

Alex Gough Slides to Fifth Overall on World Cup

Alex Gough capped off a stellar 2012 season with a fifth-place finish in the women's race at the luge World Cup in Paramonova, Russia in February.



The fifth-place finish moved the 24-year-old Gough into fifth place in the final Overall World Cup standings despite missing one race. The most-accomplished luge slider in the history of the Canadian program became the first Canuck to win on home ice this year when she finished on top in Calgary. Gough also slid onto the bronze-medal step of the World Cup podium twice this year. The two-time Olympian was also part of Canada's relay squad that won a gold in Igls, Austria, silver in Whistler and a bronze at the World Championships in Altenberg, Germany.

"Overall it was a really good year. I made some big strides as far as consistency and having good results on tracks on don't normally do well on," said Gough. "It's hard right now because I didn't end the way I wanted, but I know I'll be happy with season because was must much more consistent than last year."

Congratulations for another great season Alex!

Alex Gough to Break in Sochi Olympic Track

Alex Gough will be one of 21 luge athletes that will slide into Sochi with dozens of more bobsleigh and skeleton athletes from around the globe to officially homologate the 2014 Olympic Winter Games track.

Athletes, coaches and technical officials will be in Sochi, Russia, March 5-9, to participate in the homologation of the track - the venue for bobsleigh, luge and skeleton competitions during the 2014 Games.

The homologation of the Sliding Centre is a joint project by the International Bobsleigh and Tobogganing Federation (FIBT), the International Luge Federation (FIL) and the Sochi Organizing Committee for the 2014 Olympic and Paralympic Winter Games to ensure a technical inspection and evaluation of the track.

The five days of testing and evaluation at the Sliding Centre will ensure the FIBT, FIL and Organizing Committee have the opportunity to:

- Inspect track construction
- Test venue safety
- Ensure track's technical dimensions are compliant with FIBT/FIL regulations
- Receive feedback for modifications/improvements as required
- Provide forum for international sliding athletes, technical delegates and additional identified experts to offer feedback to track operators
- Conduct operational/situational testing for the Sliding Centre staff/volunteers

Both the FIBT and FIL will have a number of technical experts on-site to participate in the homologation process over the coming days.

Canada's Youth Athletes finished One-Two on Overall Youth World Cup



The future looks bright for Canada's luge program as Canada's John Fennell and Mitchel Malyk grabbed the top two spots in the Overall Youth World Cup circuit.

Fennell locked up the Overall Youth World Cup title after winning four medals on the Youth World Cup circuit.

Calgary's 16-year-old Fennell won two gold, one silver and a bronze medal on the World Cup.

"Winning the overall title feels so rewarding to me because I have had the best season of my career so far," said Fennell. "Ending my youth career on this note gives me such a feeling of reward and accomplishment. Certainly my season had its ups and downs, but having this title going into my junior career gives me a very positive feeling for the future."

Fennell also represented Canada at the inaugural Youth Olympic Winter Games where he finished seventh.

Malyk finished second with three medals to his credit. The Calgarian slid to a gold, silver and bronze this year prior to winning the Youth Canadian Championships for the second-straight season.

Youth and Junior National Champions Crowned

Canada's next generation of elite luge athletes competed for the national youth and junior titles at the Fast Track Canadian Championships on the Olympic Track at the Whistler Sliding Centre in February.



More than 40 athletes from Alberta and British Columbia, between the ages of 7-16, competed for the national title. The following is a list of winners.

- Youth A Men - Mitchel Malyk (Alberta)
- Youth B Boys - Evan Wildman (Alberta)
- Youth C Boys - Jayke Janssen (Alberta)
- Youth D Boys - Garrett Reid (British Columbia)
- Youth A Women - Jenna Spencer (British Columbia)
- Youth B Girls - Nicole Pidperlyhora (British Columbia)
- Youth C Girls - Sam Judson (Alberta)

Congratulations to medalists and participants in all categories.

Own the Podium Names Anne Merklinger New Chief Executive Officer



Anne Merklinger, whose impressive career in high-performance sport spans more than four decades as an athlete and leader, has been named to a key leadership position for high-performance sport in Canada as the chief executive officer of Own the Podium Merklinger, who has been Own the Podium's director of summer sport since October of 2009, has been immersed in Canada's summer high-performance culture while working closely with Own the Podium's sport advisors, technical specialists along with the national sport organizations, the Canadian Olympic Committee, Canadian Paralympic Committee, Sport Canada and the private sector

Own the Podium will begin actively recruiting for a new director or summer sport. For more information on Anne Merklinger, please visit <http://www.ownthepodium.org/News/>



2012 Annual General Meeting Set for Calgary

The Canadian Luge Association will hold its 2012 Annual General Meeting in Calgary.

This year's event, scheduled for May 26 at 9 a.m. will celebrate a year of excellence for the Canadian luge program while developing strategies for an equally successful future.

Location and final details of the Annual General Meeting will be released shortly on the CLA website at www.luge.ca.

BCLA to Host Natural Luge Event in March



The BCLA will teach Canadian ages eight and older on the west coast how to luge from 10 am. to 2 p.m. on March 17 at Whistler Olympic Park

Participants will receive instructions from a BCLA coach and then have the opportunity to slide down the hill. All you need to do is have a ski or snowboard helmet, winter boots and gloves/mittens.

Participants will be required to carry their own sled back up the hill and pass it off to the next person in line.

Cost is \$15/person. Advanced registration is not necessary.

Get Connected with the Canadian Luge Association

The Canadian Luge Association is ramping up its presence in the world of social media after having launched its Facebook page last year. The page will highlight important information around Canada's luge community, while following the elite athlete's track to the podium on the World Cup. In addition, athlete quotes, photos, notes and video will also be displayed prominently on the page.

The success of the Facebook page will be as strong as its participation from the luge community, so we encourage you to join us and get involved.