

# RANT N' RAVEN



## 2011 Halifax Canada Winter Games - Feb 11 to 27

February 4, 2011

Congratulations on being selected to Team Yukon for the 2011 Canada Winter Games! The Rant n' Raven is the official newsletter of Team Yukon and is designed to keep you informed of happenings at the Games in Halifax and to make your participation as a part of our team more enjoyable. The newsletter will be produced daily during the Games and will be circulated to you each morning as well as being posted on the Sport Yukon website. We are very proud to have you represent the Yukon in this historic event and hope that you enjoy your experience very much and are great ambassadors for the Territory!

### 2011 Canada Winter Games Team Yukon

#### Week 1

**Squash** - 8 Athletes, 1 Coach, 1 Manager  
**Freestyle Skiing** - 5 Athletes, 1 Coach, 1 Manager  
**Male Hockey** - 20 Athletes, 2 Coaches, 1 Manager, 1 Equipment Manager  
**Female Curling** - 4 Athletes, 1 Coach  
**Biathlon** - 3 Athletes, 2 Coaches, 1 Manager  
**Speedskating** - 3 Athletes, 1 Coach, 1 Manager  
**Target Shooting** - 2 Athletes, 1 Manager  
**Artistic Gymnastics** - 4 Athletes, 2 Coaches  
**National Artist Program** - 3 Artists, 1 Manager

#### Week 2

**Archery** - 4 Athletes, 1 Coach, 1 Manager  
**Badminton** - 6 Athletes, 1 Coach, 1 Manager  
**Synchronized Swimming** - 3 Athletes, 1 Coach, 1 Manager  
**Male Curling** - 4 Athletes, 1 Coach  
**Figure Skating** - 3 Athletes, 2 Coaches, 1 Manager  
**Female Hockey** - 18 Athletes, 3 Coaches, 1 Manager, 1 Equipment Manager  
**Cross Country Skiing** - 10 Athletes, 4 Coaches, 1 Manager, 1 Wax Technician  
**Para Nordic Skiing** - 2 Athletes  
**Snowboarding** - 5 Athletes, 2 Coaches, 1 Manager, 1 Wax Technician  
**Table Tennis** - 3 Athletes, 1 Coach, 1 Manager  
**National Artist Program** - 3 Artists, 1 Manager



#### WEEK 1

Depart Whitehorse	Thursday, February 10 <sup>th</sup>	07:00	(PST)
Arrive Halifax	Thursday, February 10 <sup>th</sup>	19:15	(AST)
Depart Halifax	Saturday, February 19 <sup>th</sup>	20:45	(AST)
Arrive Whitehorse	Sunday, February 20 <sup>th</sup>	01:00	(PST)

#### WEEK 2

Depart Whitehorse	Saturday, February 19 <sup>th</sup>	07:00	(PST)
Arrive Halifax	Saturday, February 19 <sup>th</sup>	19:15	(AST)
Depart Halifax	Sunday, February 27 <sup>th</sup>	20:15	(AST)
Arrive Whitehorse	Monday, February 28 <sup>th</sup>	00:30	(PST)

Check in at 5:30 am

You will be required to provide 1 piece of photo ID

Food will be provided but please bring snacks and something to do, it's a 7.5 hour flight!

#### National Artist Program

We have three artists as members of Team Yukon travelling to the Games to represent Yukon.

They stay the entire two weeks to learn under senior arts facilitators, and experience unique opportunities individually and collectively through their art. The second week is spent collaborating to present a Gala presentation, showcased the final Thursday and Friday of the Games.



In-Flight Meals

#### What to Bring

- ✓ Team Yukon Uniform
- ✓ Toiletries
- ✓ Competition Uniform & Equipment
- ✓ Personal Medication
- ✓ Camera
- ✓ Spending Money
- ✓ Team Yukon & Host Society Participant Handbooks

#### What NOT to Bring

- × Sleeping Bag
- × Pillow
- × Backpack
- × Valuables



## Ceremonies

Opening Ceremony Friday, February 11th, 2011 7:00 pm at the Halifax Metro Centre	Closing Ceremony Sunday, February 27th, 2011 1:00 pm at the Halifax Metro Centre
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## Cafeteria Hours

Breakfast 6:00 am - 10:00 am  
Grazing 10:00 am - 11:30 am  
Lunch 11:30 am - 1:30 pm  
Grazing 1:30 pm - 4:30 pm  
Dinner 5:00 pm - 8:00 pm  
Grazing 8:00 pm - 11:00 pm

## Polyclinic

3rd Floor  
World Trade & Convention Centre  
6:00 am - 11:00 pm

All athletes must be accompanied by a coach, manager or mission staff for your first trip.

Accreditation is required.

## 2011 C.W.G. Mascots



**Sammi**



**Anni**

## T & T's Tips

- **Adjust your sleep patterns for the 4 hour time difference**
- **Don't lose your accreditation tag, its your ticket everywhere**
- **Wash your hands**
- **Dress comfortably for the trip**
- **Take time to appreciate where you are**
- **Meet new people from across Canada**
- **Get some sleep**
- **Get out of the village and get some fresh air**
- **Compete. This is what you've been waiting for!**
- **Breathe**
- **Hydrate**

**Tell your parents!**

**Monday, February 14th & Monday, February 21st**

**Atlantica Hotel**

**1980 Robie Street at Quinpool**

**1-888-810-7288**



## Team Yukon Mission Office

1-902-470-4250

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Trevor Twardochleb	Chef de Mission and Target Shooting/Archery	1-902-718-9875
Tracey Bilsky	Asst Chef de Mission and National Artist Program	1-902-719-8095
Charly Kelly	Photographer	1-902-719-8070
Megan Freese	Newsletter and Synchronized Swimming	1-902-719-8055
Paul Butra	Squash	1-902-719-8087
Vickie Dawe	Male Hockey	1-902-719-8092
Rose Heisz	Female Curling	1-902-719-8096
Laini Klassen	Speedskating	1-902-719-8069
Dan Pearson	Freestyle Skiing	1-902-719-8077
Sue Richards	Biathlon	1-902-719-8089
Tammi Sikorski	Gymnastics	1-902-719-8076
Jeane Lassen	Female Hockey	1-902-719-8092
Lucy Coulthard	Male Curling	1-902-719-8096
Cheryl VanBlaricom	Figure Skating	1-902-719-8069
Bill Stonehouse	Table Tennis and Badminton	1-902-719-8077
Linda Stratis	Cross Country Skiing	1-902-719-8089
Sue Deforest	Snowboarding	1-902-719-8076



Trevor Twardochleb  
Chef de Mission

Tracey Bilsky  
Asst. Chef de Mission