



RED DEER  
—JEUX DU—  
CANADA  
—GAMES—  
2 0 1 9



# *PARTICIPANT* **HANDBOOK**



*WELCOME  
TO TEAM*  
**SASK**

# TABLE OF CONTENTS

A MESSAGE FROM THE PREMIER	4
A MESSAGE FROM THE MINISTER	5
A MESSAGE FROM SASK SPORT	6
A MESSAGE FROM THE SASKATCHEWAN GAMES COUNCIL	7
A MESSAGE FROM THE CHEF DE MISSION	8
ABOUT THE CANADA GAMES	9
TEAM SASK CODE OF CONDUCT	12
TEAM SASK EXPECTATIONS	13
TEAM SASK MISSION STAFF AND CONTACT	14
FAMILY AND COACH RECEPTIONS	15
MEDIA AND COMMUNICATIONS	16
TEAM SASK GEAR	19
TRANSPORTATION	22
PACKING FOR RED DEER	25
ATHLETES' VILLAGE	27
52° NORTH MUSIC + CULTURAL FESTIVAL	34
PAST RESULTS: 2015 CANADA GAMES	35
MEET TEAM SASK	37



## A MESSAGE FROM THE PREMIER



### **"THIS IS OUR MOMENT"**

On behalf of the Government of Saskatchewan, I am pleased to bring greetings to Team Saskatchewan for the 2019 Canada Winter Games in Red Deer, Alberta.

The Canada Winter Games are a key event in the development of Canada's young and emerging athletes. The Games are a showcase of some of the best seasonal sporting events that our great country has to offer. For many of you, this event represents an important step in your athletic careers; the fulfillment of a dream to represent your province on the national stage.

As a dedicated athlete, coach, manager or mission staff, I commend your disciplined training, hard work and sacrifice. Congratulations on reaching this impressive level of competition.

Good luck at these Games and best wishes for your continued success in sport.

Scott Moe

A blue ink signature of Scott Moe.

Premier





## A MESSAGE FROM THE MINISTER



On behalf of the Ministry of Parks, Culture and Sport, I would like to congratulate all members of Team Saskatchewan who were selected to represent our province at the 2019 Canada Winter Games.

Qualifying to compete at a national level is an achievement that each athlete should be very proud of. The dedication, hard work and many hours of training has paved the path that has led each participant here today. The 215 elite athletes from our province who will compete in 19 different sports against some of the top athletes from across the country is a testament to the quality of sport programs offered in Saskatchewan.

Our government is proud to support Team Saskatchewan through the Saskatchewan Games Council with funding provided by the Saskatchewan Lotteries Trust Fund.

Many thanks to the parents, coaches, trainers, managers and mission staff for supporting our athletes and providing them with the necessary training and resources that have allowed them to pursue their passion and succeed in their sport.

I am proud of each Team Saskatchewan athlete for striving to achieve goals, whether individually or as a team. With sport having been such a significant part of my own life, there is no better feeling than knowing your perseverance, strength, and sacrifice is what brought you to this moment.

I'd like to wish each of our athletes the best of luck. The experiences and memories you will gain here at the 2019 Canada Winter Games will last a lifetime, so be sure to enjoy every aspect of it -- this is YOUR moment!

Sincerely,  
Gene Makowsky

Minister of Parks, Culture and Sport

## A MESSAGE FROM SASK SPORT



On behalf of Sask Sport, I am excited to welcome everyone to the 2019 Canada Winter Games.

These Games are a celebration of amateur sport and I look forward to hearing the stories of athleticism, sportsmanship and community that will unfold in the coming days and weeks.

I also want to extend best wishes to the more than 200 Saskatchewan athletes representing our province in competition. Hard work and determination have brought you to this stage and we're incredibly #SaskProud of your accomplishments, as well as the positive example you are setting for all athletes back home. Good luck as you take steps towards your goals at the Canada Winter Games and beyond!

We must also give a big thank you to the families as well as the coaches, officials and volunteers at all levels of sport. Without your immense contributions, events like this wouldn't be possible. Along with Saskatchewan's provincial sport governing bodies, you have built a robust amateur sport system that we are all proud of.

The many hours invested in preparation for this event have enabled participants to train, hone their skills and grow in both sport and life. Together, you're helping the next generation to set and accomplish goals, learn about leadership and teamwork and build memories and friendships that will last a lifetime. Truly, sport is more than a game.

Finally, a special thanks to our Mission Staff in Red Deer for all that they have done to prepare Team Saskatchewan for what is sure to be a fun and successful Canada Winter Games.

**Go Team Saskatchewan!**

**Leslie Blyth**  
Chair



## A MESSAGE FROM THE SASKATCHEWAN GAMES COUNCIL



Congratulations to all the members of Team Sask competing at the 2019 Canada Winter Games. These Games continue to provide an opportunity for our developing athletes to compete against the best in the country in a multi-sport environment. For many of you, it will be a stepping stone to the next level in your pursuit of excellence. You have worked and trained many long, hard hours to earn the right to represent Saskatchewan, and now you can wear the uniform with pride.

To the host community of Red Deer and surrounding areas, thank you for welcoming and hosting Team Sask, their families and friends. We appreciate the time and effort it takes to plan and organize such a first-class event, and wish to express a sincere thank you to the hundreds of volunteers for ensuring the success of the Games.

A special thank you to the Mission Staff who are giving their time to support and aid Team Sask.

On behalf of the Saskatchewan Games Council, I would like to commend all members of Team Sask for your accomplishments to date and wish you every success at these Games and all future competitions.

I hope you have a great experience and create a lifetime of memories at the Red Deer 2019 Canada Winter Games.

A handwritten signature in blue ink that reads "Chantelle Patrick".

Chantelle Patrick  
Chair

# A MESSAGE FROM THE CHEF DE MISSION



Congratulations, Team Sask! I am extremely honoured to serve as Chef de Mission for all of you who make up this incredible team of athletes, coaches, managers and mission staff who will be participating in the 2019 Canada Winter Games in Red Deer, Alberta.

Your commitment to sport excellence has been rewarded by being selected to represent our province in Canada's largest amateur multi-sport event. Competing against the best athletes in Canada will allow you to reach your athletic potential, pursue personal excellence, and develop socially and culturally within the context of ethical competition.

The Canada Games mean many things to many different people. For some of you, they are an important stepping stone along the road to international competition and even Olympic glory; for others, the Games may represent the pinnacle of your sporting career. For all participants, however, the Games are an opportunity to build lifelong memories, meet new friends from across the province and country, and enjoy the one-of-a-kind experience that only the Canada Games can bring.

There are many who deserve recognition for their contributions to your journey as an athlete at the Canada Games. A sincere thank you to the coaches, managers and support staff who have provided the leadership to prepare you for this level of competition. Your dedication and commitment to be the best you can be will be rewarded as you compete in venues throughout Red Deer, Kananaskis, and Calgary.

Parents, a very special note of appreciation to you for your support and cooperation in helping your athlete reach his or her goals.

Mission staff, thank you for your valuable contributions in ensuring a smooth and enjoyable experience for every participant.

Congratulations again on being selected as a member of Team Sask. We look forward to the challenges, competition, and fair play as we make Saskatchewan proud at the 2019 Canada Winter Games. Go Team Sask!

A handwritten signature in black ink, which appears to read 'Mark Bracken'. The signature is stylized and fluid.

Mark Bracken, Chef de Mission



# ABOUT THE CANADA GAMES

## WHAT ARE THE CANADA GAMES?

The Canada Games are Canada's largest multi-sport event for developing youth who are pursuing spot excellence at provincial, national, and international levels. The 2019 Canada Winter Games in Red Deer will feature 3,600 athletes, 20,000 spectators, 19 sports, 17 days of competition, and a major arts and cultural festival. Over 100,000 alumni across the nation can proudly say they have been a part of the Canada Games.

## WHEN ARE THEY HELD?

The Games are held every two years, alternating between summer and winter games. The Games are hosted in different parts of Canada on a provincial/territorial rotational basis. Saskatchewan has played host three times during the Games' 52-year history: 1971 in Saskatoon (Winter); 1989 in Saskatoon (Summer); and 2005 in Regina (Summer).

## HOW WERE THE CANADA GAMES STARTED?

The Canada Games were created by the Amateur Athletic Union, a private, not-for-profit National Sport Organization, with significant funding provided by the federal and Quebec governments. Following the formation of Fitness and Amateur Sport Canada in 1968, the Canada Games became a program of the federal government. In 1991, the Canada Games Council, a private, not-for-profit organization was formed to steward the Games.

## WHEN DID THEY BEGIN?

Quebec City hosted the first Canada Winter Games in 1967 as part of Canada's centennial celebrations. The first summer version of the Games was staged two years later in Halifax, Nova Scotia. Each province has hosted the Games at least once, and to date, Yukon has been the first and only territory to play host.

## WHO PARTICIPATES?

Athletes from all provinces and territories in Canada who qualify through a formal selection process participate in the Games. In 1993, the Canada Games added competitions for athletes with disabilities, including Para sport and Special Olympic disciplines. Each provincial and territorial government is responsible for coordinating the formation of a provincial/territorial team, with the assistance of the respective provincial/territorial sport governing bodies.

## WHO ORGANIZES THE GAMES?

The Canada Games Council governs the Games. National Sport Organizations (NSOs) are responsible for establishing the competitive categories and technical requirements for the Games in conjunction with the Provincial Sport Organizations (PSOs) and the Canada Games Council. The host municipality establishes a Host Society, consisting of community volunteers who are responsible for planning, fundraising, marketing, organizing, and staging the Games.

## WHAT ARE THE GOALS AND OBJECTIVES OF THE GAMES?

The goals of the Canada Games are to:

- Provide for the progressive and systematic development of prospective high performance athletes through programs which have the Canada Games as their focal point;
- Celebrate sporting excellence, Canadian youth, and Canadian unity through sport;
- Enhance the Canadian sport system as a whole by showcasing the talents and efforts of Canada's best prospective high performance athletes;
- Promote and instil values associated with excellence and fair play in the minds of Games' participants, and through their efforts, among Canadians generally;
- Provide an opportunity for selected sports (i.e. those on the Canada Games program) to enhance development and participation in Canada; and
- Convey and demonstrate, to the Canadian sport community and the general public, the principles and the positive social and cultural values which distinguish sport in Canada.
- Provide opportunities for the upgrading and construction of sport facilities; and
- Provide a human and physical legacy within the host community.

## WHAT AWARDS CAN BE WON AT THE CANADA GAMES?

In addition to medals won by the athletes, there are three important awards that can be won at the Canada Games:

**THE CENTENNIAL CUP** is awarded to the province or territory that makes the greatest improvement from Summer Games to Summer Games (or Winter Games to Winter Games). In determining the change in a province's improvement from Games to Games, each province's performance in a sport is compared to its performance in the last Games. The point differences for each province in each sport are combined to give an overall measure of change, and the province with the greatest positive change is awarded the Centennial Cup. Saskatchewan has won the Cup three times: 1983 (Saguenay-Lac-St-Jean), 1989 (Saskatoon), and 2007 (Whitehorse).

**THE JACK PELECH AWARD** is presented by the Interprovincial Sport and Recreation Council to the provincial or territorial team whose athletes, coaches, managers, and mission staff best combine competitive performance, good sportsmanship, and a spirit of fair play, co-operation, and friendship. The award is named after Jack Pelech, Chair of the Board of Directors of the Canada Games Council from 1971 to 2001. The award is determined by ballots received from the Chef's de Mission from each province and territory. Saskatchewan has won the award once, in 2001 (London).

**THE CLAUDE HARDY AWARD** serves to recognize the talents and dedication of a provincial or territorial Mission Team. The first Claude Hardy Award was presented at the 2001 Canada Summer Games in London, Ontario. Saskatchewan has won the award twice, in 2011 (Halifax) and 2015 (Prince George).

## WHERE AND WHEN ARE THE NEXT CANADA GAMES?

The 2021 Canada Summer Games will be held in Niagara Region, Ontario.  
The 2023 Canada Winter Games will be held in Prince Edward Island.

# TEAM SASK CODE OF CONDUCT

You have been selected as a member of Team Sask 2019 on the basis of your individual athletic merit. However, as a Saskatchewan athlete, you are judged not only as an athlete but also as a representative of our province. Your personal conduct in and out of competition reflects on Saskatchewan's image and it becomes the responsibility of each member of Team Sask to promote and safeguard our provincial pride and reputation.

## **WE ARE GUESTS OF THE HOST SOCIETY AND CAN ASSURE OURSELVES AND OUR TEAMMATES A POSITIVE AND REWARDING EXPERIENCE BY REMEMBERING:**

- As members of Team Sask, we are ambassadors for our sports, our provincial sport organizations, and all of the people of Saskatchewan.
- To conduct ourselves at all times in a manner that shows a spirit of sportsmanship, fair play, co-operation, and respect for others at all times.
- To participate in the spirit of fair play and faithfully adhere to the competition regulations.
- To abide by the rules of Team Sask 2019 and of the Canada Winter Games as well as those guiding our behavior in the Athletes' Villages, the competition site and in the Host Community.
- To put forth our best effort in all our competitions and accept, with pride, the result that effort brings us.
- To respect the efforts of our opponents and the decisions of competition officials.
- To be gracious in victory and applause those who are victorious over us.
- To respect the rights of the residents of Red Deer, Calgary and Kananaskis as well as those of our fellow guests from the other provinces and territories.
- To participate in the Canada Winter Games is a privilege, and we will wear the Green and White of Saskatchewan with pride.
- To abide by the Team Sask Code of Conduct which we have read, agreed to and signed.



# TEAM SASK EXPECTATIONS

## **AS A MEMBER OF TEAM SASK, YOU MUST:**

- Respect and abide by the Team Sask Code of Conduct that each member of Team Sask 2019 has agreed to and signed.
- Respect and abide by the scheduled curfews.
- Respect and abide by the rules and regulations established by the Host Society and outlined in the Athletes' Handbook.
- Reside in the Athletes' Village.
- Wear the assigned Team Sask Walkout Uniform at Opening and Closing Ceremonies of the Games and of your sport and as directed by the Chef de Mission or your coach.
- Wear your Team Sask Walkout Uniform at medal presentations and for media interviews.
- Respect and obey the Clean Air Policy and smoking ban at the Games Venues and Facilities.
- Respect and obey the laws of alcohol at Games Venues and Facilities.
- Respect and obey the laws of the country, province, and communities.

# TEAM SASK MISSION STAFF AND CONTACT

Mission staff are integral members of Team Sask 2019. They're a dedicated group of spot volunteers and professionals who, under the direction of Chef de Mission **MARK BRACKEN**, are responsible for the overall management of Team Sask prior to and during the Games. They act as a link between the team and the staff, as well as with host society volunteers that work behind the scenes to organize the Games in Red Deer. Most members of the mission staff are assigned to sports and work on behalf of Team Sask so that athletes, coaches and managers can focus on competing to the best of their abilities and enjoy their 2019 Canada Winter Games experience. The mission staff will deal with issues as they arise, answer questions or concerns, and of course, cheer you on!

In addition to one or more Mission Staff per sport, there is also a Chef de Mission and Assistant Chef de Mission. These two have been involved in the planning stages of the Games since the beginning and are considered to be the "team captains" of Team Sask. A core group of Mission Staff are responsible for Team Operations and Communications, which includes the organizing of transportation, registration, accommodations, team uniforms, pins, social media, the website, media relations, photography, and more.

Team Sask is also bringing a full Integrated Support Team to Red Deer. This team includes a Medical Liaison, who is responsible to communicate medical concerns or issues to the Chef de Mission and host; a Sport Dietitian, who will work with each team to ensure their nutrition supports peak performance; and two Mental Performance Consultants, who are available to teams and individuals upon request before and during the Games.

## MISSION OFFICE AND CONTACT

The Team Sask Mission Office is located in **ROOM 2303** on the second floor of Red Deer College.

Phone: (403) 356-5119

Email: [SASKATCHEWAN@CANADAGAMES2.CA](mailto:SASKATCHEWAN@CANADAGAMES2.CA)

To send a message to athletes, coaches, managers or mission staff at the Games, please indicate who the message is for in the subject line. Be sure to include the name of the team member and his/her sport.

# FAMILY AND COACH RECEPTIONS

Without the support of parents, family, coaches, managers and technicians, amateur sport in Saskatchewan wouldn't be a possibility. So we want to give our thanks!

The Saskatchewan Games Council will be hosting two come and go appreciation receptions to recognize the supporters of Team Sask in Red Deer, one for each week of competition. These drop-in evenings will celebrate the contributions of these supporters and will include door prizes, refreshments, and good fellowship.

Team Sask souvenirs will also be available for purchase via debit or credit.

## WEEK ONE

Sunday, February 17  
Black Knight Inn  
2929 50 Ave  
Red Deer, AB  
8:30 - 11:00 PM

## WEEK TWO

Tuesday, February 26  
Black Knight Inn  
2929 50 Ave  
Red Deer, AB  
8:30 - 11:00 PM

# MEDIA AND COMMUNICATIONS

The role of our communications team is to tell the stories and successes of Team Sask, and we can't wait to shine the spotlight on you. Communications mission staffers Karen, Tyler and Jody will be on the ground working with each sport to ensure our team receives all the recognition fitting of high-performance athletes competing on the national stage!

## WEBSITE AND PHOTOGRAPHY

[TEAMSASK.CA](https://teamsask.ca) is your source for Games information, including team rosters, medal counts, media releases, and more.

High-resolution photos of Team Sask can be found at various places during and after the Games.

- **JODY BAILEY** is our team's official photographer, and his photosets and galleries will be made available for viewing and download online during the Games. The links will be promoted on our website and on social media as they become available.
- The Canada Games Council and the 2019 Canada Winter Games will be hiring professional photographers to cover the Games. As photos of Team Sask are uploaded online by those respective Flickr accounts, they will be "favourited" by our team and available for download in the [TEAM SASK FAVES SECTION ON FLICKR](#). Check back regularly, as photos will be added throughout the day.

## SOCIAL MEDIA

Team Sask is active across social media and will be posting regularly before, during and after the Games. You can find Team Sask on [INSTAGRAM](#) | [TWITTER](#) | [FACEBOOK](#)

Make sure to follow us, tag us using **@GOTEAMSASK** and use the hashtags **#TEAMSASK** and **#CWG2019** in your posts and stories on social media. You can also email or DM us your photos in team or competition gear, or tag us in your posts, for a shoutout or repost.



## MEDIA

Throughout the course of the Games, you may be asked to speak with the media. In some cases this will be arranged through the mission staff, coach or manager. If this is not the case, please make them aware of the request.

The media are looking for the best possible story. They are not only concerned with the winners -- they are looking for intriguing stories about interesting people, controversial situations, and special angles. If you present yourself and your team in a positive manner, it will bring good publicity to you, your team, and your sport.

Courtesy of [TEAM BC](#), here are some great tips to ensure you're prepared for your moment in the media spotlight:

**BE PREPARED** | Spend some time thinking of which questions you may be asked before, during, and after the competition. Think about some stories or issues that may arise and how to deal with them if asked for an interview.

**ANTICIPATE THE QUESTIONS** | Questions asked in an interview should not be a big mystery. You can anticipate most of them and have your answers ready.

**LISTEN TO THE QUESTION** | Many of the questions asked are not really questions. Any questions that start with "Do you think" or "Isn't it true that" are not as tough as they sound. You can answer the questions briefly and then move on to your message, no matter what the question. If you get a question like, "What was good and bad about the Games," answer the part you want to answer and ignore the other part unless you are asked again.

**GIVE YOUR POSITION** | Do not allow interviewers to put words in your mouth. If you have a position on an issue, state it clearly. If they try to get you to change your position, keep coming back to your message. It is also a good idea to think of different ways to deliver your message.

**SIGHT BITES** | Someone who makes an embarrassing or inflammatory gesture or remark is liable to become a sight bite. The cameras and microphones are always on, and you do not want to do or say something that could embarrass you or your team.

**DIFFICULT SITUATIONS** | If you run into a difficult situation, saying nothing is the worst thing that you can do. It gives the journalist the opportunity to assume the worst and write whatever they want. Whether you get your message across on a written statement, press conference, or in an interview, know your message, deliver it, and then move on. If you don't, the difficult situation could become worse.

**BE BRIEF** | Answers should be short, to the point, and colourful. Long answers are boring, difficult to follow, and you may offer the media more information that you want to.

**INVENTORY OF STORIES** | If you or your team wins a medal, then you can predict which questions you will be asked. There are many other issues and stories that will come up which you can relate to and have many great quotes ready.

## *TSN/RDS BROADCASTING AND CANADA GAMES LIVE STREAMING*

Select competitions, as well as the Opening and Closing Ceremonies, will be broadcast live on TSN/RDS. The broadcast schedule [\*\*CAN BE FOUND HERE.\*\*](#)

Over 1000 hours of competition will be live streamed via webcast. The link to access the webcast stream will be communicated on our website and through social media.

# TEAM SASK GEAR

## CEREMONIAL UNIFORM

The Team Sask 2019 Ceremonial Uniform Set consists of 7 premium pieces, supplied by **KENORA DESIGNS** and including brands such as **PEAK SPORT, LULULEMON ATHLETICA,** and **CHAMPION.**

Included in your uniform kit is:

- Peak Sport insulated ski jacket
- Peak Sport joggers
- Lululemon Swiftly Tech Long Sleeve or Metal Vent Tech Long Sleeve
- Kenora Designs flannel
- Kenora Designs retro patch tee
- Kenora Designs Team Sask toque
- Kenora Designs Team Sask mittens with interior glove
- Champion 21L backpack

During the Opening and Closing Ceremonies (taking place indoors), Team Sask will wear the following pieces:

- Ski jacket
- Joggers
- Retro patch tee
- Flannel
- Team Sask toque & mittens

Members of Team Sask are asked to wear the Peak Sport insulated ski jacket during all medal ceremonies and media interviews/engagements.

**TRADING** | It's a long-held tradition at the Canada Games to trade pieces of your uniform for that of another province/territory. PLEASE NOTE: All participants, whether competing in week one or two, are required to wait until after your competition is complete and the Closing Ceremony is over before you exchange any piece of your uniform.

## PROVINCIAL/TERRITORIAL COLOURS

The Canada Games Council has designated each provincial/territorial team with its own distinct colour scheme. Team Sask is proud to wear the green and white!

<b><u>TEAM ALBERTA</u></b>	White, sky blue
<b><u>TEAM BC</u></b>	Blue, red
<b><u>TEAM MANITOBA</u></b>	Gold, black
<b><u>TEAM NEW BRUNSWICK</u></b>	Green, burgundy
<b><u>TEAM NL</u></b>	Maroon, white
<b><u>TEAM NWT</u></b>	Navy blue
<b><u>TEAM NOVA SCOTIA</u></b>	Royal blue
<b><u>TEAM NUNAVUT</u></b>	Red, yellow
<b><u>TEAM ONTARIO</u></b>	Red, white
<b><u>TEAM PEI</u></b>	Green, purple
<b><u>ÉQUIPE DU QUÉBEC</u></b>	Royal blue, white
<b><u>TEAM SASK</u></b>	White, kelly green
<b><u>TEAM YUKON</u></b>	Purple, red



## TRADING PIN SET

Each province and territory produces its own set of pins, the collection and trading of which has traditionally been seen as a sport all its own at the Canada Games! People tend to get competitive searching for the best and most elusive pins (these are thousands of athletes here, after all...), but pin trading is also a great way to break the ice and meet new people from all across the country. The 2019 Games will be no exception!

The Team Sask 2019 pin set, produced by **THE PIN PEOPLE**, commemorates our journey towards the 2019 Canada Winter Games: “The Road to Red Deer.”

Living in this province, as spread out as it is, it’s just a fact of life that we spend countless hours travelling the Saskatchewan highways. We spend long days and hours driving to practice, training camps, competitions, tournaments -- and finally, the 2019 Canada Winter Games! The three pins that comprise the set take their inspiration from the iconic Saskatchewan highway signage we fly past every day in our pursuit of athletic success.

### **ALL ROADS LEAD TO RED DEER!**

All members of Team Sask will be provided with five pins of each design that can be kept as souvenirs or traded.

## CHEER GEAR AND MERCHANDISE

Team Sask cheer gear and merchandise (including sweaters, t-shirts, scarves, toques, mittens and more) will be available for purchase via debit or credit at the two Team Sask Family and Coach Receptions: February 17 and February 26.

Team Sask cheer gear is also being sold online at [TEAMSASKGEAR.CA](https://teamsaskgear.ca). After February 5th, merchandise can be purchased online for pick-up in Red Deer at the Canada Games Store, located at [BOWER PLACE](#).

# TRANSPORTATION

## GENERAL INFORMATION

Due to Saskatchewan's proximity to Red Deer, Team Sask will be chartering buses to transport athletes to and from the Games. Buses will depart from Regina and Saskatoon.

- Each participant may bring one personal luggage bag tagged with Village Tag, and sport equipment marked with a Sport Tag. A carry-on bag, which does not require a tag, may go on the bus.
- Snacks and refreshments will be available on the bus (granola bars/water). Participants may wish to bring their own snacks/refreshments.
- Three Engelheim buses are being used to transport participants and equipment.
- For departure back to Saskatchewan, the host will provide bagged lunches and refreshments.
- Week one and two participants will stop at Unity, Saskatchewan on the way to Red Deer for lunch and stretch break (Community Centre, top floor of Skating and Curling Rink).
- Travel release forms will be available for athletes wishing to travel home with their parents/relatives/other. Talk to your coach and mission staff to request a form.

## TO RED DEER

**THURSDAY, FEBRUARY 14** | Week one participants depart to Red Deer  
Sport equipment will be loaded on a cargo truck

**SATURDAY, FEBRUARY 23** | Week two participants depart to Red Deer  
Sport equipment will be loaded in the belly of the buses

### REGINA DEPARTURE

Northgate Mall Parking Lot (directly north of Bank of Montreal)

07:30 Arrive and begin loading personal luggage and equipment on buses/cargo truck

08:00 Depart Regina for Saskatoon

10:30 Arrive in Saskatoon

## **SASKATOON DEPARTURE**

Confederation Mall parking lot (north side of Safeway entrance)

10:30 Load personal luggage and equipment on buses/cargo truck

11:00 Depart Saskatoon

13:00 Arrive in Unity, SK for lunch break

14:00 Depart for Red Deer

17:00 Arrive in Red Deer (16:00 Alberta time)

## **WEEK ONE DEPARTURE/ARRIVAL IN RED DEER**

The Cargo Truck will transport all male hockey, ringette, freestyle ski, biathlon and wheelchair basketball equipment. The Cargo Truck will load equipment at the bus departure point and follow the buses to Red Deer. (The only exception is male hockey, as a bus and cargo van will be at the Ramada Inn Regina for loading of equipment and passengers at 06:45)

Upon arrival In Red Deer, the Cargo Truck will unload the sport equipment at the following locations, in the following order:

### **BIATHLON**

Riverbend

### **FREESTYLE**

Canyon Ski Resort

### **RINGETTE**

Collicutt Centre

### **HOCKEY - MALE**

Downtown Arena

### **WHEELCHAIR BASKETBALL**

Gary W. Harris Canada Games Centre

Upon arrival at the Athletes' Village, participants will unload their luggage and personal equipment. Please note the following procedure:

- Proceed to the main gym west entrance for luggage and personal equipment drop off.
- Proceed to the dining hall for supper (17:00 - 17:30)
- Proceed to the Margaret Parsons room for General and Team Sask orientation (17:30 - 18:30)
- Following the orientation, participants will return to the gym for pickup of luggage and proceed to their designated assigned room.

## **WEEK TWO DEPARTURE/ARRIVAL IN RED DEER**

Upon departure, all equipment and personal luggage will be loaded on the undercarriage of the buses. (Exception: Female hockey team will load at Ramada Inn at 06:45)

Upon arrival at the Athletes' Village, participants will unload their luggage and personal equipment. Please note the following procedure:

- Cross Country and Snowboard equipment will be transported to their respective venues.
- Female hockey equipment will be transported by bus to the Downtown Arena.
- Participants proceed to the main gym west entrance for luggage and personal equipment drop off.

- Proceed to the dining hall for supper (17:00 - 17:30).
- Following supper, proceed to the Margaret Parsons room for General and Team Sask orientation (17:30 - 18:30).
- Following the orientation, participants will return to the gym for pickup of luggage and proceed to their designated assigned room.

## FROM RED DEER

### **SATURDAY, FEBRUARY 23** | Week one participants depart to Saskatchewan

Participants will load personal luggage and equipment on designated Buses after week two participants have been dropped off. Details for loading equipment and luggage will be made available at the Games.

<b>PROJECTED DEPARTURE FROM RED DEER:</b>	17:30 (Alberta Time)
<b>PROJECTED ARRIVAL IN SASKATOON:</b>	24:00 (Saskatchewan Time)
<b>PROJECTED ARRIVAL IN REGINA:</b>	02:30 (Saskatchewan Time)

### **SATURDAY, MARCH 2** | Week two participants depart to Saskatchewan

Details for loading equipment and luggage will be made available at the Games.

Buses will depart to Saskatchewan immediately following the Closing Ceremonies.

<b>PROJECTED DEPARTURE FROM RED DEER:</b>	20:30 (Alberta Time)
<b>PROJECTED ARRIVAL IN SASKATOON:</b>	03:00 (Saskatchewan Time)
<b>PROJECTED ARRIVAL IN REGINA:</b>	05:30 (Saskatchewan Time)

## BAGGAGE TAGS

Each provincial/territorial (P/T) team will receive baggage tags for each member of their team, which are to be attached to **ALL LUGGAGE AND PERSONAL EQUIPMENT**. It is the P/T Team's responsibility to distribute the tags accordingly. P/T teams will also receive baggage tags for predetermined personal equipment.

For individual sports, baggage tags are to be distributed by P/T teams according to the approved personal equipment needs for each athlete. For team sports, personal equipment is to be transported in team bags. Generally, individual sport equipment will be checked in by the individual to whom the equipment belongs, whereas team sport equipment will be checked in by the coach, manager, or team technical support staff.



# PACKING FOR RED DEER

## WHAT TO BRING

When packing for Red Deer, remember to pack the appropriate clothing. Though the average temperature throughout February and early March in Red Deer is only -10, you can expect that the weather may be similar to what we see in Saskatchewan, so come prepared for freezing temperatures!

- Please leave valuables at home. If you don't need it, don't bring it.
- A water bottle, pillow and towels will be provided.
- The host society will provide a lunch bag and sleeping bag.

WHAT TO BRING
Team Sask ceremonial uniform
Sport competition uniform and equipment
Personal medications, health card and personal ID
Personal toiletries, shower sandals, laundry soap
Bus reading or entertainment, charging cords
Winter-appropriate clothing
Mitten or glove donation to Mitts for Many program (see below)

## MITTS FOR MANY

The **MITTS FOR MANY** program is a legacy left by the whole 2019 Team (athletes, coaches, managers, and mission staff from all over the country). The Host Society is encouraging athletes and participants from across Canada to support those less fortunate with a pair of mittens or gloves to the **MUSTARD SEED**, to help its vulnerable clients get through the winter.

**Please bring a new or gently used pair of mittens to place in our donation bin during the 2019 Canada Winter Games.** The central collection area/donation bin is located in the Gary W. Harris Canada Games Centre.

**WEEK ONE |** The Host Society will be holding a press conference on **FEBRUARY 16 AT 10 AM** at the collection area in the Gary W. Harris Canada Games Centre. Team Sask will be gathering for a pre-conference event at **9:20-9:30 AM** in the same location. If this does not interfere with your competition schedule, please join us at the Gary W. Harris Canada Games Centre to donate your mittens and take part in the media event!

**WEEK TWO |** At **10 AM ON FEBRUARY 27**, the Mustard Seed will thank week two athletes for their donation. If this time slot does not interfere with your competition schedule, please join us at the Gary W. Harris Canada Games Centre to donate your mittens and take part in the photo opportunity!

# ATHLETES' VILLAGE

## ACCREDITATION

You will receive an accreditation (ID) tag when you arrive at the Games. This is your all-access pass, and must be worn at all times. This tag will provide access to enter the Athletes' Village, the cafeteria, your competition venue(s), the Polyclinic, and more. If you lose your accreditation tag, contact your Mission Staff so it can be replaced immediately.

### **ACCESS CONTROL**

Admission to the Athletes' Residence and village buildings during the Games will be restricted to those who have proper accreditation. Admission will be granted to all accredited participants (athletes, managers, coaches, technicians), Mission Staff, and Athletes' Village Volunteers.

In addition to those listed above, admission to the Athletes' Villages will be granted to medical staff and medical volunteers.

## INCIDENTS

For the protection of all participants, any disruptive behaviour by any participant (athlete, coach, manager, technician, etc.) will be reported to the Chef de Mission. Criminal activity will be reported to the police and the respective Chef de Mission or Mission designate.

# ACCOMMODATIONS AND ROOMS

All participants will be housed at Red Deer College, with satellite villages in Calgary for Artistic Swimming and Kananaskis for Alpine Skiing.

## **RED DEER COLLEGE ACCOMMODATIONS**

Rooms will vary from townhouses with individual bedrooms to dorm-style rooms with bunk beds. Each residence building has 24-hour access control with paid overnight security. Participants are not permitted to access accommodations of the opposite gender. Mission Staff have a universal accommodations icon that allows them access in all buildings.

**CURFEW AND QUIET TIME** | Athletes are required to be in their rooms nightly before 12 AM for curfew. Quiet time takes effect at 11 PM each night. Exceptions are only made for those whose competition schedule goes later than curfew. A list of exceptions is provided to security each night from the competition venues. Entry points to village accommodations are monitored by paid security, who are responsible for access control. Any participant who violates curfew and/or quiet time are reported to their respective P/T Chef de Mission.

**KEY MANAGEMENT** | Any participant who has lost their keys, or cannot get into their unit, must report this to their coach or Mission staff. Coaches or Mission staff then contact the Accommodations Operations Centre to get a new key cut or access into the unit. Participants are responsible for the cost to replace each lost key.

**COST FOR LOST KEYS:**

- Key Fob = \$25.00
- Unit Front Door Key = \$50.00 + the cost of how many keys would need to be cut
- Unit Bedroom Key = \$50.00

**DAMAGES** | Each P/T is responsible for all damages or loss of Village property and furnishings, including accommodations keys. Any repair and/or replacement costs that are required are communicated to the appropriate Chef de Mission immediately. Team Sask will charge any damages back to the PSO who will need to collect from participants if desired.

**LAUNDRY, LINENS AND TOWELS** | The Athletes' Village has laundry rooms located in each residence area. Athletes are responsible for the payment of their own laundry service (coin laundry) and soap is available for purchase at The Lift Convenience Store on campus. If any assistance is required for operating laundry, please visit the Accommodations Operation Centre or Village Operations Centre.

**TOWEL EXCHANGE** | Participants are encouraged to swap towels midweek on towel exchange day at designated locations:

- Week one: Tuesday, February 19
- Week two: Tuesday, February 26

Participants may swap towels on any given day out of the Accommodations Operations Centre or Village Operations Centre.

**DEPARTURE DAY TOWEL AND LINEN EXCHANGE** | On departure day, athletes are asked to leave their soiled towels and bedding in the laundry bag provided.

**HOUSEKEEPING** | There is a schedule posted in your dorm of when cleaners will be in your unit; please try your best to not be in your room during this time.

**EQUIPMENT** | Athletes are permitted to bring team uniforms and smaller sport equipment into accommodation rooms. Equipment should be bagged and kept in the units. Equipment bags must be personal size and easily moveable.

**TROUBLESHOOTING** | If you require assistance, go to the Accommodations Operations Centre.

- 24 hour call line posted in each room
- Paladin Security
- Wifi access instructions are in your handbook and posted in your accommodations
- RDC Open (no sign-in required, just accept terms and conditions)
- Wifi in your accommodations is different, instructions in each unit

## SATELLITE VILLAGE DETAILS

### **ARTISTIC SWIMMING | DELTA BOW VALLEY HOTEL, CALGARY (WEEK ONE)**

- Upon arrival in Red Deer, the Artistic Swimmers will spend their first two nights in Red Deer at the college and be transported to Calgary by motor coach the morning of Saturday, February 16.
- The team will return to Red Deer the evening of Thursday, February 21.

### **ALPINE AND PARA ALPINE | KANANASKIS MOUNTAIN LODGE, KANANASKIS (WEEK TWO)**

- Participants will go straight to Kananaskis Village on Saturday, February 23.
- The teams will travel to Red Deer the morning of Thursday, February 28 and then will stay at Red Deer College until Saturday, March 2.



## MEDICAL SERVICES AND POLYCLINIC

The main Polyclinic is located in the Red Deer College Nursing Wing (1300 Wing).

The Polyclinic is available for athletes, coaches and managers for medical, therapeutic and pharmaceutical purposes by physicians, nurses and therapists. Other on-call referral services will be available, e.g. dentists and optometrists.

Athletes must be accompanied by a coach, manager, or Mission Staff on their initial visit. A physician's referral is required for all services offered at the Polyclinic. Services are available on a first come, first served basis.

Pre-competition taping will be available at the Polyclinic and sport venues. Athletes should organize their time to avoid wait times and any last-minute taping that could cause delays. Kineso tape will not be available; if you want kineso tape, please bring your own.

The Alpine Skiing Polyclinic will be located in the Pocaterra Room. A physician will be on site at the Nakiska Resort. Artistic The Swimming Polyclinic will be located at the Delta. A practitioner will be on site at the Sport Centre in Calgary.

**MEDICAL LIAISON** | Daysha Shuya is Team Sask's Medical Liaison. She is the link between the Host Society and Team Sask. Although Daysha is not allowed to treat athletes, she will offer expertise and observe athletes if necessary. Injured athletes should proceed to the Polyclinic.

**CANNABIS USAGE** | Cannabis is a prohibited in-competition substance by the World Anti-Doping Association. Athletes at the Canada Games are subject to doping control and all accordant penalties and consequences, as outlined in the Canadian Anti-Doping Program. Team Sask has a zero tolerance policy for usage of illicit and/or prohibited substances.

**FLU SHOT** | You will be in close proximity with many people during the Games. Protect yourself and others by getting the flu shot.

## POLYCLINIC HOURS AND SERVICES

TIME	VOLUNTEERS AND SERVICES	ROOM(S)
07:00 - 23:00	Physician, nurse, physiotherapist and athletic therapy	1322 1330 1325
17:00 - 20:00	Chiropractor and registered massage therapy	1330 1325
19:00 - 22:00	Mental health, psychology, sport psychology	1327
23:00 - 07:00	Night nurses for participants who require overnight observation (infirmery available) or require basic/ non-emergent service or assessment	1309
24 hours	Sexual Assault Text and Phone Crisis Line (in <a href="#">ATHLETE HANDBOOK</a> )	

## FOOD SERVICES

**SPORT DIETICIAN |** Heather Hynes is Team Sask's Sport Dietician. She is available to assist Team Sask participants with any food-related issues or questions.

### **DINING HALL**

The Dining Hall is located in Red Deer College at the Nova Learning Centre (Room 940). A grazing style menu will be available from 06:00 to 23:00 daily.

Specific meals will be available at the following times:

Breakfast: 06:00 – 10:00

Lunch: 11:00 – 15:00

Dinner: 16:00 – 20:00

No coats, bags or equipment will be allowed into the Dining Hall; they will all have to be left at the coat check.

### **VENUE FEEDING**

A pick-and-pack bagged lunch is available at the Athletes' Village for the following sports:

Gymnastics – Artistic & Trampoline / Figure Skating (Coaches) / Artistic Swimming / Speed Skating / Squash / Wheelchair Basketball

> Sports are dependent on the sport schedule and may change

**NOTES |** Participants are responsible for assembly and transportation of their bagged lunch to the venue. Refrigeration storage will be available at sport venue. Water and ice are available at sport venues.

### **FOOD SERVICES AT SPORT VENUES**

Participants are provided with meals at competition sites when they are unable to return to Athletes' Village:

Alpine Skiing / Biathlon / Table Tennis / Freestyle Skiing / Cross Country Skiing / Boxing / Snowboard / Archery / Judo

> Sports are dependent on the sport schedule and may change

## ENTERTAINMENT

Entertainment activities are scheduled daily from 15:00 until 22:30, with fluctuation dependant on the sport schedule and number of participants out of competition.

Confirmed athlete entertainment zones include:

ACTIVITY	ROOM(S)
Yoga Studio 07:00 (weekdays) 15:00 (daily)	2004
Planned activities (bingo, karaoke, etc.) Table games (pool, air hockey) Arcade games	Far Side Bar & Grill
Scheduled movies and scheduled speakers/entertainment acts	Margaret Parsons Theatre
Drop-in recreation activities (equipment sign-out); dependent on wheelchair basketball and badminton practice schedules	Main Gym
Video games, board games	Enclosed forum
Quiet lounge and cultural services	908 932
45 computers	Computer lounge
Outdoor fire pit	

## COACH HOUSE

Cornerstone Lodge, Red Deer College

07:00 - 10:00 no programming, used for meeting/work time

10:00 - 16:00 CLOSED

16:00 - 23:00 Open; programming/reception schedule TBD by CAC programming

Peak Nights: February 22 and March 2

# 52° NORTH MUSIC + CULTURAL FESTIVAL

In addition to showcasing the best amateur sport competition in the country, the 2019 Canada Winter Games will also feature a major music and cultural festival. [\*\*52° NORTH MUSIC + CULTURAL FESTIVAL\*\*](#) includes more than 70 acts performing over 10 days between February 16 and March 1, 2019. The lineup includes diverse talent from all across Canada.

This event is free and no tickets are required.

Confirmed performers inside the mainstage dome include:

**ALAN DOYLE** | February 23  
**ASHLEY MACISAAC** | February 23  
**BIF NAKED** | February 27  
**BRETT KISSEL** | February 16  
**BEAUTY & THE BASS** | February 17  
**FRANNIE KLEIN** | February 16  
**GORD BAMFORD** | February 22  
**HEADSTONES** | February 21  
**KIM MITCHELL** | February 28  
**K-OS** | February 27  
**RED DEER SYMPHONY ORCHESTRA** | February 24  
**THE REKLAWES** | February 22  
**SCOTT HELMAN** | March 1  
**THE STRUMBELLAS** | March 1  
**TROOPER** | February 28  
**WALK OFF THE EARTH** | February 17  
**WIDE MOUTH MASON** | February 21

52° North also features local artisans, food vendors and sponsor activations.

# PAST RESULTS: 2015 CANADA GAMES

The 2015 Canada Winter Games were held in Prince George, British Columbia. Team Sask came in fifth place in medal standings with a total of 28, and tied for fifth place in flag points with Team Manitoba. In 2019, we're looking to solidify our place in the top five for both medals and flag points and come out ahead of our key rivals Team Manitoba and Team Nova Scotia!

**#GOTEAMSASK**

SPORT	FLAG POINTS	MEDALS			
		GOLD	SILVER	BRONZE	TOTAL BY SPORT
Alpine (F)	2.5		1		<b>1</b>
Alpine (M)	4.0				
Archery	8.0				
Badminton	6.0				
Biathlon (F)	6.0				
Biathlon (M)	6.0	1	1		<b>2</b>
Cross Country (F)	5.0	3		1	<b>4</b>
Cross Country (M)	3.0				
Curling (F)	8.0			1	<b>1</b>
Curling (M)	7.0				
Figure Skating	12.0			1	<b>1</b>
Freestyle (F)	5.0				
Freestyle (M)	4.0				
Gymnastics	12.0			1	<b>1</b>
Hockey (F)	7.0				
Hockey (M)	4.0				
Judo (F)	5.0			2	<b>2</b>



Judo (M)	5.5		1	1	<b>2</b>
Ringette	3.0				
Snowboard (F)	-				
Snowboard (M)	5.0				
Speed Skating (F)	5.0		1		<b>1</b>
Speed Skating (M)	6.0	1	2	3	<b>6</b>
Squash (F)	3.0				
Squash (M)	4.0				
Artistic Swimming	6.0				
Table Tennis	8.0				
Target Shooting (F)*	8.0			3	<b>3</b>
Target Shooting (M)*	9.0	1	1	1	<b>3</b>
Wheelchair Basketball	9.0		1		<b>1</b>
<b>TOTALS</b>	<b>176.0</b>	<b>6</b>	<b>8</b>	<b>14</b>	<b>28</b>

**\*NOTE |** Target Shooting is not part of the sport calendar in 2019. Boxing has returned to the sport calendar for the first time since the Halifax 2011 Canada Winter Games.



# MEET TEAM **SASK**

# ALPINE AND PARA ALPINE

## **WHERE AND WHEN**

#CGAlpine | February 24 - March 2 | Nakiska Ski Resort / Canyon Ski Resort

## **MEN'S ROSTER**

Samuel Penkala, Regina

Ashton Brebner, Unity

Aidan Ohryn, Warman

Joshua Schramm, Regina (Para)

Pat Young, Regina (Para Guide)

## **WOMEN'S ROSTER**

Harley Harris, Landis

Bailey Coulter, Warman

Alexis Elder, Unity

Abigail Balkwill, Regina

## **STAFF**

Head Coach: Curtis Rousseau, North Battleford

Coach: Heather Sten, Canwood

Para Coach: Gord Poulton, Regina

Wax Technician: Ben Cousineau, Regina

# ARCHERY

## **WHERE AND WHEN**

#CGArchery | February 24 - March 2 | Westerner Park

## **MEN'S ROSTER**

Hunter Chipley, Estevan

Jacob Bourassa, Regina

## **WOMEN'S ROSTER**

Jay Gegner, Regina

J'Lynn Mitchell, Regina

## **STAFF**

Head Coach: Sherman Brown, Carievale

Manager: Monai Wanner, Estevan

# ARTISTIC GYMNASTICS

## **WHERE AND WHEN**

#CGGymnastics | February 16 - 22 | Colicutt Centre

## **MEN'S ROSTER**

Davey Boschmann, Saskatoon

Ashton Kotlar, Saskatoon

Josiah Besler, Saskatoon

Noah Royer, Grasswood

Jessie Georget, Domremy

Noah Royer, Grasswood

Jessie Georget, Domremy

Jordan Carroll, Saskatoon

Elliot Mack, Saskatoon

Riley Benson, Saskatoon

## **WOMEN'S ROSTER**

Emily Walker, Casa Rio

Alix Pierce, Saskatoon

Rya Wiebe, Martensville

Amanda Walker, Casa Rio

Aley Chrunik, Saskatoon

Amy Jorgensen, Saskatoon

Annika Yuzdepski, Saskatoon

Aley Chrunik, Saskatoon

## **STAFF**

Women's Coach: Chris Baraniuk, Saskatoon

Women's Coach: Lisa Pattison, Saskatoon

Men's Coach: Markos Biakas, Saskatoon

Men's Coach: Bryce Elliot, Prince Albert

# ARTISTIC SWIMMING

## **WHERE AND WHEN**

#CGArtisticSwimming | February 16 - 22 | Repsol Sport Centre, Calgary

## **WOMEN'S ROSTER**

Ainsley Bristol, Regina

Sydney Carroll, Saskatoon

Anna Dolgova, Saskatoon

Jordyn Friedt, Saskatoon

Bailey Hargreaves, Saskatoon

Kiara Kroetsch, Saskatoon

Kaibrie Lumbard, Lloydminster

Kallie Lumbard, Lloydminster

McKenna Martin, Regina

Emma Rainbow, Regina

## **STAFF**

Coach: Laurie Wachs, Saskatoon

Coach: Elise Marcotte, Calgary



# BADMINTON

## **WHERE AND WHEN**

#CGBadminton | February 24 - March 2 | Gary W. Harris Canada Games Centre

## **MEN'S ROSTER**

Brandon Redekop, Saskatoon

Trystan Black, Regina

Prasanna Sohani, Saskatoon

Chaitanya Sohani, Saskatoon

Jon Tu, Saskatoon

## **WOMEN'S ROSTER**

Madison Ong, Saskatoon

Nataly Eng, Regina

Emilie Martin, Saskatoon

Sunnie Chi, Saskatoon

Katherine Brennen, Saskatoon

## **STAFF**

Head Coach: Frank Gaudet, Regina

Manager: Taylor Martin, Saskatoon

# BIATHLON

## **WHERE AND WHEN**

#CGBiathlon | February 16 - 22 | River Bend Golf & Recreation Area

## **MEN'S ROSTER**

Logan Pletz, Regina

Brett Down, Regina

Michio Green, La Ronge

Aron Bargaen, Medstead

## **WOMEN'S ROSTER**

Makenna Weir, Regina

Hanne Stadnyk, Saskatoon

Chloe Bagen, Medstead

Janice Grundahl, Regina

## **STAFF**

Head Coach: Doug Sylvester, North Battleford

Coach: Natasha Mostat, Saskatoon

Manager: Darwin Bonk, Regina

Wax Technician: Duane Banman, Regina

# BOXING

## **WHERE AND WHEN**

#CGBoxing | February 16 - 22 | Westerner Park

## **MEN'S ROSTER**

Quinn Neald, Regina

Wayne Ducharme, Weyburn

## **STAFF**

Head Coach: Morgan Williams, Regina

Coach/Manager: Clinton Ducharme, Weyburn

# CROSS COUNTRY AND PARA NORDIC

## **WHERE AND WHEN**

#CGXCSkiing | February 24 - March 2 | River Bend Golf & Recreation Area

## **MEN'S ROSTER**

Aron Bargaen, Medstead  
Simon Chamberscrease, Regina  
Jesse Ehman, Saskatoon (Para)  
Matthew Gill, Prince Albert  
Michio Green, Camrose  
Nathan Weiman, Regina

## **WOMEN'S ROSTER**

Grace Craig, Regina  
Jessica Gill, Prince Albert  
Mackenzie Grove, Flin Flon  
Janice Grundahl, Regina  
Taylor Harrington, La Ronge  
Kryztle Shewchuk, Prince Albert (Para)

## **STAFF**

Para Coach: Colette Bourgonje, Prince Albert  
Coach: Andrew Brisbin, Saskatoon  
Coach: Robin Butler, Saskatoon  
Manager: Phyllis Bend, Regina  
Technical Support: Nathan Sedgewick, Canmore

# CURLING

## **WHERE AND WHEN**

#CGCurling | February 24 - March 2 | Curling Centre

## **MEN'S ROSTER**

Brecklin Gervais, Kronau

James Hom, Regina

Josh Donais, Zehner

Andrew Myers, Balgonie

## **WOMEN'S ROSTER**

Skylar Ackerman, Chamberlain

Madison Johnson, Saskatoon

Chantel Hoag, Gravelbourg

Samantha McLaren, Moose Jaw

## **STAFF**

Men's Coach: Marcia Gudereit, Regina

Women's Coach: Patrick Ackerman, Chamberlain

# FIGURE SKATING

## **WHERE AND WHEN**

#CGFigureSkating | February 24 - March 2 | Gary W. Harris Canada Games Centre

## **MEN'S ROSTER**

Damien Bueckert, Osler

Raine Eberl, Moose Jaw

Martin Haubrich, Dubuc

Tristan Taylor, Regina

## **WOMEN'S ROSTER**

Shallen Bear, Whitewood

Caidence Derenisky, Regina

Ryann Handley, Moose Jaw

Rhea Renwick, Regina

Rebecca Schindel, Saskatoon

Ashlyn Schmitz, Shellbrook

Victoria Sarty, Regina

## **STAFF**

Coach: Shauna Klettberg, Archerwill

Coach: Neil Tymoruski, Saskatoon

Manager: David Schultz, Regina

Apprentice Coach: Tasje Sharron, Shellbrook

Special Olympics Coach: David Czerniak, Regina

Athlete Assistant: Cathy Sarty, Regina



# *FREESTYLE*

## **WHERE AND WHEN**

#CGFreestyle | February 16 - 22 | Canyon Ski Resort / Winsport Canada Olympic Park

## **MEN'S ROSTER**

George Bobyn, Saskatoon

Sawyer Day, Battleford

Davis Dow, Lloydminster

Isaac Neufeld, Battleford

## **STAFF**

Coach: Cody Botham, Saskatoon

Coach: Curtis Sinton, Calgary

Manager: Andrea Ornawka, North Battleford

# MEN'S HOCKEY

## **WHERE AND WHEN**

#CGHockey | February 16 - 22 | Centrium / Downtown Arena / Kinex Arena

## **MEN'S ROSTER**

Justin Dueck, Waldeck  
Brett Mirwald, Saskatoon  
Nolan Allan, Davidson  
Joe Arntsen, Swift Current  
Logan Bairos, Saskatoon  
Logen Hammett, Regina  
Jacob Hoffrogge, Saskatoon  
Karter Prosofsky, Saskatoon  
Marek Schneider, Prince Albert  
Kevin Anderson, Regina  
Kyle Bocek, Moosomin  
Logan Cox, Prince Albert  
Ashton Ferster, Prince Albert  
Matthew Hodson, Saskatoon  
Gabriel Klassen, Prince Albert  
Logan Linklater, Kindersley  
Kirkland Mullen, Moose Jaw  
Cole Sillinger, Regina  
Blake Swetlikoff, Regina  
Hayden Wilm, Central Butte

## **STAFF**

Head Coach: Gordon Burnett, Regina  
Assistant Coach: Devan Praught, Prince Albert  
Assistant Coach: Rod Dallman, Wilcox  
Video Coach: Garrett Turner, Eston  
Equipment Manager: Josh Houseman, Central Butte

# WOMEN'S HOCKEY

## WHERE AND WHEN

#CGHockey | February 24 - March 2 | Centrium / Downtown Arena / Kinex Arena

## WOMEN'S ROSTER

Arden Kliewer, Saskatoon  
Chantel Weller, Saskatoon  
Allison Hayhurst, Wapella  
Anna-Liese King, Regina  
Ashley Messier, Wilcox  
Chance Sperling, Theodore  
Brooklyn Stevely, Regina  
Grace Tam, Saskatoon  
Kate Ball, Saskatoon  
Kennedy Bobyck, Regina  
Joelle Fiala, Clavet  
Miranda Heidt, Saskatoon  
Carissa Hogan, Rosetown  
Kaitlin Jockims, Saskatoon  
Jadyn Kushniruk, Saskatoon  
Anna Leschyshyn, Grasswood  
Taylor Lind, Shaunavon  
Jayda Sachs, Warman  
Grace Shirley, Saskatoon  
Abby Soyko, Prince Albert

## STAFF

Head Coach: Terry Pavely, Swift Current  
Assistant Coach: Greg Slobodzian, Clavet  
Assistant Coach: Tegan Shroeder, Lumsden  
Video Coach: Jean Fauchon, North Battleford  
Equipment Manager: Josh Houseman, Central Butte

# JUDO

## **WHERE AND WHEN**

#CGJudo | February 24 - March 2 | Westerner Park

## **MEN'S ROSTER**

Ghrandozz Aguilar, Swift Current  
Daniel Bagnell, Warman  
Euan Litzenberger, Saskatoon  
Maximus Litzenberger, Saskatoon  
Kyle Mckay, Regina  
Justin Mckay, Regina  
Stanislav Sheshnev, Indian Head

## **WOMEN'S ROSTER**

Miranda Bellisle, Prince Albert  
Sasha Chilibeck, Saskatoon  
Paige Irwin, Kronau  
Jannessa Keays, Prince Albert  
Elysia Kehrig, Regina  
Devrie Newsted, Lloydminster

## **STAFF**

Coach: Chad Litzenberger, Saskatoon  
Coach: Nancy Filteau, Webb  
Manager: Michael Horley, Edinburgh

# RINGETTE

## **WHERE AND WHEN**

#CGRingette | February 16 - 22 | Collicutt Centre / Kinsmen Community Arena

## **WOMEN'S ROSTER**

Abby Corney, Emerald Park  
Jaycee Cale, Regina  
Maya Fleury, Saskatoon  
Jenna Carter, Regina  
Kennedy Gray, Saskatoon  
Jordyn Voykin, Saskatoon  
Keala Fleury, Saskatoon  
Samantha Skaar, Regina  
Chandria Yang, Regina  
Sarah Blomquist, Saskatoon  
Hannah Corney, Emerald Park  
Kelly Davison, Saskatoon  
Sierra Page, Saskatoon  
Briana Hess, Pilot Butte  
Dana Sapieha, Saskatoon  
Holland Kozan, White City  
Mackenzie Janzen, Saskatoon  
Anna Markwart, Emerald Park

## **STAFF**

Coach: Darrell Liebrecht, Craven  
Assistant Coach: Colleen Butz-Purdue, Edenwold  
Assistant Coach: Kelly Markwart, Emerald Park  
Apprentice Coach: Mel Brockman, Saskatoon

# LONG TRACK SPEED SKATING

## **WHERE AND WHEN**

#CGSpeedSkating | February 16 - 22 | Great Chief Park

## **MEN'S ROSTER**

Mark Andre Doyon, Moose Jaw

Brad Heit, Saskatoon

Matthew Scutchings, Saskatoon

Dade Meinert, Saskatoon

## **WOMEN'S ROSTER**

Annika Marshall, Saskatoon

Meela Riben, Saskatoon

Emmarie Pelet, Saskatoon

Kali Ann, Friesen, Regina

## **STAFF**

Coach: Tim Comfort, Saskatoon

Manager: Verna Kergan, Moose Jaw

# SHORT TRACK SPEED SKATING

## **WHERE AND WHEN**

#CGSpeedSkating | February 16 - 22 | Gary W. Harris Canada Games Centre

## **MEN'S ROSTER**

Joshua Comfort, Saskatoon

Jackson Wright, Saskatoon

Daniel Pauli, Saskatoon

Keagan Waddington, Saskatoon

Bon Lowe, Saskatoon

## **WOMEN'S ROSTER**

Vanessa Coutu, Saskatoon

Ceili Bracha, Saskatoon

Heather Harrison, Saskatoon

Shannon Dallaire, Saskatoon

Cara Harms, Saskatoon

## **STAFF**

Coach: Chris Veeman, Saskatoon

Manager: Brenda Comfort, Saskatoon



# SNOWBOARD

## **WHERE AND WHEN**

#CGSnowboard | February 24 - March 2 | Canyon Ski Resort / Winsport Canada Olympic Park

## **MEN'S ROSTER**

Wyatt Ernst, Rosetown

Thomas Rusk, Prince Albert

Donovan Schiele, North Battleford

Tate Schiele, North Battleford

Rio Tucker, North Battleford

Kaleb Woodworth, North Battleford

## **WOMEN'S ROSTER**

Angelina McCaffrey, Saskatoon

Janaye Prieb, Melville

## **STAFF**

Coach: Russ Davies, Saskatoon

Coach: Jennifer Bernier, Meota

Manager: Roman Hermens, Edmonton

Wax Technician: Murray Ernst, Rosetown

# SQUASH

## **WHERE AND WHEN**

#CGSquash | February 24 - March 2 | Gary W. Harris Canada Games Centre

## **MEN'S ROSTER**

Noah Richter, Regina

Reed Fitzgerald, Rosthern

Isaiah Richter, Regina

Ethan Sutherland, Regina

## **WOMEN'S ROSTER**

Sana Rehman, Regina

Clarizze Perpetua, Melville

Khushi Goyal, Regina

Summer Schofield, Saskatoon

## **STAFF**

Coach: Chris Martin, Regina

Manager: Tara Richter, Regina

# TABLE TENNIS

## **WHERE AND WHEN**

#CGTableTennis | February 16 - 22 | Westerner Park

## **MEN'S ROSTER**

Syed Hasan, Regina

Joshua Lu, Grasswood

Gaoxing Xi, Saskatoon

## **WOMEN'S ROSTER**

Luyuan Fan, Regina

Aliya Liu, Regina

Ruby Sha, Regina

## **STAFF**

Coach: Paul Noel, Saskatoon

Manager: Alayna Chan, Saskatoon

# TRAMPOLINE

## **WHERE AND WHEN**

#CGGymnastics | February 24 - March 2 | Collicutt Centre / Kinsment Community Arena

## **WOMEN'S ROSTER**

Ashley Anaka, Saskatoon

Hannah Metheral, Regina

## **STAFF**

Head Coach: Samantha Anderson, Saskatoon

# WHEELCHAIR BASKETBALL

## **WHERE AND WHEN**

#CGWheelchairBball | February 16 - 22 | Gary W. Harris Canada Games Centre

## **MEN'S ROSTER**

Brady Arthurs, Saskatoon  
Tanner Bolianatz, Pilot Butte  
Bryson Bolianatz, Pilot Butte  
Jordan Bortis, Saskatoon  
Ekram Nabi, Saskatoon  
Garrett Ostepchuk, Regina  
Jared Sajtos, Saskatoon  
Jared Striemer, Saskatoon

## **WOMEN'S ROSTER**

Rachel Bindle, Saskatoon  
Shelby Harrower, Regina  
Kaelen Hoffmueller, Saskatoon  
Chantel Scherr, Saskatoon

## **STAFF**

Head Coach: Katie Miyazaki, Saskatoon  
Coach: Robert Sajtos, Saskatoon  
Manager: Ross Harrower, Regina

# MISSION STAFF

## LOCATION AND CONTACT

Team Sask Mission Office: **ROOM 2303**, Red Deer College

Phone: (403) 356-5119

Email: [SASKATCHEWAN@CANADAGAMES2.CA](mailto:SASKATCHEWAN@CANADAGAMES2.CA)

## ROSTER

Mark Bracken, Regina

Greg Perreux, Regina

Lorne Lasuita, Regina

Karen Lawson, Regina

Lisa Hoffart, Regina

Kyle McDonald, Regina

Heather Hynes, Saskatoon

Daysha Shuya, Regina

Tyler Daku, Regina

Jody Bailey, Edmonton

Darin Banadyga, Regina

Dale Measner, Regina

Crystal Longman, Punnichy

Leanne Schellenberg, Swift Current

Dale Kryzanowski, Regina

Erin Sobkow, Yorkton

Nathan Cole, Regina

Rod Schmidt, Regina

Darrell Baker, Regina

Barry Sonen, Shaunavon

Amber Holland, Loreburn

Rory Park, Regina

Sheila Guenther, Estevan

Joel Houseman, Regina

Chef de Mission

Assistant Chef de Mission

Operations and Logistics Lead

Communications Lead

Mental Performance Consultant

Mental Performance Consultant

Sport Dietician

Medical Liaison

Artistic Gymnastics

Trampoline

Communications

Communications

Boxing

Badminton

Judo

Wheelchair Basketball

Cross Country and Para Nordic

Figure Skating

Long Track Speed Skating

Short Track Speed Skating

Snowboard

Biathlon

Archery

Table Tennis

Curling (Male)

Curling (Female)

Ringette

Alpine and Para Alpine

Freestyle

Artistic Swimming

Squash

Hockey (Male)

Hockey (Female)



GO TEAM **SASK**

TEAMSASK.CA / @GOTEAMSASK