

Jeff Christie Parks Sled to Begin Business Career



The leader of the Canadian men's luge team, Jeff Christie, is parking his sled to pursue a new dream in life and open his own brewery.

The two-time Olympian is moved from his hometown in Calgary to Victoria in September where he will complete step one of opening his own business and begin a Bachelor of Commerce program at Royal Roads University. The 28-year-old Christie is hoping to acquire the business acumen required to accomplishing his next dream of owning a microbrewery in Calgary.

"I have achieved my goals in luge, and I feel now is the right time to prepare myself for the next step of my life in the business world," said Christie, who took his first run down the WinSport Canada Olympic Park track 16 years ago. "I am very proud of my sporting career, but I realize in our society that it is very important to get a quality education, and gain the necessary work experience if I want to achieve my dream of becoming an entrepreneur."

Christie slid on the World Cup for more than a decade against the top athletes on the globe. In addition to competing at the 2006 and 2010 Olympic Winter Games, the speed junkie raced for Canada in eight World Championships where his top showing was an 11th-place finish. A model of steady progression, Christie competed in 74 World Cup races where his best showing was fifth in the seven top-10 finishes he racked up in his career.

Although retired, Christie is most defiantly not leaving the sport of luge or Canada's sporting scene. He still sits on the COC's (Canadian Olympic Committee) Athlete Commission, and has recently taken on two positions; a Director with the Maple Leaf Luge Club, and as an area representative with the B.C. Luge Association. For the complete story click here www.luge.ca/en/news/?id=758

WinSport Canada Expansion Simplifies Luge Training

Time is a precious commodity in the sport of luge - with races won in thousandths of a second.

Many of those blinks of an eye are gained at the start as the top athletes in the world hurl themselves down the canyon of ice at tracks around the world.

While the start isn't everything, it can mean the difference between winning a medal or settling for the thanks for coming out handshake.

To help prepare themselves for pulling the fastest starts in the world, the Canada's top luge squad has hit the ice on hockey rinks around Calgary over the last four years since Wolfgang Staudinger arrived in Canada to lead the program.



Sitting on their sleds, athletes paddle the lines of rink in an effort to do all the necessary technical work and biomechanic testing required.

The team's training tactic got a whole lot easier this spring as WinSport Canada officially opened the doors to its new Athletic and Ice Complex at Canada Olympic Park - a core facility within the organizations' vision to centralize resources for athletes with construction of the nation's first Canadian Sport Institute.

Luge athletes now have one-stop shopping with access to all of the training facilities, resources and services needed at Canada Olympic Park.

"The rinks are top notch and very convenient for us being right across the street from the Bob Niven Training Centre," said Staudinger. "It now provides us the opportunity to have access to all of the critical facilities required to achieve excellence: the track, start ramps in the Ice House, weight room and now the hockey rinks. We couldn't ask for anything more."

Working with the CLA's sponsor Fast Track Capital, Own the Podium and the Alberta Government, WinSport completed a \$175,000 upgrade to the start ramps in the Ice House in 2009 to better simulate track starts around the world.

Whistler's Jenna Spencer Wins 2011 Stacey Levitt Women and Sport Scholarship



British Columbia's Jenna Spencer was one of five athletes that were recognized in September by the Canadian Association for the Advancement of Women and Sport and Physical Activity as recipients of the 2011 Stacey Levitt Women and Sport Scholarship.

These young women, from various regions of Canada, all share a passion for sport, serve as role models in their communities, and believe in empowering others to lead a healthy and active lifestyle.

Spencer, of Mount Currie, B.C., was selected for her achievements in the sports of luge, dragon boat racing, along with canoe and kayak. The Stacey Levitt Women and Sport Scholarship was established in honour and memory of the life of Stacey Levitt, a superior athlete and top student who was struck and killed by a car while jogging on August 30, 1995. Stacey participated in sport for the sheer joy of the experience, its camaraderie, its teamwork and its competition. This is the 15th year that the \$2,500 scholarship has been awarded by her family to a young woman, a girls' team or sport organization that exemplify Stacey's ideals and qualities. Each recipient will receive \$500 and a copy of the book *I Am a Rose*, which is a compilation of poetry written by Stacey Levitt.

Stacey's parents, Ned and Cheryl Levitt, selected this year's recipients from a candidate pool of more than 500 applications.

Searching for the Next Canadian Luger



The Canadian Luge Association is targeting its next generation of luge athletes with four more Recruitment Camps in Calgary this year.

Athletes will receive an introduction to the sport of luge, and its equipment, prior to participating in a series of dry-land physical testing exercises to showcase agility, flexibility and all-around athletic ability. The day will culminate with a wheel luge sliding session to build a familiarity on the luge sled.

Camp coaches will be looking for athletes ages 8-14, with strong overall fitness, and who demonstrate a keen interest in sport and a willingness to learn.

Cost: \$30/person

Register at www.luge.ca

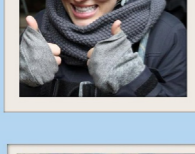
Summer 2011 Recruitment Camp Dates:

Calgary:	
October 15	9:30 a.m. - 12:30 p.m.
October 22	9:30 a.m. - 12:30 p.m.
November 12	8 a.m. - 11:30 a.m.
December 3	8 a.m. - 11:30 a.m.

Team Bonds in Whistler



The Canadian Luge Team headed to Whistler for one week in September with a single common goal - bond as a team prior to the start of the grueling World Cup season.



Athletes, coaches and support team members took part in a series of outdoor activities that included: downhill mountain biking, zip trekking, and provided some inspiration for young development-level athletes while attending one of their training sessions.

Battered, bruised and bloodied, one thing was for certain....



Mission Accomplished!

Canada's New Ice Meister

The only Canadian male ever to win a World Cup medal in luge, Tyler Seitz, will now play a critical role in preparing more Canadian athletes for success as the new Ice Meister in Calgary.

The 35-year-old Seitz was recently hired as WinSport Canada's manager of ice and plant operations for the 1988 Olympic Track - the same facility that he won a bronze medal in his final World Cup race in 2002.

The 2002 Olympian, who was elected to the Canadian Luge Association's Board of Directors in the spring, will be responsible leading the operation of the track area including the refrigeration of the track and Ice House.

"I decided to come back to sport because that is where my passion is," said Seitz, who brings extensive relationships with all sliding sport user groups to his new role. "I did not feel fulfilled in any other fields. Mr. Dan O'Neil (president of WinSport Canada) has a very similar goal for WinSport as I do. Being around this facility since 1988 as an athlete and employee, I know what it needs to move forward."

Tyler is the second Ice Meister to evolve out of the Seitz family. His brother, Tracy, was the man responsible for creating the competition ice at the Whistler Sliding Centre. The Seitz tandem are the only two brothers to run two different tracks anywhere in the world.

The CLA looks forward to working with Tyler in our quest for the podium.

CLA Hires Event Manager to Lead Planning for Calgary Luge World Cups

A familiar face in Canada's sliding sport community, Rusty Livingston, will be managing all events for the junior and senior luge World Cups in Calgary this winter.

The CLA recruited Livingston in an effort to continue building on the successful past of the Calgary stop on the Luge World Cup and make it one of the top events in the world.

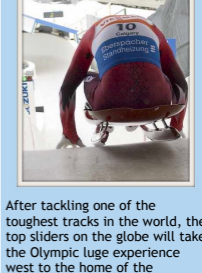
Livingston, who relocated to Calgary from Leduc, Alta. this summer, has a long history of involvement with Canada's sliding sports. A chief of race for bobsleigh and skeleton at the 2002 Olympic Winter Games, Livingston was the chief of race office and time for the bobsleigh and skeleton events at the 2010 Games in Vancouver-Whistler. The former track employee at Canada Olympic Park from 1993-98 worked for Bobsleigh Canada Skeleton from 1999-2002.

Welcome to the team!



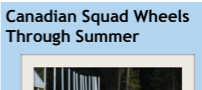
World's Top Luge Athletes Slide into Canada for Back-to-Back World Cups

For the first time since 2009, Canada will host back-to-back World Cups. The top luge athletes in the world will slide into the Whistler Sliding Centre for the first time since the 2010 Olympic Winter Games for the second stop on the World Cup circuit, December 9-10.



After tackling one of the toughest tracks in the world, the top sliders on the globe will take the Olympic luge experience west to the home of the Canadian Luge Association at WinSport's Canada Olympic Park, December 16-17.

Don't miss the action!



Canadian Squad Wheels Through Summer



Canada's luge athletes replaced the steels on their sleds for rollerblade-type wheels for two training blocks this summer.

In an effort to continue working on aerodynamics of the body and head positioning, while also being on a sled during the summer months, athletes hit speeds over 100 km/h down the Canada Olympic Park track.

Wheel sledding rounds out the summer training program that also includes strength training, paddling on ice in hockey rinks, starts in the Ice House, and cardio workouts.

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.

Quote of the Month

"When I first got involved in luge, our team were participants in World Cup races just happy to be wearing the jacket. Today, I am leaving our sport stronger than it has ever been. With the incredible support provided by Own the Podium, our first-ever title sponsor in Fast Track Capital, and the incredible facilities we have at Canada Olympic Park and Whistler, Canadian luge athletes now hit the start line fully prepared and focused on winning medals. I'm very proud to have been a part of this evolution of our sport."

...Jeff Christie