate herself to representing her country somehow. The only things standing in her way were tibia and fibula fractures and breaks in her pelvis, hips, vertebrae and clavicle. Her right leg was also amputated.

The other roadblock for the Leduc native was figuring out what sport she would compete in, an issue she wasn't really thinking about until Greg Westlake, a veteran of the Canadian national sledge hockey team, paid her a visit in hospital. He had been attending a training camp in Edmonton and drove south to give her a pep talk.

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"He's like, 'all right Michelle, here's how it goes. It will take you about three years to

make a national team once you pick your sport,' " said Salt, reminiscing about her conversation with Westlake in 2011. "He said 'it will take you five years before you are actually going to any Games, depending on where the Games fall'. So I am thinking, based on that information, 2014 wasn't realistic. Well, 2016 is possible if I pick summer sport. So I thought about 2018. He said to go on to the Paralympic website and pick a sport."

She decided on snowboarding – which wasn't yet an official Paralympic sport, so her focus was on 2018.

She continued to progress and was eventually named to the national snowboard team, and less than 11 months after her accident, the International Paralympic Committee added the sport to the Sochi Paralympics.

"On March 16, 2014, I was the second female to ever drop into the course in Sochi and I became the first ever Canadian Olympic Paralympic snowboarder," said Salt, who was ninth. "It was an incredible experience. I completed my goal in two and a half years."



Calgary snowboarder Michelle Salt has proven that dreams can become a reality, no matter what obstacles are in the way.

Despite her drive and determination, Salt had inspiration every step of the way.

"The biggest thing was the community that I had around me when I was there and as I was getting there," said Salt, who had five surgeries and spent seven days on lift support. "Everyone was so incredibly supportive, including WinSport and everything they do for the athletes, and the Canadian Paralympic Committee. It just felt like I wasn't there alone, that I had a whole family with me, watching every move and cheering me on."

Competing in Sochi is just one step along the way for Salt. She wants to focus on the 2018 Winter Paralympics in PyeongChang and perhaps even training for cycling at the 2016 Summer Paralympics in Rio de Janeiro.

"Snowboarding is number one to me and I will put it first. It's just depending on what my schedule looks like for the summer for snowboarding, since we do summer camps," said Salt. "I think that's going to determine everything, and whether I am willing to put the effort in."

Last week's top-10 finishes

Sunday
Luge World Cup
(at Altenberg, Germany)
Women: 6. Kim McRae, Calgary; 8. Arianne Jones, Calgary
Saturday
Ski Cross World Cup
(at Tegernsee, Germany)
9. Brady Leman, Calgary, men
Alpine World Cup
(at Saalbach, Austria)
8. Benjamin Thomsen, Invermere, B.C.

men's downhill
Nordic World Ski Championships
(at Falun, Sweden)
3. Alex Harvey, St-Ferreol-les-Neiges, Que., men's skiathlon
FIS Freestyle Ski World Cup
(at Moscow)
Men's aerials: 4. Travis Gerrits, Milton, Ont.; 5. Olivier Rochon, Montreal
Snowboard World Cup
(at Quebec City)
Men's slopestyle: 1. Michael Ciccarelli,

li, Ancaster, Ont.; 7. Matts Kulisek, Montreal
Women's slopestyle: 6. Laurie Blouin, Stoneham, Que.
Friday
Snowboard World Cup
(at Quebec City)
Men's Big Air: 1. Darcy Sharpe, Comox, B.C.; 2. Tyler Nicholson, North Bay, Ont.; 3. Eric Beauchemin, Quebec City

Events at the Park

Ski and snowboard hill
Weekdays: 9 a.m. to 9 p.m.
Weekends: 9 a.m. to 5 p.m.
Markin MacPhail Centre
Hockey Calgary
Saturday: Annual Timbits Jamboree, 7:45 a.m. to 8 p.m., Joan Snyder Arena (B), Arena C and visitcalgary.com Arena (D).
Public Skating
Sunday: 6:15 p.m. to 7:15 p.m., visitcalgary.com Arena (Arena D)
CANADA'S SPORTS HALL OF FAME
Tuesday to Sunday: 10 a.m. to 5 p.m.

Spring break camps offers options for all ages

Spring is almost in the air ... although Mother Nature seems to be teasing Calgarians somewhat.

Although some recent spring-like days may feel like we are in the midst of our spring season, we still have a few months to get out and discover all WinSport has to offer on the ski and snowboard hill and the rest

of the facilities.

With spring and Easter breaks just around the corner, it's not too late to sign up your kids for our one-day and two-day camps that are taking place from March 23-27 (CBE) and April 6-10 (CCSD). These ski and snowboard camps make learning fun and are all within city limits.

WinSport's skilled snow school

instructors will teach your kids to ski or snowboard or can assist in improving and advancing their skills. These top quality camps are designed for kids aged 6-12 for skiing and 7-12 for snowboarding.

With a variety of camps and lessons to choose from, WinSport can accommodate any schedule, including shorter two-day camps for kids three and older.

Camps and lessons are a great

opportunity for your family to stay active and improve confidence on the hill and a great way for kids to meet friends or learn something new with old friends.

For more information on how to register your kids into one of our spring day camps or to find out more on the many programs and camps offered during the summer months, please visit www.winsport.ca.

DISCOVER



Photo: Canadian Olympic Committee

Three-time Olympian Zina Kocher is among the 14-member Canadian team that will be competing at Canmore at the IBU's Cup 7 and 8, which begin Saturday.

Top Canadian biathletes set to battle in Canmore

Some of Canada's top biathletes are converging on the Canmore Nordic Centre over the next week to battle in the International Biathlon Union's Cup 7 and Cup 8.

Several athletes who have trained at WinSport Canmore, including Olympians Zina Kocher of Red Deer and Scott Perras of Regina, will be among the athletes from 18 countries competing in five international competitions Saturday and Sunday, then on March 4 and March 6-7.

"It will be great to race at home," said Kocher, who competed for Canada at the 2006 Olympics in Torino, 2010 Olympics in Vancouver and the 2014 Games in Sochi, Russia.

"Canmore typically has fast conditions because of the man-made snow. It sets a really hard

pack. The course is in top shape for fast speeds and the times will be really tight, because it's not a course that really divides people. There aren't any huge hills, but you're working all the time."

The Canadian contingent features a total of 14 athletes, including seven men and seven women, battling in three sprint events, one individual competition and a mixed relay.

In addition to Kocher and Perras, Olympian Marc-Andre Valcartier will also represent Canada, along with Claude Godbout (Quebec); Emma Lunder (Vernon, B.C.); Leilani Tam Von Burg (Ottawa); Erin Yungblut (Wroxeter, Ont.); Melanie Schultz (Canmore); and Sarah Beaudry (Prince George, B.C.) in the women's races. Representing the men are Macx Da-

vies (Canmore), Matthew Neuman (Prince George, B.C.); Matthew Hudec (North Battleford, Sask.); Andrew Chisholm (Calgary); and Aidan Miler (Canmore).

"Hosting international competitions at home is a critical component to growing our sport across the country, and we hope Canadians will join us in what promises to be an entertaining week of competition," said Chris Lindsay, the high-performance director for Biathlon Canada.

Canada last hosted an IBU Cup race in 2012 and 2009. The series is a feeder series for some of the top biathletes, many of which compete in both IBU Cup races and World Cup races.

Canmore is on the schedule to host a World Cup race in 2016.

WinSport expands Legacy Pricing offer

As part of WinSport's continued commitment to get Calgary to anti-hibernate and get active this winter, WinSport is extending its Legacy Pricing offer to all hours of operation, including weekends, beginning on Sunday, March 1.

As a throwback to the 1988 Winter Olympic events hosted at Canada Olympic Park, all lift ticket prices will be reduced to just \$19.88. This special pricing will be in place until the end of the season, which is tentatively set for April 12. Prior to this promotion, WinSport introduced Legacy Pricing on select weekday afternoons with much success.

WinSport hosting Timbit Jamboree

More than 2,300 players on 118 teams will be squaring off Saturday at WinSport's Markin MacPhail Centre in the annual Hockey Calgary Timbit Jamboree.

The tournament, which features boys and girls aged 5 and 6, will run from 7:45 a.m. to 8 p.m. on Joan Snyder Arena (B), Arena C and visitcalgary.com Arena (D).

In addition to face painting, balloon and tattoo artists and other activities, the Springfree Trampoline Jump Zone will open from 8 a.m. to 6 p.m. near the Garden Café to offer kids a safe and fun off-ice activity.

Inferno wrap up CWHL regular season

The Calgary Inferno wrap up their Canadian Women's Hockey League regular season this weekend with a two-game series in Brampton against the Thunder.

The WinSport-based Inferno have already secured a berth in the four-team Clarkson Cup championship tournament, which takes place March 4-7 in Markham, Ont.

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