



LET'S GO



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HAPPY VALLEY-GOOSE BAY • MARCH 17-23, 2019

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2019 LABRADOR WINTER GAMES

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On behalf of all the staff and board of directors at IDLP, we would like to send our best wishes to all of the athletes, coaches and volunteers during the 2019 Labrador Winter Games. We are so proud to be a Labradorite Sponsor this year. We wish you all the very best of luck in all of the competition.

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Editorial: Julianne Griffin • Design: Katja Moehl • Photography: John Graham



Welcome Messages



Chairperson of the 2019 Labrador Winter Games

As Chair and on behalf of the 2019 Labrador Winter Games Board of Directors I extend a great Labrador welcome to all communities taking part in the this years games. We look forward to a week of sportsmanship and community spirit.

The games present a combination of sport and culture that truly reflects our passion for the Northern Lifestyle which has continued since the first Labrador Winter Games.

The 2019 Labrador Winter Games are made possible through a generous contribution from the Government of Newfoundland and Labrador, many corporate and business sponsors, and a large number of dedicated volunteers. It is with sincere gratitude that we generously acknowledge these contributions.

We look forward to seeing the Communities compete hard but in the spirit of fairness and friendship.

Sincerely,
Ernie McLean

Chairperson of the 2019 Labrador Winter Games



Director of the 2019 Labrador Winter Games

Congratulations to all of you. After lots of planning, preparation, sweat and maybe even some tears we have made it to Games week. The level of dedication of athletes, community coordinators, volunteers and organizers can not be measured nor put into words. Every three years Labrador comes together in a showcase of athleticism and sportsmanship in these Friendship Games. These are my 12th Games and I look forward to these as much as I did my first in 1986.

To the athletes, we truly hope you have a fantastic week. Training in all kinds of weather at all times of the day takes a special kind of person but the Labrador Winter Games is a special kind of event. May all your memories of Games week be great ones.

To the volunteers, thank you. We enjoyed working with you and getting to know you. It is great to see so many people willingly giving their time to make the Labrador Winter Games such a special event for others. This is truly remarkable.

I would like to thank the office staff and facilities crew for making this a great experience. The amount of work that takes place prior to the Games is staggering but we managed and for that you should be proud of a job well done. The direction provided by the Board and their leadership have helped guide these Games and I would like to thank them for their support.

To the athletes...Good Luck! To all others cheer, support, encourage and enjoy. To all...have fun!

Paul Mott

Executive Director - 2019 Labradaor Winter Games





Lieutenant Governor of Newfoundland and Labrador

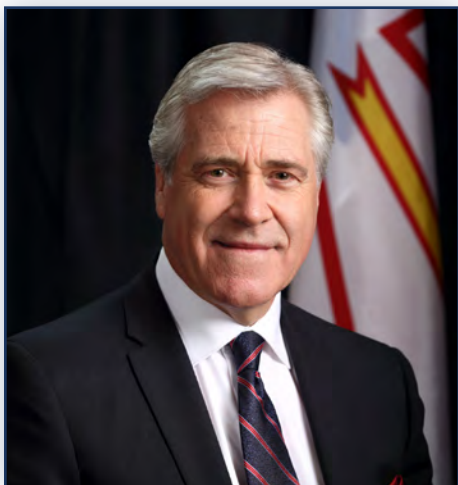
I look forward to joining athletes, coaches and all who will be in Happy Valley-Goose Bay during the 2019 Labrador Winter Games, a unique sporting tradition that truly reflects the heritage, culture and athletic excellence of Labrador.

Known as the Olympics of the North, the Games bring together hundreds of athletes from across the Big Land for a week of friendly competition and camaraderie among communities. As an advocate of active and healthy living, I support initiatives that promote the benefits of physical fitness and social interactions through sports.

An event of this magnitude is not possible without the many volunteers who work tirelessly to ensure its success. Volunteers always deserve our thanks and appreciation.

Those competing in the Labrador Winter Games share a passion for the outdoors and are proud ambassadors for their communities. Good luck, enjoy the games, and most importantly, have fun!

Judy M. Foote P.C., O.N.L.
Lieutenant Governor



Premier of Newfoundland and Labrador

I wish to take this opportunity to officially welcome athletes, coaches, family and friends, volunteers and all others who are participating in the 2019 Labrador Winter Games.

The excitement has been building for this long-awaited event and now that three years have passed since the successful 2016 Games, Labradorians are preparing to embrace the competition and the camaraderie.

I look forward with great anticipation to being able to take part in the opening ceremonies. As Premier of Newfoundland and Labrador, and Minister of Labrador Affairs and Intergovernmental and Indigenous Affairs, I consider it a privilege and an honour to join with special guests, my colleagues in government, and Labradorians from every part of the Big Land to set in motion the sporting events and special activities that will become the highlight of the winter season.

I would like to commend the athletes, their coaches, and their communities for the effort and support they have invested towards making the 2019 Labrador Winter Games a truly memorable event. Our Government is proud to support athletes who are striving to showcase their talents, their sport, and their home communities.

I also wish to extend sincere thanks to the organizers of the 2019 Labrador Winter Games. The 'Friendship Games' would not be possible without the collective efforts of a small but hard-working staff, the board of directors, officials and volunteers. They have tremendous pride in an event that places an emphasis on friendship first and competition.

Best of luck to all athletes and communities in their pursuit of hoisting the coveted Labrador Cup and laying claim to the right to call themselves the best community in 2019.

Yours in sport and friendship,
Dwight Ball, Premier of Newfoundland and Labrador



Welcome Messages Continued



MHA for the District of Labrador West

As MHA for the District of Labrador West and Minister of Municipal Affairs and Environment. I would like to extend a very warm welcome to all the teams and visitors from all around Labrador that have joined us for this event. A special welcome to the teams from Labrador City and Wabush.

It's great to be back here again for Labrador Winter Games, a very important and unique event in our province. This is an opportunity for us to celebrate the culture and heritage of the region, and showcase the skills we have right here in Labrador.

Some exciting changes are happening this year such as the new exhibition events. The 50+ snowshoe, road running race and we can't forget the dog sled race.

It cannot go unnoticed, the amount of hard work that goes into an event like this. I would like extend a very sincere thank you to all the volunteers and their families for the time you have given to make this event one of the greatest in Labrador and of course the Board of Directors for the work in pulling this together!

Good luck to all the teams, you have all worked very hard to be here!

Sincerely,

Hon. Graham Letto

MHA for the District of Labrador West

Minister of Municipal Affairs and Environment

Government of Newfoundland and Labrador





MHA for the District of Torngat Mountains

The time has come again to celebrate the best that Labrador has to offer. Every three years, the Labrador Winter Games presents an opportunity for athletes, officials, coaches and supporters to celebrate the spirit of winter, kinship and cultural diversity.

As Labradorians, we take great pride in our ability to come together with our friends and neighbours to participate in a series of events that respect the land, showcase our skills as Northerners, and honour the hard work and resilience of our elders and their forebearers.

Dating back to the first Games that were held in 1983, we have managed to keep in perspective what is really important. While we applaud the medal winners and commend the efforts they have devoted to training and preparing for events such as the Labrathon, snowshoe races and others, we also salute the individuals who are participating out of pride for the places they call home and for the appreciative nod they get from family, friends and neighbours.

The Labrador Winter Games are more than just a competition. I believe there is a unification, a coming together of people with similar traditions, and demonstrating the cultural diversity of our great region in the name of sportsmanship, community well-being, and respect at every level.

I would like to congratulate the hundreds of people who have come together over the past several months to plan and organize sporting events and activities so that we may enjoy the spirited competition, the renewed rivalries, and the incredible sportsmanship. Your efforts have not gone unnoticed, and for that we thank you.

As the Parliamentary Assistant to the Premier and Parliamentary Secretary for Indigenous Affairs, I am especially pleased and honoured that Premier Dwight Ball asked me to take on the prestigious role of serving as liaison between our Government and the Board of Directors of the Labrador Winter Games.

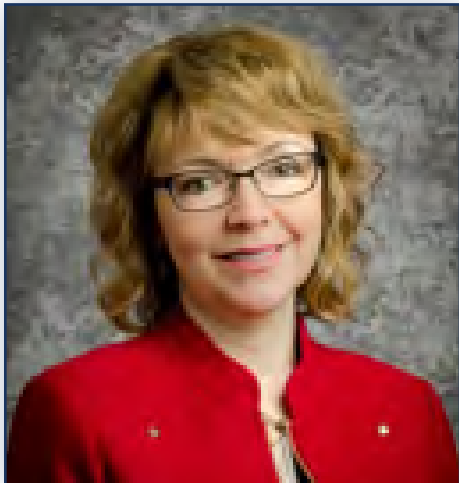
Enjoy the events, the re-acquaintances with old friends, and the fun during the six days of the 'Friendship Games'.

Nakummek.

Randy Edmunds
MHA, Torngat Mountains



Welcome Messages Continued



MHA for the District of Cartwright-L'Anse au Clair

As the Minister Responsible for Recreation and Sport, I am thrilled to extend a warm welcome to all the athletes participating in the 2019 Labrador Winter Games.

The Labrador Winter Games is a sporting event like no other. The Games embrace the season that challenges us most, showcasing the cultural traditions and team spirit of Labradorians.

As a former competitor in the Games, I am honoured to take part this year not just as the MHA for Cartwright-L'Anse au Clair but also as Minister Responsible for Recreation and Sport. Our government is committed to promoting physical activity and healthy living for all citizens in Newfoundland and Labrador. By supporting sport and our province's athletes as they continue to pursue athletic excellence, we are helping to build role models in our communities.

Many thanks to the tremendous work of the Board, staff and volunteers who are bringing this premier sporting event to our province once again. Sport in our province thrives thanks to the many volunteer coaches, officials and administrators, who all play a crucial role in the delivery of sport.

Good luck to all the athletes and best wishes for a safe and enjoyable winter games!

Hon. Lisa Dempster
MHA, Cartwright-L'Anse au Clair



Speaker of the House of Assembly

Greetings to all athletes, communities and fans of the 2019 Labrador Winter Games!

Here we go again with another amazing cultural experience for Labrador. Whether as an athlete or as a supporter of your community, the excitement of the Games is the sense of unity, pride and support for all of our region. The unique tradition is how we placed competition, enjoyment and sportsmanship as being of equal importance. I would like to thank all staff, the numerous volunteers, and sponsors who have delivered once again.

I encourage everyone to experience as many of the events as possible to fully appreciate the diversity of the competition. Spend time with family, friends and neighbours in celebrating Labrador when it truly shines – welcome to Lake Melville!

Hon. Perry Trimper
MHA Lake Melville, Speaker of the House of Assembly





Member of Parliament for Labrador

As the Member of Parliament for Labrador, it brings me great pleasure to welcome you to the 2019 Labrador Winter Games.

The Labrador Winter Games brings athletes, families, volunteers and spectators from across Labrador to share in a week of friendly competition and fellowship. But more importantly, the Olympics of the North allow us to come together to celebrate our shared cultures, values and goals through sport, competition and camaraderie.

I still remember vividly my first Labrador Winter Games in 1983. Then and now, the Labrador Winter Games has been the premier showcase of Labrador sport and culture while fostering and strengthening bonds between Labradorians from across the Big Land. Over 35 years later, it brings me great pride to welcome all competitors, volunteers and spectators to the games.

I would like to congratulate and wish all those participating in events good-luck during the competition. I would also like to extend a huge thank-you to the organizers, staff and volunteers who have worked tirelessly to make sure the Labrador Winter Games continues to be a great success.

Sincerely,
Yvonne Jones
Member of Parliament for Labrador



Mayor of Town of Happy Valley-Goose Bay

On behalf of the Town of Happy Valley-Goose Bay, it is my pleasure to welcome everyone to the 2019 Labrador Winter Games!

As a culturally rich and diverse community, Happy Valley-Goose Bay is once again proud to host the Labrador Community. The Labrador Winter Games is the one event where we as a people can come together as one in the spirit of unity, sportsmanship, and fair play. It is, after all, at these Games, the Labrador Winter Games, that we as a culture of cultures, come together, stand tall and proudly proclaim "We are Labradorians."

On behalf of Council, Staff, and residents of the Town of Happy Valley-Goose Bay I wish all teams, athletes and coaches great success for a time of sportsmanship, and friendly competition. May you all proudly represent your home communities. Please enjoy the hospitality our community has to offer.

With warmest wishes,
His Worship Wilson "Wally" Andersen
Mayor, Town of Happy Valley-Goose Bay



Welcome Messages Continued



President of the Nunatsiavut Government

On behalf of the Nunatsiavut Government and Beneficiaries of the Labrador Inuit Land Claims Agreement, it gives me great pride to welcome all athletes, coaches, volunteers and dignitaries to the 2019 installment of the Labrador Winter Games.

Since 1983, the Labrador Winter Games has brought together people from all walks of society to celebrate youth, friendship, sport and the region's cultural diversity. The Northern Games event, in particular, showcases Labrador Inuit culture through a number of traditional games which allowed our people to remain fit, strong and agile – important for hunting, gathering and survival. They also provided entertainment, for young and old alike, especially during the long winter nights.

Again, best wishes to all of the athletes who will undoubtedly make their home communities proud, and congratulations to everyone who played a role in making sure the Games are once again a tremendous success.

Sincerely,
Johannes Lampe



Grand Chief of the Innu Nation

On behalf of the Innu Nation and the communities of Natuashish and Sheshatshiu, I welcome you all to the 2019 Labrador Winter Games!

These games are a testament to the friendly competition and cooperation that exists amongst our communities and a true reflection of the power of the unity in sport to connect us all as members of the Big Land. Special recognition is due to the athletes, coaches, volunteers and sponsors without whom these Games would not be possible. The lead up to every Labrador Winter Games fills our communities with excitement and anticipation and 2019 has been no exception. We look forward with you to another positive experience, lessons learned from other athletes, the development of new friendships and above all to the sense of pride for what can be accomplished in the face of challenge when you believe in yourselves.

Tshetshi ma miste minupanin nete uaituten,
With all best wishes.
Grand Chief Gregory Rich





President of the NunatuKavut Community Council

On behalf of the NunatuKavut Community Council, I extend a warm and heartfelt welcome to all participants of the 2019 Labrador Winter Games.

The organizers, sponsors and, of course, the many volunteers are to be commended on again putting together one of Labrador's premier events. These Games are an exciting combination of highly skilled sports competition and athleticism and the promotion of Labrador's unique culture and heritage. The dog team race, the Labrathon and the Northern Games are some of the events which showcase traditions that have been practiced by the Inuit of NunatuKavut and many of Labrador's peoples for generations.

This is a very special sporting and cultural event which unites our communities and instills in each of us a strong sense of pride in who we are and the places to which we belong. We are so pleased to be able to make a substantial contribution to NunatuKavut communities to promote and enhance their participation in these Games. We are also proud to be a Silver Sponsor with a direct investment toward the 2019 event. I am honoured that we could increase our contribution and are able to help make these amazing Winter Games such a success.

I wish you all a fantastic week of competition and fun. We have so much to be proud of and to share with the world.

May this year's 2019 Labrador Winter Games be the best Games ever.

Warm Regards,
President Todd Russell,
NunatuKavut Community Council



Official 2019 Labrador Winter Games Schedule

Revised- January 28, 2019

Monday, March 18				Tuesday, March 19				Wednesday, March 20				Thursday, March 21				Friday, March 22				Saturday, March 23			
Time	Event	Place		Time	Event	Place		Time	Event	Place		Time	Event	Place		Time	Event	Place		Time	Event	Place	
8:30am	Volley Ball	MMC		8:30am	Target Shooting Day 2	R&G Club		8:30am	Arena Ball Hockey	EJB		9:00am	Table Tennis	LTC		8:30am	Darts	RCL		9:00 am	Dog Team Race	TB	
8:30am	Target Shooting Day 1	R&G Club		8:30am	Badminton	LTC						9:00am	X-Country Ski: 10K Relay	BB		8:30am	Labrathon Heats Females & Males	TB		9:30 am	Labrathon	TB	
				8:30a.m.	Snowshoe Races – Finals, Relays & Special Olympics	MSP																	
8:30a.m.	Snowshoe Races- Female and Male Heats	MSP						9:00am	X-Country Ski: Women's 10K & Men's 10K	BB		11:30am	Medal Presentation: X-Country Skiing	BB		11:30pm	Medal Presentation: Labrador Run	Base Gym		11:00 am	Medal Presentation: Labrathon	TB	
4:00p.m.	Medal Presentation Volleyball	MMC										1:30pm	Medal Presentation 50+ Snowshoe Race	BB		4:00pm	Medal Presentation: Darts	RCL		11:45 am	Trophy Presentation: Dog Team Race	TB	
7:00pm	Athletes and Special Guests Movie Night Tentative	AT		3:00pm	Medal Presentation: Target Shooting	R&G Club		7:30pm	Medal Presentation: Arena Ball Hockey	EJB		4:00pm	Medal Presentation: Table Tennis	LTC		6:00pm	Northern Games Night 2	EJB		12:00 pm	Northern Duathlon	BB	
				4:00pm	Medal Presentation: Badminton	LTC						6:00pm	Northern Games (Night 1)	EJB		10:30pm	Medal Presentation: Northern Games	EJB		2:30 pm	Medal Presentation: Northern Duathlon	BB	
				8:00pm	Athletes Special Guests Labrador Concert Tentative	OBAC						7:30pm	Medal Presentation: Snowshoe Biathlon	EJB						5:00 pm	Athlete's Banquet	SMH	
																				7:00 pm	Closing Ceremonies	EJB	

Schedule of Events

Opening Ceremonies

Sunday, March 17, 2019 @ 7:00 pm
EJ Broomfield Memorial Arena

LTC - Labrador Training Centre

R&GC - Rod & Gun Club

MSP - MMC Sportsplex

AT - Arcturus Theatre

OBAC - O'Brien Arts Centre

RT - Race Tracks

BB - Birch Brook

EJB - EJ Broomfield Arena

MMC - Mealy Mountain Collegiate

RCL - Royal Canadian Legion

TB - Terrington Bason

SMH - Sodexo Mess Hall

PLEASE NOTE: All medal presentation times are approximate.





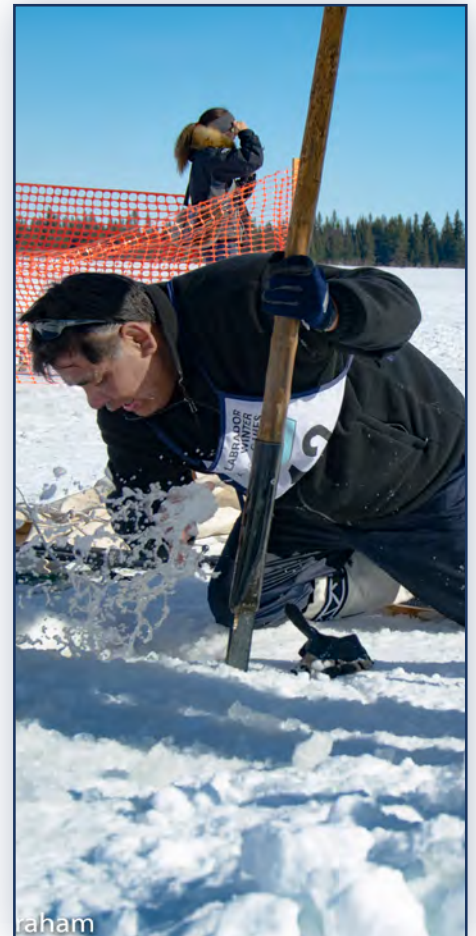
**BUILDING TRADES OF
NEWFOUNDLAND & LABRADOR**

GOOD LUCK to all
Participants in the
2019 Labrador Winter
Games & many **THANKS**
to all the volunteers!



#NLSkilledTrades

#BuildingOurProvinceTogether



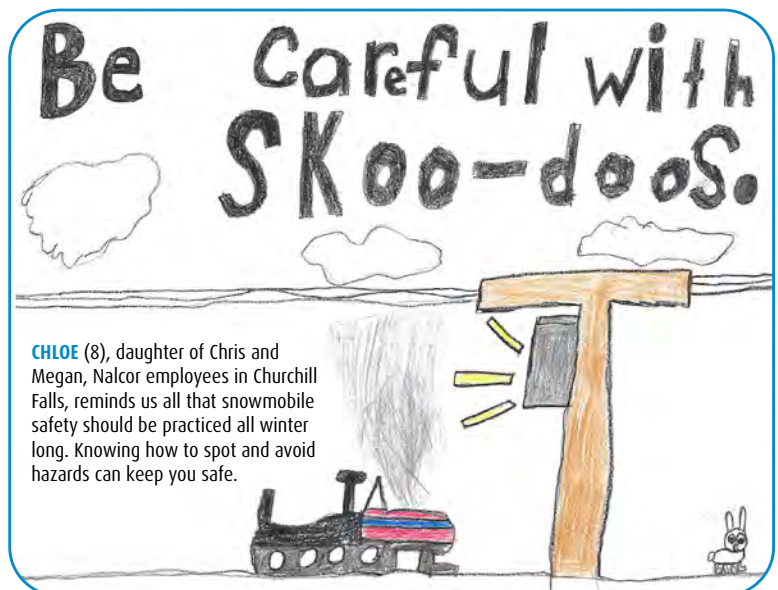
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WE ARE PROUD TO SUPPORT the 2019 Labrador Winter Games

Being an engaged, valued corporate citizen is a priority for Nalcor and we live this value by supporting organizations in the communities in which we work and where our employees live.

We support the approximately 500 athletes, community coordinators, and almost 650 volunteers who have come together to celebrate the sporting and cultural heritage of Labrador.

Good luck to all athletes participating in the Labrador Winter Games and thank you to all those who make this event a success!



CHLOE (8), daughter of Chris and Megan, Nalcor employees in Churchill Falls, reminds us all that snowmobile safety should be practiced all winter long. Knowing how to spot and avoid hazards can keep you safe.



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"The Sky was the Limit"

Joe Goudie reflects on the birth and growth of the Labrador Winter Games



by Julianne Griffin

Often referred to as the Friendship Games, the Labrador Winter Games has a long and rich history born on the three unwavering pillars of strength, the sharing of cultures, and community pride.

In 1982, a group of people from Happy Valley-Goose Bay submitted a proposal to host, what was then known as, the Newfoundland Winter Games. The group had the winning bid, though the government at the time believed it would have been extremely expensive to transport and accommodate athletes in Happy Valley-Goose Bay. It was then decided the games would proceed and be hosted in Newfoundland.

Then MHA for Lake Melville and avid community volunteer Joe Goudie remembers the situation vividly.

"I thought, 'Well, that's not real good. Maybe we should have our own games,'" he recalls. "And everyone seemed to think that was a good idea."

Originally from Mud Lake, Labrador, and described by many in the region as a "builder" of the Games, Goudie still recalls the securing of funds to host the

Games and the preparation that followed. The group that submitted the proposal formed an organizing committee and soon after, the first event was born.

The birth of the Labrador Winter Games

In March 1983, Labrador became host to a world-class event. With preparations underway for a sporting and cultural event that would span nearly 40 years, the response from the community was extremely positive, with many community members and businesses stepping forward to offer financial and in-kind support. The event created significant anticipation throughout every community in Labrador.

"It was a great thing that we were unable to host the Newfoundland event up here in Labrador, because it resulted in the birth of the Labrador Winter Games," says Goudie. "It was a blessing."

In 1983, each community was represented at the event and the Games were designed on a point system, which meant any community could win. The competition level was extremely high and dozens of athletes trained for months, many outside in the chilly Labrador winter and also in imperfect and challenging

conditions.

Goudie recalls when one cross-country athlete from Port Hope Simpson trained on transmission pole lines, as there was no ski trail system in her community. Despite this challenge, she won the cross-country skiing event.

Aside from the various unique challenges, athletes from across Labrador continue to look forward to the Labrador Winter Games every three years.

"Back in 1982, I didn't have any preconceived ideas about the event," Goudie says. "I didn't imagine the Games being organized as well as they were, and have been ever since, or that they would continue this long. That has been especially meaningful for me."

The changing face of the Games

The Labrador Winter Games has changed significantly since 1983. Not only has the overall cost of the event decreased, various outdoor events have changed locations due to ice and weather conditions. Yet perhaps one of the most evident changes has been the decrease in young people participating in the games.

"There were a lot younger athletes then than there are now," Goudie recalls. "In the coastal communities especially, the young people are leaving to get an education and pursue careers elsewhere. It's regrettable, but unavoidable, and something that will need to be considered in the future."

While the committee continues to adapt to the changing environment of the Games, one constant is the pride and community spirit felt during the event.

Goudie and the organizing committee were unaware if there would be another Labrador Winter Games after the first, though the event quickly gained momentum and developed into an event for all Labradorians.

"At that time, I didn't know if there was going to be a second event," he says. "Following the first Games, it became so popular with the competition, celebration of cultures, and the friendship of the athletes and everyone who worked on the games. There were thousands of people involved."

Fostering community pride

Labradorians and enthusiasts from across Canada marked their calendars for each Labrador Winter Games. Not only did the Games become an opportunity to foster individual pride while competing,

whether athletes won or not, it became an event to be celebrated by every community in Labrador.

"There is still so much pride in all of the competitors, but the communities as well, with a focus on how well their teams and athletes are doing," says Goudie.

Not only have the Games instilled a sense of pride for athletes and their supporters, but also for the organizers, who continue to raise the bar each year, illustrating how excellent organization and a team approach will ensure the success of any event.

"The sky was the limit back then," says Goudie. "With that first hugely tremendous job, it set the bar for successive Games, and every Games we've held since has been beautiful. That would be the special part for me."

Now with nearly three decades having passed since the first Labrador Winter Games, Goudie reflects on the uniqueness of the event and what it means to both Labradorians and those from away.

"It's one of those events that if you don't live here, it really captures your imagination," Goudie explains. "And if you live here, it brings out the pride in you... and reflects so strongly the heritage and culture that has been in existence, in some instances, for thousands of years. It's very special; very unique."

With four years as Chairperson and many as an event volunteer under his belt, Goudie believes the Games has brought communities in Labrador even closer together.

"In some ways, the bond between communities in Labrador is probably a little stronger and certainly longer lasting because of the Games," says Goudie. "We are a multicultural region of the province and country with different customs and traditions, and every one respects the other. That is another way the Games has impacted not just those who participate, but the whole population of Labrador."



2019 Board of Directors

LABRADOR WINTER GAMES

Chairperson Ernie McLean
Board Members

John Andersen	Janice Barnes	Eugene Hart	Randy Letto	George Russell	Pauline Russell	Mary Winters	Todd Winters
	Andrew Battcock	Michelle Healey	Michelle Watkins	Stephane Racle	Jackie Compton-Hobbs	Rex Goudie	

Games Director Paul Motty

Mandatory Sports
Coordinators



Assistant Games Director
Craig Wallace



Optional & Demonstration
Sports Co-ordinator



Administrative Assistant
Audrey Power



Mandatory Sports
Technical Chair Chris Myrden

Allan Bock Kevin Lamond	Marlene Wheeler Greg Wheeler	Wyman Jacque	Shaun MacLean Brenda Congram	Brenda Congram Shaun MacLean	Jill Williams	Wilf Stuckless
Cross Country Skiing	Labrathon	Northern Games	Northern Duathlon	Snowshoe Biathlon	Snowshoe Race	Target Shooting

Optional Sports
Technical Chair Barry Keough

Shane Morgan	Rodney Roberts Mike Dollmont	Tanya Schlossek	Tony Cullen Patti Maloney	Perry Eddy	Jonathan Cull
Volleyball	Badminton	Table Tennis	Darts	Ball Hockey	Labrador Road Race

Demonstration Sports

Robert Richards	Clayton Curl
50+ Snowshoe Race	Dog Sled Race

Support Committees - Chairpersons

Leanne Hill Awards
Susan Lamond & Scott MacDonald
Specials Olympics
Jonathon Cull Accommodations
Leanne Hill & Cherie Auchinlek
VIP Hosp.
Christine Way & Kim Evans
Ambassador
Geoff Goodyear & Tom Randell
Equipment
Barry Keough Results

Allison Brennan & Joan McLean
Medals
Roxanne Dyson & Dave Martin
Ceremonies
Lynn Blackwood Food
Caroline Hong Ground/Air
Dominic Demers Town Resources
Vanessa Fewer Medical
Bonnie Learning & Janice Goudie
Newspaper
Merrill Hillier & Kayla Hillier
Registration

Keith Hillier Security
Major Ryan Snider & Captain Kevin
Wilbur Military Rep
Ed Power & Todd Davidson
Fire Arm Safety
Sylvia Dawe Serco Liason
Julianne Griffin Souvenir Booklet
Dianna Lawrence & Kathy Michelin
Volunteers
Matt Barrett & Jamie Jackman
Labrador Concert

Athlete's Oath

English

"In the name of all Newfoundland & Labrador Competitors, I pledge that I will take part in these Labrador Games in the true spirit of sportsmanship respecting and abiding by the rules which govern them.

For the glory of the sport, for the honour of our Community."

Innu aimun

"Nutam kametueshat ute
Newfoundland & Labrador
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Labrador Kametuanut

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Inuktitut

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tamakkutigona.

Ananauningagut pinguaniup.
Nertuningagullu uvagut
NunakKatigijavut"



We have always
been here.
THIS IS OUR HOME.

Proud Silver Sponsor of the
2019 Labrador Winter Games.


NunatuKavut
our ancient land

www.nunatuKavut.ca

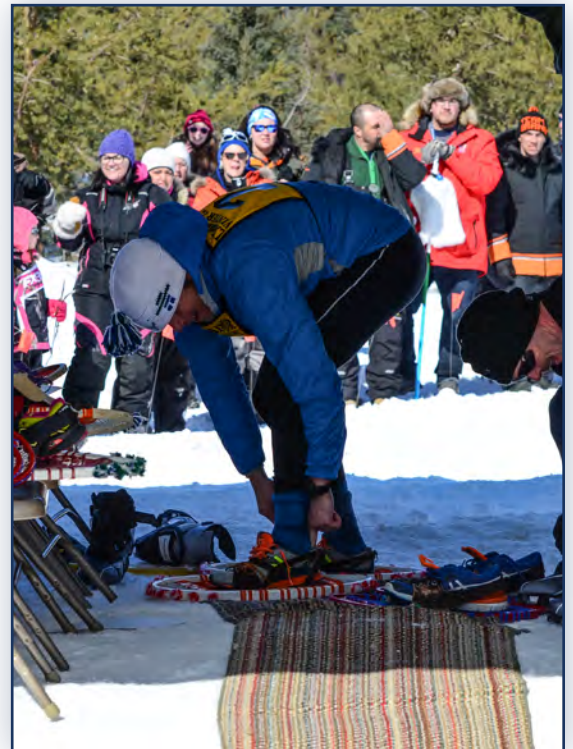
History of the Labrador Winter Games

"Olympics of the North"

Every three years, the Labrador Winter Games are hosted in the community of Happy Valley-Goose Bay. Each community puts together a team of up to 17 athletes and one coordinator to compete in a series of traditional and modern events important to the lives of Labradorians. In total, some 500 athletes,

600 volunteers, and many more spectators, make the Labrador Winter Games one of the biggest events in all of Labrador.

Nicknamed the "Olympics of the North", and the "Friendship Games", the Labrador Winter Games are full of intense athletic competition and lots of

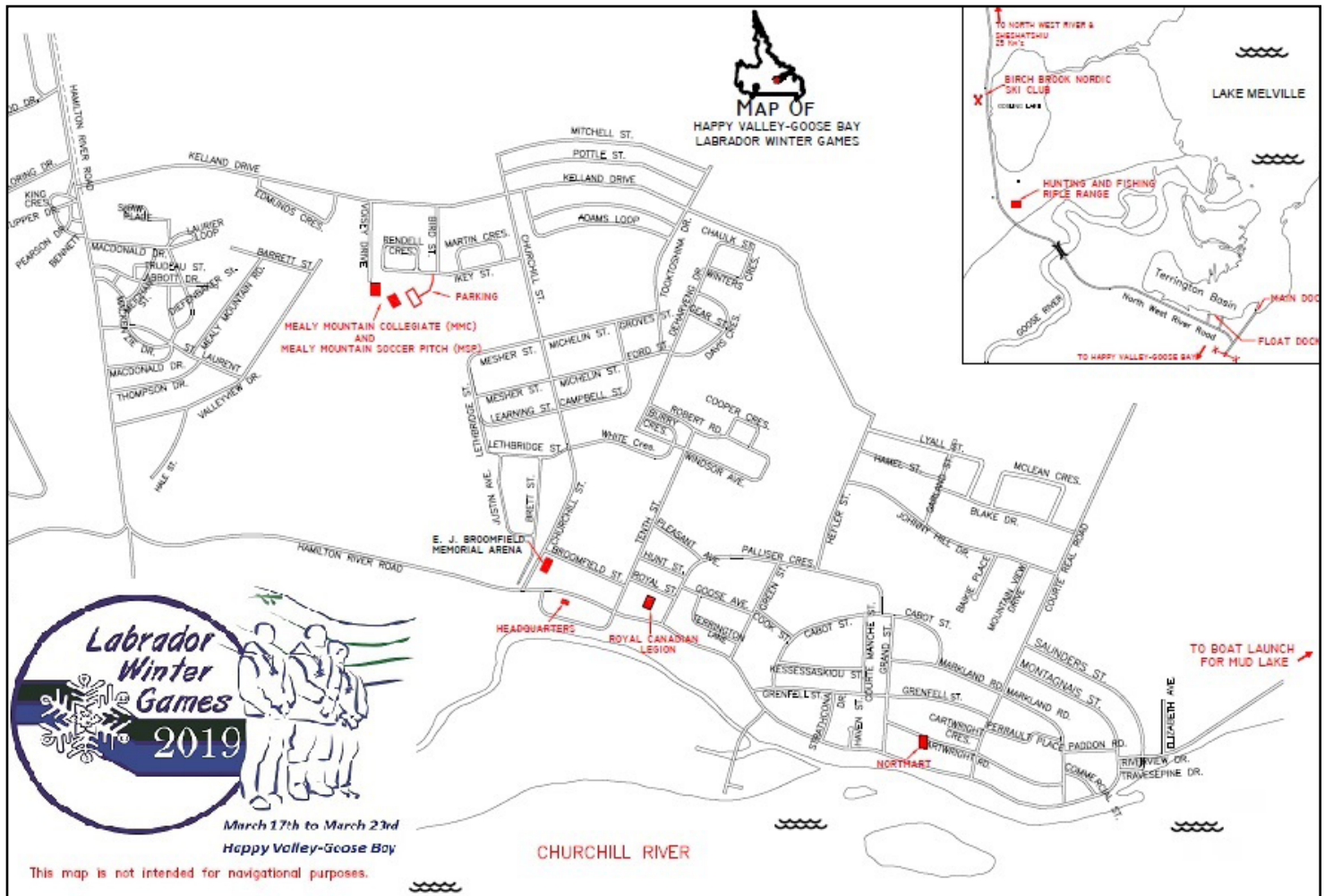


celebration. The coming together of peoples from all the regions of Labrador, competing for community pride and in the fellowship of sportsmanship and respect make the Labrador Winter Games an event not to be missed.

Started in 1983, the Labrador Winter Games was launched by the provincial government of Newfoundland and Labrador as a way to celebrate the cultures and talents of Labrador. From its initial years, Labradorians have unanimously embraced the Games and made it into a uniquely Labradorian event.



Maps



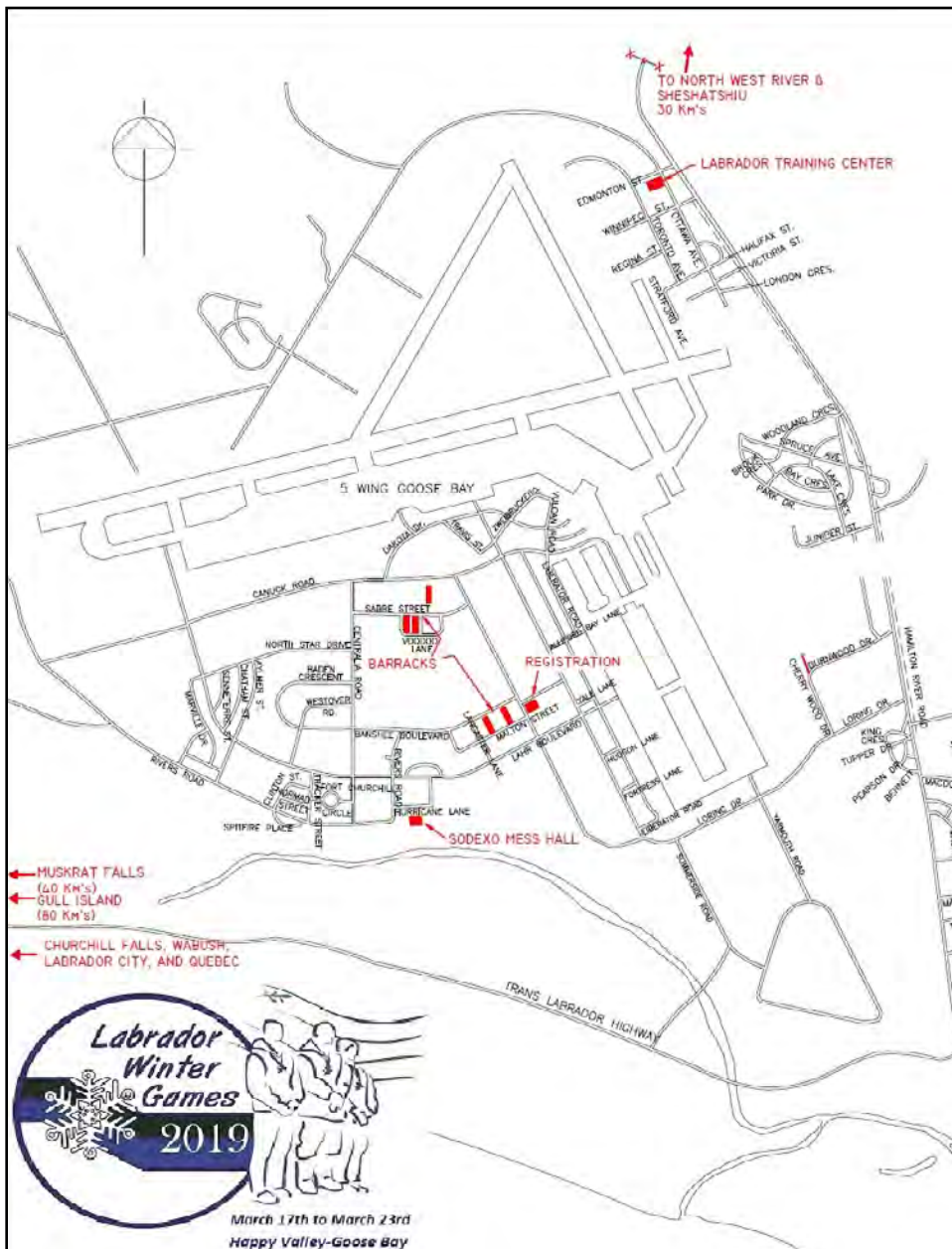
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Please use our hashtags when sharing memories from this year's games!

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Arts & Crafts Fair

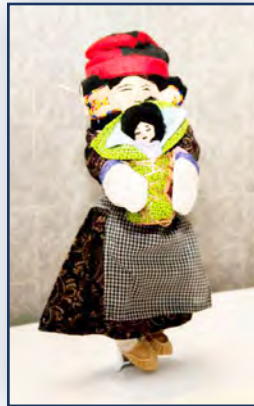
The Arts and Crafts Fair will showcase some of Labrador's most talented artisans and crafters, who will be on hand to demonstrate and sell their unique and diverse culture and creations. A must-see event!

Friday, March 22

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College of the North
Atlantic Gymnasium

Saturday, March 23

10:00am-2:00pm
College of the North
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IOC is proud to partner with Labrador's premier sporting event to celebrate the cultures and talents of Labrador.

Congratulations to all teams and volunteers involved with the 2019 Labrador Winter Games!



**Best of luck to all participants of
the 2019 Labrador Winter Games**

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to all the athletes, organizers and volunteers
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**Welcome Athletes, Coaches,
all participants, volunteers
and spectators to the 2019
Labrador Winter Games!**



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Long-Standing Event Attracts Rookie Hopefuls

First-time athletes discuss training and representing their communities

by Julianne Griffin

When opportunity came knocking, first-time Labrador Winter Games hopefuls Cassandra Campbell, Deanna Lushman and Mario Vincent decided to go all-in.

Whether training to win or simply for the experience itself, athletes from across Labrador have been braving the snow and cold for months to give it their all for their events.

At just 13-years-old, Charlottetown native Cassandra Campbell is competing in the northern games and snowshoe race. She decided to compete for her love of sports and to make her community proud.

"I decided to compete because I'm already involved in a lot of sports in my school," says Campbell. "I thought it would be a good chance to get involved in other sports and represent my community."

Campbell will also be competing alongside her 15-year-old sister Chloe, who is also involved for the first time with the sport of hockey.

When it comes to training for her respective events, Campbell is dedicated to her training routine.

"For the northern games, we train twice a week for four hours and for snowshoeing, I run every second day of the week," she says. "We have a pond where



Happy Valley-Goose Bay athletes Deanna Lushman and Janine Roberts training for the Snowshoe Race event



Hopedale's Mario Vincent practicing his seal kick for the Northern Games competition

we practice and its beat-down to the right amount we're supposed to run on race day."

First-time Happy Valley-Goose Bay athlete Deanna Lushman says it was a little encouragement from a friend that lead to her competing in the Labrador Winter Games.

"Cyril Brennan planted the seed that I might like to consider trying out for the snowshoe race," says Lushman. "I thought, 'what the heck; I'm healthy and I have time to commit to training, so I should give it a try.'"

At 46-years-old, Lushman has been involved with the running and fitness community in Happy Valley-Goose Bay for many years. But having never run in snowshoes before, Lushman says it took some time to get the feel of it all.

"After a few face plants and nearly beating the ankles off myself, I discovered that I actually really enjoyed snowshoe running," she laughs. "Suddenly I was super excited about the idea of being part of a team for such an exciting Labrador event."

Like all Labrador Winter Games athletes, Lushman is committed to her training routine.

"I try to get out for some really good snowshoe runs three or four days a week," she says. "I like to do some distance runs along with speed and hill training. I'll also do a road run once or twice a week."

Lushman says while she hopes to gain a medal, she will be pleased if she runs her best race.

"I just hope to run a race that I'm super proud of," she says. "I'll certainly be giving it my all. I hope I represent our community well and my teammates are happy to say, 'she's with us!'"

Whether looking forward to meeting new people, making their communities proud or simply sharing the week with the best athletes in Labrador, these three athletes are counting the days until the start of the event.

"I'm really looking forward to watching other people compete and meeting new people, as well as the whole experience," says Campbell.

Lushman says she is looking forward to everything and feels very privileged to be part of the event.

"I'm looking forward to everything – the excitement and friendship of the Games, supporting my team and the other athletes, having an up-close-and-personal experience with the opening and closing ceremonies, the northern games... the whole experience," says Lushman.


Mario Vincent, an 18-year-old first-time hopeful from Hopedale who is competing in volleyball and the northern games, is also looking forward to the Games, particularly his seal kick.

"I want to show people my jump," says Vincent. "I've been working my legs very hard."

Vincent trains four days a week and is hopeful he will do well in the northern games competition.

"I hope to get to nine feet and beat the record."

With many other first-time athletes competing in the 2019 Labrador Winter Games, and whether or not a medal is gained, one thing is for certain – their respective friends, families and communities will be cheering loudly from the sidelines.


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