



VELOCITY

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A MESSAGE FROM THE EXECUTIVE DIRECTOR

From the boardroom table to the finish line on tracks around the world, the post-Olympic season was a banner year for the Canadian Luge Association.

While the action in the boardroom is important, it is the athletes on the track that began to make their mark amongst the world's best – with members of our senior team enjoying breakthrough seasons, while the Canadian youngsters in the program proved the future is bright for our country.

Jeff Christie and Regan Lauscher led the way for our senior team athletes. Building off the experience gained from his first trip to the Olympic Winter Games in 2006, Jeff is now a legitimate podium contender each time he grabs the start handles for a World Cup race. Jeff completed the World Cup season with four top-10 finishes in eight races, including a sixth-place finish on his home track in Calgary.

Rested and re-energized after racing a condensed first half of the season, Regan Lauscher was also on pace towards posting her best season on record, prior to her season-ending injury sustained in Europe. Regan posted some of her fastest times ever, and nearly stepped onto the podium for the second time of her career when she clocked a new track record en route to a fourth-place finish at the Calgary World Cup.

Jeff and Regan were part of the

Canadian team which also included Chris and Mike Moffat and Meaghan Simister, who brought home a silver medal for finishing second in the overall standings of the World Cup team competition – the culmination of a season-long battle against the world's best luge athletes in all disciplines.

While the senior team continues to make headway on their track towards the international podium, the future of luge in the country is encouraging with the emergence of young athletes including Arianne Jones, Stefan Rath and Tristan Walker who gained significant experience this year. I am also delighted to share that we had a significant increase in the amount of athletes involved in our program over the past year with 25 new recruits.

Off the track, it was a gold-medal season for the Canadian Luge Association.

The Canadian Luge community held two very successful events when the top natural luge athletes slid into Grand Prairie, Alta. in February for the first Natural Luge World Championships ever staged in North America. The Canadian team was led by Kaj Johnson with an 11th-place finish. We also all

teamed up and contributed to what many believe was our most successful World Cup ever at Canada Olympic Park, with approximately 3,000 spectators who came out to enjoy fantastic racing and three local bands while trying to win the coveted Sony Play Station 3 which was raffled off on the final day.

Outside of race action, our athletes and executive leaders also made their mark on the international stage. Jeff Christie was selected by his peers to represent them on the International Luge Federation (FIL) – Sport Commission. Jeff will be the lone athlete on the Commission for the next four years, and will be counted on to weigh-in on issues and discussions surrounding the luge community.

I am also very excited to announce and congratulate Ed Moffat, president of the Canadian Luge Association, who was appointed as VANOC's Race Director for luge in December.

While Ed will focus a great deal of his time preparing for directing the 2010 Olympic race, our team has already kept a close eye on the developments of the 2010 Olympic Track which we are pleased to update you on in this edition of Velocity. Walt Corey, head coach of the Canadian Luge Team, has had a lot of input into the development of the track and our team is anxious to get into the start house in B.C. >>

>> The Canadian Luge Association welcomed its new executive board at the Annual General Meeting, March 31, 2007. Jonathan Edwards and Bryan Jones were re-elected as vice-presidents of Olympic and Natural Luge respectively, while Dana

Krause was re-elected as the director of officials.

The road to Vancouver will be an exciting one – especially if it is filled with the highlights and progress we made last season.

I would like to thank all of our volunteers

for their countless hours of hard work, our executive, sponsors, coaches, and most importantly – our athletes. Together we will continue to achieve excellence.

Enjoy your summer!

Tim Farstad.

VOLUNTEER PROFILE – STACY POTHIER



Left to right: Stacy Pothier, Lang Ellison (B.C. Luge), Christian Pothier and Daniel Pothier at the 2006 Olympic Winter Games in Torino, Italy.

Q: When did you first get involved with luge?

A: I first got involved in the sport in 1989, as a parent helping out at the start and finish, getting kids off and on sleds.

Q: What attracted you to the sport?

A: I was attracted by the very affordable summer camp that was offered and how much Eric enjoyed the sport. Then, I was further attracted by the high quality of the coaching staff for the young athletes. The coaches have all been excellent role models for my son as he was growing up. The sport, by its nature, forces athletes to be responsible for their own performance, and is excellent in helping young people to set goals and attain them.

Q: What are the rewards of being a volunteer in the luge community?

A: The rewards for me are seeing Canadian athletes competitive at the international level and seeing athletes I have known for years do well, and reach levels of excellence few others can.

Q: What are some of the challenges?

A: Over the years there have been several challenges. The biggest one has been fundraising, specifically bingo. This has always been a very tough fundraiser to sell to people. Another challenge for me has been writing and developing policy for the Canadian Luge Association. I really enjoy working on that and I hope that it brings positive changes for the sport, athletes, volunteers and officials. A reward for me is working closely with the staff to make sure we have great programs and provide great opportunities to our athletes.

Q: How has being a volunteer helped your son excel in the sport?

A: I think the opportunity to be involved in the sport on the political side has given me the chance to develop solid policies at the provincial level on up to the national level. At Alberta Luge Association, when I was president, we did a lot of work on developing codes of conduct for the athletes. This carried on when I started with the CLA, into promoting fair play with the athletes and parents. I am really proud of our parents and athletes. We have a great group of

people at all levels that really care about each other and cheer for all the athletes. This is something to be extremely proud of. Our program has truly improved for all the athletes, right down to the novice kids.

Volunteer Luge Activities:

- Official since 1990 - officiate at every level of race each year;
- Highlight of officiating for me: travelling to Altenberg to be on the jury - this was a true honour to represent Canada in this way;
- Served on the Race Organizing Committee for World Cup for the last several years;
- Vice-president of operations - CLA for four years, with duties such as: maintaining and writing policy for CLA, communications for CLA, insurance for CLA, attending executive meetings, board meetings and representing CLA at races and events;
- Maintain updated e-mail list for CLA;
- Secretary of ALA for one year;
- President of ALA for five years.

Q: Why do you dedicate your free time to amateur sport - particularly luge?

A: I truly enjoy working with people, and providing a solid base for our athletes to do well. It is amazing to see athletes develop from small children into adults who become such great citizens, not to mention fantastic and dedicated athletes. I have always been very partial to luge because of my son's dedication to the sport, but also because of the great people who are involved.

LUGE IN TRACK

– Canada's development group hit the track in Lake Placid, NY, for one final training camp before the end of the season.



Why do we send our junior athletes to other tracks around the world?

- Experience is one of the largest factors of success later on in their sliding career so getting them more experience early is key.
- Calgary is one of the easier tracks in the world, so giving athletes the exposure to more difficult tracks early on helps solidify basic sliding skills.

- Error detection and correction on more difficult tracks is very important as most tracks are less forgiving than Calgary. Athletes learn that letting problems persist down the track can lead to crashing.
- It gives the athletes the experience of what it is like to travel as part of the luge team and the training demands involved while traveling and training twice a day.

From the back row (left to right): Mike Lane, Laura Glover, Danielle Kuyltjes, Kyle Connelly, Rebecca Moschopedis, Devin Corrigan, Elena Corrigan, Justin Snith, Chelsea Deschamps, Dayna Clay, Ben Austin, Matt Medrek, Anna Burger-Martindale and Taylor Donegan

ALL IN THE FAMILY

- Devin and Elena Corrigall



Devin

Elena

Two years ago, siblings Devin and Elena Corrigall came out to CODA's Canada Olympic Park for the "Sports of All Sorts" summer camp. Little did they know that they would be "scouted" for recruitment to the novice luge program.

The brother and sister duo have yet to look back. With two years of sliding under their belt, Devin and Elena are setting goals and dreaming about the day when they could represent Canada on the world stage, with their sights set on competing in the Olympics.

"Of course the ultimate dream would be to go to the Olympics," said Elena. "It would be amazing to be able to represent Canada and compete against the best luge athletes in the world. Not to mention, getting to travel to other tracks and meeting lots of interesting people."

Devin and Elena believe that being siblings while competing in the same sport will give them a competitive advantage while developing into world-class athletes. They can share thoughts and ideas about sliding when they are home together, instead of having to wait for the next session to talk to teammates. They even agree on the challenges a novice luge athlete faces everyday - trying to focus before each run, keeping up on homework, and finding a balance between training and friends.

It has not been a walk in the park for Devin, who has already caught the injury bug twice in his young career. His first season was shortened due to torn ligaments in his ankle. And just a few weeks ago, part way through his first trip to Lake Placid, NY, Devin broke his ankle and was sidelined for the rest of the trip.

Despite his injuries, this daredevil loves to speed down the track at 110 km/h, and can't wait to try his hand on other tracks around the world. When asked what he would say to someone trying luge for the first time, he replied, "relax, hold on, hope for the best, and hope you are good on crutches." Apparently Devin is a bit of a comedian too!

You can catch Devin and Elena this summer in the Ice House as they work on perfecting those ever-important starts.



TRACKING DEVELOPMENT IN WHISTLER

Whistler Sliding Centre

The Whistler Sliding Centre is situated at the base of Blackcomb Mountain in Whistler, B.C. It is comprised of a concrete track 1,450 meters in length, start buildings, support buildings and access roads. A number of permanent facilities are under construction to accommodate future World Cup events, sport development and recreational use.

Over the winter months, activities at the Whistler Sliding Centre did not slow down. Once the first large snowfall arrived, November 29, 2006, priorities shifted from track concrete construction to focus on the on-site building. Since last April, construction on the track has resumed to complete track foundations and the remaining track buildings, including start houses. This summer's construction season will be the biggest push yet with major milestones to achieve VANOC's projected completion date later this year (Dec. 2007).



Following the World Championship competitions in February, FIL President Fendt made a visit to the Whistler Sliding Centre venue to view the site, and check on the progress of the construction.

In addition to the track, detailed work is also taking place on the 2010 Winter Games competition schedule that will continue through to the end of 2007. Like past Olympics, the luge competitions consist of men's and women's singles; four runs over two days and doubles; two runs on one day. No team competitions will take place at the Olympic Winter Games.

Moving ahead, the VANOC Sport department continues to work with the FIL and CLA on Games planning and Test Event preparations. Development of a local organizing committee will take place this year, in association with pre-Games preparation and post-Games legacy planning. In preparation for the track opening later this year, the sliding sports team and the Whistler Sliding Centre operations group will recruit additional staff.

The construction season ahead promises to be an exciting one for VANOC's sport department and the Whistler Sliding Centre! Stay tuned for further developments through the summer of 2007.

CALL FOR FEEDBACK

We have now completed our first season with the monthly edition of Velocity/Velocité. It is our goal to better communicate with the luge community, and keep our members informed about what is happening within our organization and around the globe. With that in mind, we would like to get your feedback on how we are doing. If

there are stories or ideas you would like to see published in Velocity/Velocité, please let us know. If you would like to nominate someone to be profiled in the athlete, coach or volunteer profile, please e-mail Katie Henderson at khenderson@codac.ca. Thank you for taking the time to read Velocity/Velocité.