



VELOCITY

v é l o c i t é

January 2008

www.luge.ca

ARCHITECT OF NEW CANADIAN LUGE ASSOCIATION OFFICIALS COURSES

You don't have to be an athlete to appreciate the dedication and hard work that goes into turning any sport into a true passion. Marlene Vierboom, the architect of the new luge official's courses, is such a person. While she prefers to officiate and train new officials, rather than be in there racing, this does not diminish her commitment and time she has given to the sport of luge.

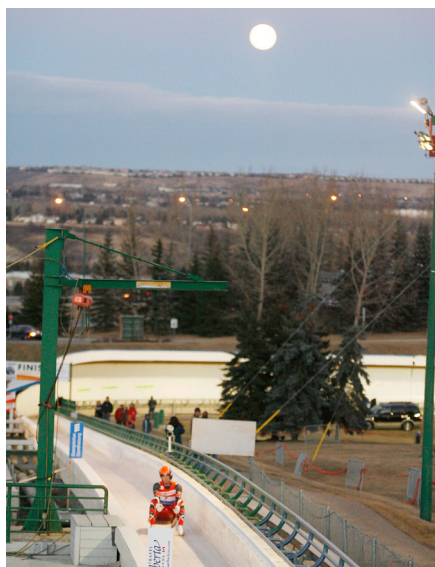
Vierboom served two terms as chairperson for the Canadian Luge Association officials group, and has been involved in the training, coaching and mentoring of officials since the early 90's. She currently sits on an advisory council, and was instrumental in completely revamping the format of the officials courses leading into Vancouver 2010.

With a background in training and adult learning, Vierboom was able to use these skills to identify the shortcomings of the existing courses and develop them into more effective programs that covered all the bases.

"The courses were very basic, very textbook and not nearly comprehensive enough," explains Vierboom. "It is important to understand from the get-go, the complexity of the sport. We let them know how luge is organized on all levels, educate people on the respective organizations and the history of the sport."

The new format is broken down into three levels of accreditation that include provincial, national and international.

The provincial level allows you to officiate at any event within your prov-



ince and has historically been made up of a group of enthusiastic parents. The two-day course allows for a lot of 'hands-on' experience, learning how to operate the radios and headsets. On day two you are asked to work a race alongside an experienced official so you are able to apply what you learned right away.

At the national level, the preference is that you remain active there for one to two years before moving up, but with the Olympics quickly approaching, that luxury won't be available. This two-day course again gets the participants out of the classroom and outdoors, gaining valuable, practical experience rather than spending the whole time reading out of the rule book. Here you will learn things like the processes followed at the start, finish dock and how to measure a sled. Different scenarios are also presented and participants are expected

to apply the rules know and interpret them.

Another improvement to the course is the use of technical aids such as video clips that enable the viewer to observe what goes on at different tracks.

An accreditation at the international level allows you to officiate at FIL events anywhere in the world. Again, experience is so important and veterans of the sport are brought in to share their knowledge. Obviously at this level you are fully aware of all the rules, but what the new courses offer is further practical experience. You will be trained by an ice expert where you will learn the finesse of icemaking and how to effectively walk the ice – a basic ICE 101.

In the end, it is Vierboom's hope that these new courses will help introduce and retain future leaders to continue the legacy of officiating Luge in Canada.

"This can be for anyone, a parent, member of your family or friend. It really is a great opportunity to get out in the winter and support sport," said Vierboom.

UPCOMING 2008 COURSES:

January 12 – 13, 2008

FIL Level, Calgary

February 3 – 4, 2008

Provincial Level, Calgary

March 8 – 9, 2008

FIL Level, B.C.

For confirmation on date and location, please visit www.luge.ca or contact Dana Krause for further information.

DOW

KARBON

nu•leus
Information Service Inc.

"Everything Internet"®

CANADIAN LUGERS RING IN NEW YEAR WITH SILVER CELEBRATION

Canada's top luge sleds teamed up to win a silver medal in the team competition at the World Cup in Königssee, Germany on Sunday.

The Canadian squad, made up of Calgary brothers Mike and Chris Moffat, Regan Lauscher, of Red Deer, Alta., and another Calgarian, Jeff Christie, finished captured their first second-place finish of the season in the World Cup luge team event behind the German powerhouse of Patric Leitner, Alexander Resch, Silke Kraushaar-Pielach and David Möller. An American quartet was third.

The Canadian team, which also included Meaghan Simister, of Regina, finished second in the overall World Cup team standings last year which demonstrates consistency. The team competition underwent a few changes last season, moving to a relay format. Every team consists of a doubles team, one female and one male, who each complete one run for a combined final time.

The event wrapped up a solid start to the New Year for the young Canucks who appear to be turning a corner on their track to the international podium. Canada's top luge



athletes are beginning to see the results of the initial ingredients needed to achieve success – a new coach, and the proper tools needed to win. With the help of Own the Podium, the Canadian Luge Association recruited Wolfgang Staudinger from Germany to guide the Canadian squad beyond the 2010 Olympic Winter Games.

The Canadians posted a number of strong results at the first World Cup of 2008. Regan Lauscher found her way back into the top-10 with a ninth-place finish, while Jeff Christie and the Moffat brothers were 11th in men's singles and doubles. Sam Edney also had a strong showing in Germany with a 17th-

place finish.

"The difference this year is Staudie <Wolfgang Staudinger> is telling us to just slide and not worry about what we're sliding on or the other things around the race," said Christie. "We are starting to see better results as a team because we are having good consistent runs and that is the key."

While the Canadians still have a long way to go to be regular podium contenders, the team is heading in the right direction.

"I think we are slowly seeing improvement and the athletes are starting to have more consistent performances," said Staudinger who added the team had an excellent training week in Germany. "We had 15 runs down this track this week to get the athletes comfortable with this difficult start ramp, and it shows that if you are given the tools, you can perform. We need to continue making sure we supply them with the proper tools in Canada, and the results will come, but we are starting to turn a corner."

The nation's top luge athletes will train over the next two weeks prior to competing at the World Championships in Oberhof, Germany, January 21-27.

YOUNG CANUCKS SET TO TAKE ON THE WORLD IN CALGARY

Canada's junior luge athletes, who have been making their mark on tracks around the world this year, are set to welcome the top young luge athletes from around the globe to Calgary for the Junior Luge World Cup, January 24-25.

Canada's junior luge athletes are putting down their final training runs of the fall and ready to take on the top junior luge athletes around the globe on the Junior Luge World Cup.

The following is a schedule of events around the Junior Luge World Cup in Calgary.

January 21-23	Official Training
January 24	Men's Doubles and Women's Races (5 p.m.)
January 25	Men's Singles Races (1 p.m.)

We look forward to seeing you at the track to cheer on the young Canucks!

SLIDING WITH CANADIANS AND TOURISTS TO CALGARY

The Canadian Luge Association is teaming up with CODA to offer Calgarians and visitors to the city the opportunity to hop on a luge sled and try the world-unique Olympic sport. Guests will receive an introduction to the sport, instruction from one of our country's nationally-carded athletes and experience the thrill of this sliding sport on the Olympic Track in Calgary. The cost for public to experience luge will be \$20/ride. All proceeds from the program will go directly to supporting the Canadian Luge Association's national development programs.

The next scheduled public luge rides are scheduled for February 10. Bring your friends, and hop on a sled.



WHISTLER SLIDING CENTRE SET TO WELCOME CANADIAN LUGE ATHLETES

It may still be two years until Canada's top luge athletes will take on world at the 2010 Olympic Winter Games in Vancouver, but in six weeks the national team will get its first taste of the Whistler Sliding Centre. The team will train at the Olympic venue February 25 to March 19, 2008.

While most Canadian athletes were at home taking a much-needed rest over the holiday break, Pierre Lueders, Canada's four-time Olympian and most decorated slider, along with brakeman Justin Kripps christened Canada's newest track, December 19, 2007, while taking the first set of runs at the new venue.

The testing was captured in a series of nine compelling photos released on Vancouver 2010's website. www.vancouver2010.com.

"What a rush... and what a privilege to be the first ones down the newest Canadian sliding track," said Lueders. "I've driven every track in the world and each one has its own personality. The Whistler track was challenging and will unquestionably test the skills of the world's best sliding athletes." Lueders, along with Kripps who is new to his four-man crew this year, will have their sights set on gold for the 2010 Games, along with many of Canada's top luge athletes.

Early test runs on the track are designed to test the newly formed track ice as well as the support facilities. VANOC decided to test 10 curves of the winding track beginning a lower start located one third down from the top of the track. The test runs started with a walk down the track to inspect and familiarize with the ice quality, lighting, visibility, speed and best line, accompanied by Terry Gudzowsky, technical delegate from the International Bobsleigh Federation.

Following inspection, Lueders and Kripps began a series of six runs from the lower start, which is approximately 520 meters down the 1450 meter lit competi-

tion track, with track workers cheering them on. The first test run included a short push start, a clean run, and a small jump during the slide leading into the deceleration zone due to an ice ridge, which was subsequently shaved down for the remaining runs. The six runs on the 10 winding curves tested were completed over the course of two hours.



"The first test run down a new sliding track is a big moment – and who better to take it than Pierre, one of the world's premier bobsleigh drivers and Justin, his brakeman from Summerland, B.C., who began his competition career just two years ago," said Craig Lehto, VANOC's director of The Whistler Sliding Centre. "We're pleased with the way the track performed in these first test runs

and made a few adjustments and observations that simply can't happen until a sled actually takes to the ice. The next step will be to test skeleton and luge sleds as well. This is just the beginning of tuning up The Whistler Sliding Centre for future competitions."

"Throughout the planning, design and construction processes, everything has gone according to plan," said Terry Gudzowsky, Technical Delegate for the FIBT. "Indications from the initial descents confirm our expectations that The Whistler Sliding Centre will quickly become one of the finest venues for sliding sports. We are excited about the prospect of having our international bobsleigh and skeleton athletes experience the challenges that this track will offer."

Track testing at The Whistler Sliding Centre will resume in late January 2008. The FIBT and the International Luge Federation (FIL) are expected to officially homologate (sanction) the track in the spring. The first international competition will be the FIBT World Cup in February 2009. VANOC announced the end of construction of The Whistler Sliding Centre in mid-December, however the venue remains under final development and is closed to the public.

FEEDING THE TALENT POOL – CLA SEARCHES FOR GIFTED ATHLETES

The Canadian Luge Association will continue its national recruitment initiative in an effort to continue developing world-leading luge athletes with a recruitment camp at Canada Olympic Park in Calgary, February 9, from 10 a.m. to 3 p.m.

Part of the Canadian Luge Association's aggressive recruitment strategy, the camps target Canadian youth who demonstrate athletic ability to the sport. Athletes will participate in a series of dry-land and ice training.

Starting in the Ice House at Canada Olympic Park, the young athletes will learn the mechanics of the sled and basic movements of the sport while maneuvering around pylons on wheel luge sleds. The camp will also include a series of physical testing in the gym and a presentation to complete the full introduction to luge.

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

