



VELOCITY

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CANADIAN LUGE ATHLETES WELCOME WORLD-LEADING COACH TO DRIVE THEM TO THE PODIUM

The Canadian Luge Team is poised to flex a little more muscle when they take on the best athletes from around the globe this winter, with the help of world-leading coach – Wolfgang Staudinger.

The Canadian Luge Association announced this summer that Staudinger (known as Staudi) will build on the years of hard work already invested in the program by Walter Corey in a effort to take the team to the next level. Corey has been promoted to the position of director of high-performance with the CLA.

Staudinger brings a list of accomplishments, both as an athlete and coach with the German program, as long as the Calgary track. While sliding for Germany between 1978 and 1989, he claimed an Olympic bronze medal, won gold at the European Championships, bronze at the World Championships, and racked up numerous World Cup performances during his illustrious career.

After retiring in 1989, Staudinger moved to Canada to coach the national team for three years. His career as a coach has since taken off over the last 15 years. Staudinger is determined to bring his experience while working with some of the top luge athletes in the United States and Germany to guide the Canadian program to its first Olympic medal finish.

"Canada has great potential and a strong base of athletes to work with in men and women's singles, and men's doubles," said Staudinger. "I believe that all the people involved with the Canadian program



– from the executive board to the volunteers – are providing the fundamental stability and professional base to offer a great working environment for our team to excel."

Staudinger's short-term goal is to bring consistency to the team and establish a baseline on the equipment side, beginning with adopting some of the technology knowledge into the Canadian program that has made teams like the Germans so dominant in the sport.

"I am not here to reinvent the wheel, but to build on the programs we already have

in place," said Staudinger following his first two weeks of training with the team in Canada. "We've made some small changes to our training that are mostly unknown to luge athletes around the world that I believe will give us an advantage. As a coaching staff, we are going to deliver a high level of consistent instruction. We are not going to create miracles, but I'm confident we'll get to the top as a group."

Following the first training stint together, where Staudinger noted the Canadians athletic preparation is equal to, or better, than the Germans, the team was enthusiastic to learn, work harder and get faster.

Staudinger and his wife, Marie-Claude Doyon who won a World Cup bronze medal for the Canadian Luge Team in 1987, will return to Canada in August with their eight-year old daughter, Rebecca.

Welcome Staudi!

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WALTER COREY PROMOTED TO DIRECTOR OF HIGH-PERFORMANCE

tion's first Director of High-Performance.

The Canadian Luge Association has been focused on delivering development and high-performance programs designed to achieve sustained international excellence, and has adopted a strategic approach incorporating long-term planning and enhanced athlete development as key strategies for achieving this plan.

Corey will provide a significant boost to achieving the Canadian Luge Association's goals for this plan. As Director of High-Performance, Corey will continue to work closely with the program's senior and junior athletes and coaches, while supervising the high-performance program; implementing a long-term athlete development model and a coaching development model; coordinating the national sliding centres in both Calgary and Whistler, and supporting athlete direction through clubs, provincial teams, and high-performance. Corey will also play a key role in liaising with our core partners including Own the Podium and Sport Canada to ensure our team is fully prepared in 2010.

Congratulations Walter and welcome to the office!



In less than 930 days, Canada's top luge athletes will be hitting the start house in Whistler to take on the world at the 2010 Olympic Winter Games. The Canadian Luge Association took a critical step over the last month in an effort to fully prepare our athletes to reach the podium in 2010, and

beyond.

After bringing Canada's top luge athletes to a level where they are now consistently breaking into the top-10, and knocking on the door of the international podium at all levels, Walter Corey will leave his post as head coach to take over as the organiza-

GRANT ALBRECHT PRIMED TO SOAR TO NEW HEIGHTS

Grant Albrecht is in the driver's seat to reach new heights both on and off the luge track.

The eight-year veteran of the men's doubles luge squad is balancing his intense summer training schedule with preparing for a career after sport – acquiring his helicopter pilot license.

"I basically have to do most of my luge training in the evening after class," said the 26-year-old Red Deer, Alta. native, who is attending the Big Horn Helicopter Flight School in Springbank, just west of Calgary, from 8 a.m. to 5 p.m. each day. "It is definitely a lot more difficult to get yourself motivated and competitive each day when you don't have your teammates around to push you, but I do my best and it has been working out well."

Part of the reason it has been a smooth flight this far is due to Albrecht's flight instructor – former speed skater and Olympic Oval employee – Mark McGee – who understands the training

demands on a high-performance athlete.

"Mark has been great and very understanding of the training I need to do with my teammates," said Albrecht. "It has been a balancing act traveling back and forth between school and training, but I'm committed to making sure I give everything I have to both."

Albrecht's passion for flying helicopters came a couple of years ago while working for CODA's operations team during the summer months. Part of his responsibility was to help set up the operation of the Beckie Scott High-Performance Training Centre on Haig Glacier – an on-snow summer training facility for Canada's nordic athletes in Peter Lougheed Provincial Park near Canmore.

"I just had a lot of fun the first time I went in a helicopter when I flew to the Haig," said Albrecht. "It is so unique and there are very few people that I've seen

get in a helicopter and not get excited."

Like his goal to getting to the top of the Olympic podium, acquiring his helicopter pilot license is no easy task. The two-time Olympian needs to accumulate 100 hours of flight training time which combines 55 hours of flying with an instructor, 35 hours solo and 10 hours solo cross-country.

"I know the intensity of our training program is really going to pick up as we get closer to Vancouver so that is why I needed to get the schooling done now as it requires a lot of time," said Albrecht, who is positioning himself for a professional career following the 2010 Olympic Winter Games.

Albrecht's goal of flying helicopters for the police, EMS or for a charter company will be parked once he gets his license this summer though.

"Once I complete my schooling,

my goal will be on sliding as fast as I can and doing my best in Vancouver," he said.

The ride on the track hasn't been completely smooth for Albrecht and doubles partner, Eric Pothier, over the last couple of years. With several top-10 World Cup finishes in their pockets, the Canadian duo have struggled recently due to a nagging back injury that has prevented Albrecht from racing in top form.

"My back is finally better now and we're starting to develop some good confidence," said Albrecht. "We have Stoddy back in the Canadian program and it has created some excitement and drive to get better each day. I'm really looking forward to the season and the next couple of years."

And if the flight path is perfect Grant Albrecht will fly away from Vancouver with a medal around his neck and launch the beginning of a new career!



KRAUSE IS CRAZY FOR LUGE

It's a cold, blustery winter day in November and an army of Canadian luge volunteers bundle up to battle the conditions and take their post alongside the Olympic Track in Calgary to successfully stage another World Cup and show their city off to the world.

"Being outside in -30 degree temperatures is never an issue. I just have to watch the athlete going down the track at 120 km/h in their race suit," laughs Dana Krause, who is currently the Director of Officials.

Krause is one of dozens of passionate luge volunteers in Canada that have been growing each season since he got involved in the sport 14 years ago. While dedicating countless hours to playing a small part in helping Canadian athletes succeed in the sport, Krause has held a wide range of roles in the

realm of race officiating – from track sweeper to race director at the FIL World Championships and representing Canada as a jury member at FIL World Cup events, both in Calgary and internationally.

Today, Krause is an elected member of the CLA Board of Directors, responsible for all aspects of luge officiating in Canada. Currently serving his fourth year on the Board, Krause works with a team of dedicated officials forming the CLA Officials Committee, representing the Provinces, FIL and appointed members to establish criteria and standards for race officials, create development programs, provide training and assign officials for all sanctioned luge races in Canada.

"We have more race officials in Canada than athletes, and without each and every

one of them, we would never be able to hold a competition," said Krause, who realized this small Canadian sport runs off the back of volunteers when his son Jorgen joined the program during the dark days of the sport in Canada in the late 1990's. "It is amazing to see the program now poised to produce success when just 10 years ago we could only field two athletes at the Olympics. The key ingredient through the entire time is the dedication of volunteers who keep on giving."

Life doesn't end at the track for Krause. When not directing race officials, he is also leading a global technology business as president of Control Microsystems Inc.

"I don't have the time to balance both. There just never seems to be enough time to do all the important tasks, but I manage with all the help of all the other dedicated volunteers," said Krause, who adds there is nothing more rewarding than watching an athlete achieve a personal best and knowing you may have had a little bit to do with that. "Volunteering is a way of life that allows you to simulate a passion that gives back in a positive way that few careers allow a person to do."

While Krause knows the time will come to make room for new blood to lead the troops, he is going to relish his time and continue bundling up each year to play his small role in ultimately helping to put Canadian athletes on the international podium.

"When I think of the next three years leading to Vancouver I can only think of EXCITEMENT," states Krause. "The opportunity to actively contribute to the success of Canada's luge athletes, and for Canada as the host nation, is overwhelming."

Knowing Krause will be along for the journey is equally exciting for the Canadian luge program.

DRESSING FOR SUCCESS

The Canadian Luge Association will be dressing Canadians in national team Karbon t-shirts throughout the year in an effort to raise additional funds for high-performance sliding programs.

In partnership with Karbon, the CLA will be selling the "Marathon Tee" at a discounted rate. The t-shirts, which are screened with the Canadian Luge Association logo, are being sold for \$25 each and

come in a variety of youth and adult sizes.

The shirts can be purchased through the CLA offices immediately, and will be available online starting in September at www.luge.ca.

Get your new t-shirt today and help the Canadian team climb onto the podium.

NEW SLIDING CLUB READY TO OPEN IN BRITISH COLUMBIA

The Whistler Sliding Centre Track Club is set to open its doors in an effort to support the development of the sliding sports in the Sea-to-Sky community.

The Whistler Sliding Centre will be one of

only 15 sliding tracks in the world, and the club will play a key role in supporting the track as they deliver unique opportunities and sliding programs along the road to the 2010 Olympic and Paralympic Winter Games, and beyond.

The new club held information sessions in July to generate awareness on the sliding sports, membership benefits, athlete development programs, and recreational sliding opportunities as Canada prepares for its newest track to open in early 2008.