

Fastest Athletes on Ice Back on Track

The NHL may not be hitting arenas this fall, but the ice is back in, and the action is heating up on the Olympic Track in Calgary and Whistler for Canada's luge athletes in October.

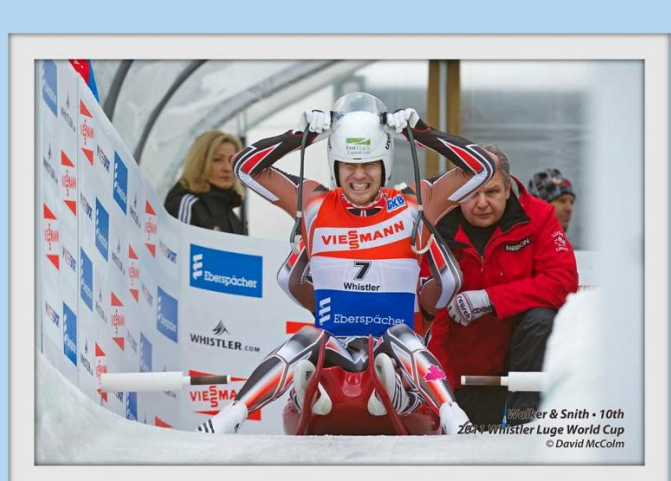


Taking advantage of one of the earliest openings on record, Canada's luge athletes fine-tuned their sleds and sharpened their steels in preparation for a month filled with on-ice training, selection races and Canadian Championships.

The road to Sochi 2014 looks promising for the Canadian Luge Team who looks to build on the momentum from one of its best seasons in the history of the program where Alex Gough became the first Canadian to win a World Cup gold medal on home ice last winter in Calgary. Gough added two more bronze medals in addition to celebrating a gold and two silver World Cup medals, and a bronze at the World Championships in the team relay in 2012.

Canada to Host Premier Event on 2013 Luge Calendar

The top luge athletes on the planet will be returning to the Whistler Sliding Centre for the marquee event on the 2012-13 race calendar.



Canada will host the 44th Luge World Championships of the International Luge Federation, February 1-2, 2013 for all race disciplines including men's and women's singles, doubles and the team relay which will make its Olympic debut in 2014. Whistler will also host an International Training Week, January 25-27 in advance of the World Championships.

In addition, the FIL will conduct nine World Cup races in six countries that will take athletes across North America and Europe.

World Cup Schedule:

- 1st Viessmann Luge World Cup Innsbruck-Igls AUT November 24-25, 2012
- 2nd Viessmann Luge World Cup Cesana ITA December 1-2, 2012
- 3rd Viessmann Luge World Cup Altenberg GER December 8-9, 2012
- 4th Viessmann Luge World Cup Sigulda LAT December 15-16, 2012
- 5th Viessmann Luge World Cup Koenigssee GER January 5-6, 2013
- 7th Viessmann Luge World Cup Winterberg GER January 19-20, 2013
- 8th Viessmann Luge World Cup Lake Placid USA February 8-9, 2013
- 9th Viessmann Luge World Cup Sochi RUS February 23-24, 2013
- 44th FIL Luge World Championships Whistler CAN February 1-2, 2013

Junior World Cup Schedule:

- 1st Junior Luge World Cup Lillehammer NOR December 7-8, 2012
- 2nd Junior Luge World Cup Koenigssee GER December 14-15, 2012
- 3rd Junior Luge World Cup Calgary CAN January 24-25, 2013
- 4th Junior Luge World Cup Oberhof GER February 1-2, 2013
- 5th Junior Luge World Cup Innsbruck-Igls AUT February 8-9, 2013
- 6th Junior Luge World Cup Winterberg GER February 15-16, 2013
- 28th FIL Luge Junior World Championships Park City USA January 15-16, 2013

The Race is On for National Team Selections

The ice is in and the sleds are prepped for the first races of the season - National Team Selections.

Canada's top senior athletes will take part in a three-race selection process in Whistler and Calgary, while the juniors will be evaluated during two races in Calgary followed by two more.

The selection races will determine who will represent Canada on the World Cup and Junior World Cup in 2012-13.



The following are race times and locations.

Senior Selections:

- Race #1 12 noon - 2 p.m. October 14 in Whistler
- Race #2 Canadian Championships 12 noon - 2 pm.. October 21 in Whistler
- Race #3 1-3 p.m. October 25 in Whistler

Junior Selections:

- Race #1 on October 16, 2012 at 830am in Calgary
- Race #2 on October 20, 2012 at 800am in Calgary
- Race #3 on November 2, 2012 at 1300pm in Whistler
- Race #4 on November 8, 2012 at 1300pm in Whistler

Track is Clear in Sochi

Canada's World Cup squad will be getting their first taste of the 2014 Olympic Track in Sochi, Russia while participating in the track's first International Training Week, November 5-14.

It will be the second visit to Sochi for Alex Gough. The two-time Olympian was one of 21 luge athletes that slid around Sochi in dozens of more bobsleigh and skeleton athletes from around the globe last March to officially homologate the 2014 Olympic Winter Games track.



The homologation of the Sliding Centre was 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 ensured the FIBT, FIL and Organizing Committee had 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 had a number of technical experts on-site to participate in the homologation process.

CLA Hires Rusty Livingston

A familiar face in Canada's sliding sport community, Rusty Livingston, will be managing all events for the junior and senior luge events in Canada in addition to helping out with marketing initiatives including the web site and social media pages.

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. last 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!



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 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.

CLA Hires Mikael Zavalov as Assistant Coach for the National Team

The Canadian Luge Association welcomes back Russian-based, Mikael Zavalov, as an assistant coach for the National Team.

A former athlete for Russia, Mikael was previously a development coach for Canada.

Mikael will play a critical role in preparing Canada's luge athletes for the 2014 Olympic Winter Games - not only on the track, but working through language and culture challenges in Russia.

Welcome to you Mikael.

Quote of the Month

"It feels awesome to be back on the sled again. It was a long year having to sit on the sidelines and watch as everyone was having an amazing year results-wise, but at the same time it was motivating me to get healthy and back on the sled stronger than ever. There's still some lingering issues with my vision from the accident, but I've been working with Dr. Gene Edworthy (an alumni slider himself) to find a system to work around these issues, and they seem to be working great so far."



...Brendan Hauptman

Whistler Makeover

The Whistler Sliding Centre will have a new look when the world slides onto Canada's west coast for the 2013 World Championships.



The Sliding Centre is building a new start house and ramp that will level the playing field for women's, doubles and team relay events. Located at the exit of curve six, previous called Novice start, the \$1.7 project will be 25 metres in length with a slope of 295 and five metre vertical drop. Access to the ramp will be on the top level of the three-floor start building, which will also include an athlete changing area along with a garage and storage space.



The new facility, which is expected to be completed this fall, will allow the FIL to host more international events on the 2010 Olympic Track.