



ARCTIC WINTER GAMES
WHITEHORSE 2012

UWU news

Thursday, March 8, 2012

Things get tense as two athletes face-off in the Head Pull event, part of Arctic Sports at Vanier Catholic Secondary School
Photo credit: MARK KELLY



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WHITEHORSE
DAILY STAR

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THE DAILY HYPE

AWG NEWS AND UP & COMINGS



BY THE NUMBERS **237**

DOG MUSHING

Dog mushing is more than paws and barks. Here are some numbers that define the sport at the Whitehorse 2012 Arctic Winter Games.

13 – distance in kilometres of the longest dog mushing race at the 2012 AWG. The other race distances are 7.5 and 10 kilometres.

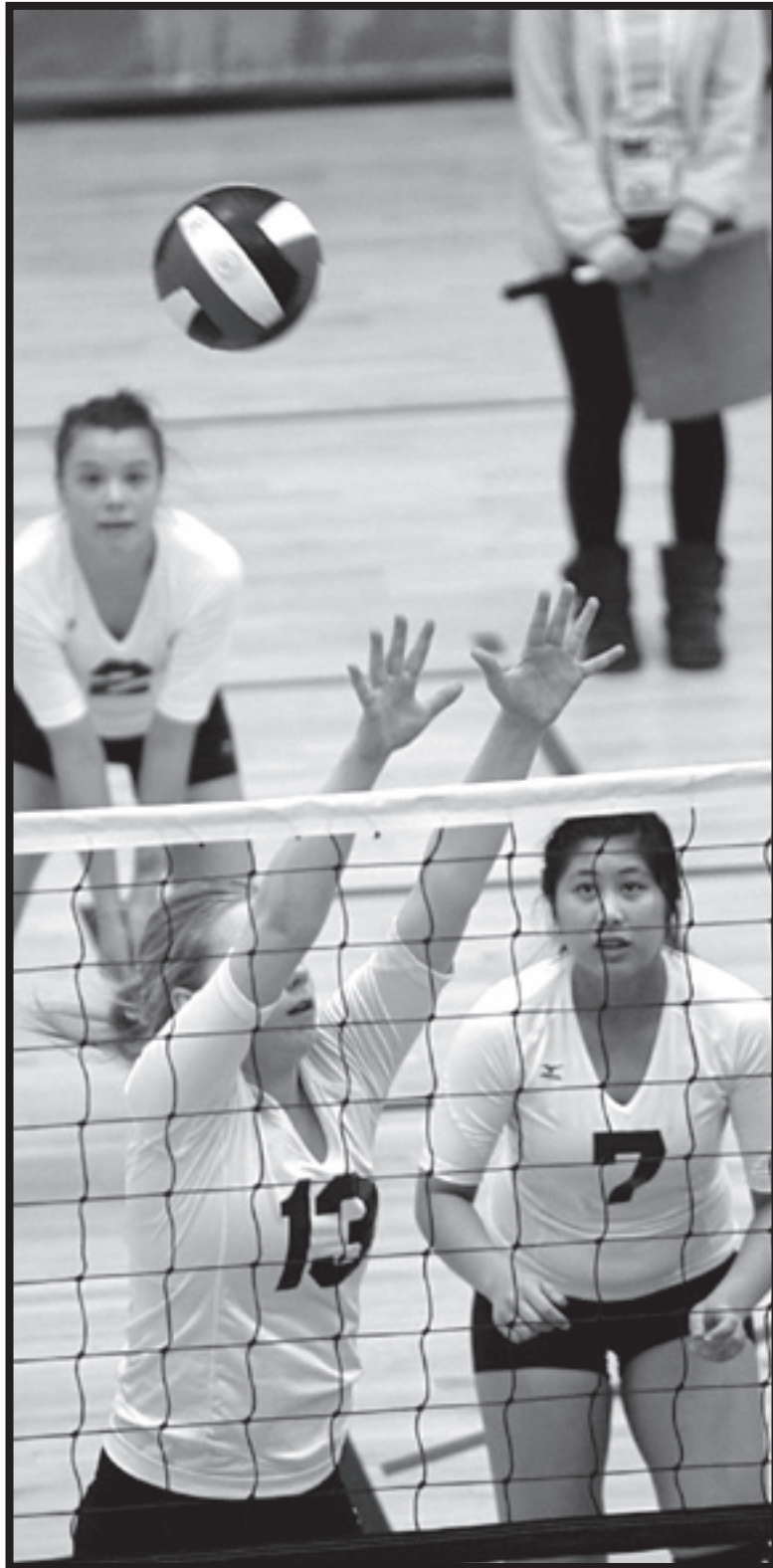
7 – maximum number of dogs on an AWG dog mushing team. Seven dogs are used in the 13 kilometre race. The shorter races have teams of four, five or six dogs.

5 – length of the time penalty in minutes a musher receives if he loses his team and accepts a ride with another musher to recover his dogs.

4 – number of gold medals Team Yukon won at the 2010 AWG, making Yukon the most successful contingent in this sport two years ago.

1 – all sleds or toboggans must be capable of safely carrying a driver and one injured dog.

0 – there is zero tolerance policy for dog abuse. (Penalties for abuse of any dog may result in disqualification from a race. Dog abuse is defined as unnecessary force, punching, beating or kicking a dog.)



Alaska junior female volleyball players attempt to block the attack from Team Nunavut. Photo credit: **MARK KELLY PHOTOGRAPHY**

NEXT ONE, PLEASE

Strong, stronger, Alaska's Junior Female Volleyball Team: Coach Judy Knecht's girls are unstoppable. But what's their secret?

by **INDRA KLEY**

Whenever they convert a match point, Alaska's volleyball girls get ready to celebrate. "Yes!" they shout while jumping up and down and hugging each other. "We did it." Yes, they did it again. Another team has just been swiped off the floor. The losing squad's consolation: It's happened to many that have come before.

Since the 2002 Arctic Winter Games, Alaska's female volleyball players have won nothing but gold. And there is no doubt the team is once again the red-hot favourite for the top podium finish in Whitehorse. The difference being, that now their key rules for success will be revealed:

Rule #1: Create a good atmosphere

"We are really comfortable with each other," 16-year-old Allison Leigh says. "We cheer for our boys, make signs for them – and they do the same for us. That's probably the coolest part of the whole trip: meeting so many new people and making so many new friends." Coach Judy Knecht agrees, "My personal aim is that they come away with memories they will carry for a lifetime."

Rule #2: Believe in talent, not in training

Each player has been playing volleyball for many years. But would you believe that the team didn't train together once before the AWG? "We actually missed our practice because our

bus was late," libero Lindsey Logan says. "But with the raw talent of everyone, when you just throw it all together, it's pretty easy," Allison adds.

Rule #3: Let the music play!

Before the match the girls get ready in their own way. "We just relax and listen to music. Pump-up music! And we like to sing with it – not good singing but still we sing in the changing rooms," Allison says. Current number 1 on Team Alaska's hit list: *We are Young* by Fun.

Rule #4: Keep it real

Team Alaska might be the best in the circumpolar world but it's a steep climb to get to the top level in US volleyball. "Several of my girls will play College, Division One," Knecht says. "But even if we are looking really good here, believe me: When we go to the States and play, we get hammered just like we are hammering people here."

Rule #5: Stay positive

"Don't think about losing, think about winning," Allison says. Even if the girls don't win gold, they would 'use the defeat as a motivation for the next Games.' For their coach, the biggest goal is first to avoid injuries, then to do well. "Though I'm sure amongst my coaching comrades who have watched the Games for years, I would be ripped quite a bit (if we don't come first)," she says and laughs.

In Memory of Liz Hooe

There is one very special reason why Alaska's Female Volleyball team gives their best at the 2012 AWG: Liz Hooe, former coach and mother of setter Morgan Hooe, passed away from cancer in January. She had trained the girls for many years. "She motivated everyone to be super-good," Lindsey Logan recalls. "She got everyone in Alaska into the Arctic Winter Games, she got everyone pumped up. Now Morgan is in a way playing for her here – and all of our motivation is to play for her."



Up North
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**To all the athletes, coaches and volunteers of
 the 2012 Arctic Winter Games.
 May you have a true Yukon experience!**

FAMILY TIME, COURTSIDE

by INDRA KLEY

Where would the Games be without the parents? It's safe to say there is no fan who feels the excitement and the pain of competition quite like a parent.

There are more than a few sports moms here this week. In fact, Team Nunavut has one playing on its basketball team. Good thing she brought a basketball grandma with her.

The Ulu caught up with a few family members while watching the Nunavut-NWT game on Wednesday.

Faith Mautaritnaaq watched most of the game standing up. It wasn't just the excitement; it was also because she was carrying her 15-month old grandson in her amauti, the traditional Inuit parka used to carry babies.

Eric's mother is here to play for Team Nunavut.

With her was Susie Aupaluktuq of Baker Lake, who came to Whitehorse to watch daughter and sister Rachael play basketball. Her older daughter April also accompanied her.

"We're big fans of basketball where we come from," Aupaluktuq says. In fact, most of the team is from Baker Lake.

They team was required to go to Iqaluit to train for approximately a month prior to the Games, with a one-week visit home midway through training. So the trip here is the result of many months of anticipation.

The family started planning nearly

four months ago, booking hotel rooms.

"Now that we're here, we feel like we're in a dream," Aupaluktuq says.

This is not her first Games, though "I've travelled before to the Games when my older daughter was an athlete," she adds.

April was a basketball player at the AWG from 2006 to 2010. She still plays, and in Baker Lake, there is co-ed basketball three nights a week.

"It's a good way to keep kids busy and encourage sports and stay active," she says.

Just don't ask Baby Eric his opinion. He slept for more than half the Game, but after it was over, he was delighted to see his mom.



Nunavut basketball player Katrina Mautaritnaaq with son Eric



It's a good way to keep kids busy and encourage sports and stay active

WATCH YOURSELF IN ACTION!

AWG Daily on TV (Whitehorse cable channel 9) and a YouTube gadget near you. New episodes at 9 pm daily during the Games.

Day 4: Wednesday, March 7 edition:

Speed Skating
Dog Mushing
Gymnastics
Soccer

AWG Daily captures the flavour and pizzazz of the Games. Yukoner Chris McNutt gives us a small sampling of the energy and excitement happening around town. Catch the faces of the kids, spot someone you know, see the action and feel the electrifying energy in the air.

TOP TWEETS

@charity_price
"we aren't here for a long time, we're just here for a good time" #AWG

@PaaxtonBrucee
Loving all the new friends I'm making :) #awg2012

@Northernjournal
She's on a roll! Fort Smith's Veronica McDonald won triple jump this a.m. That's 4/4 for this Arctic sports athlete! #awg2012 @SportNorth

@awg2012
Which Arctic Winter sport should you NOT bring a cowbell to? #awg2012 #morecowbell

@Makaylafarrell
Hand games in the athletes lounge is getting intense #awg2012

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THE PLAYERS

THE WHO'S WHO OF THE GAMES



THE DIAS FAMILY, from Rankin Inlet, Nunavut

Father **Tony Dias**, coach.

Mother **Shawna Dias**, coach and veteran of the 1988 and 1990 Games.

Son **Tristen Dias**, age 16, dog musher and veteran from 2010 Games.

Son **Tyrese Dias**, age 12, dog musher and handler.

Daughter **Shanti Dias**, age 9, youngest member of Team Nunavut competing in gymnastics.

THREE HUNDRED POUNDS!

by KAREN KEELEY

What would it take for you to travel with 12 dogs and 300 pounds of gear? For the Dias family from Rankin Inlet – located on the west coast of Hudson Bay in Nunavut – it means impeccable coordination coupled with timing and logistics.

As a family, they are packing dog sleds, straw, dog food, harnesses, gang lines, dog dishes and buckets to prepare the dog food. Somewhere in that mix, will be their own personal belongings – everything needed for the 2012 Arctic Winter Games.

Tony Dias, his wife Shawna, and children, Tristen, Tyrese and Shanti are excited. Tristen and Tyrese are competing in dog mushing. Tyrese, the younger son, is also handling dogs for a friend, Harry Towtongie, a well-known Nunavut dog musher. Tony and Shawna are coaches.

“We’ve estimated 300 lbs of supplies, plus the dogs,” Tony Dias shared. “The dogs travelled well at the last Arctic Winter Games to

Grand Prairie. It was an 8 hour flight for them on Buffalo Airways DC3 with a stop-over about half way for fuel, and a break for the dogs.” With all the love, affection and attention their canine friends receive, the dogs are expected to do fine during the 3-hour journey covering more than 2,200 kilometres.

But what about the family? Dias speaks enthusiastically about the five of them traveling together. “This will be a Games to remember. My wife Shawna will coach Tyrese, and I will be coaching Tristen. My daughter Shanti, gymnast, is the youngest athlete competing from Nunavut.”

Shawna Dias, a games veteran, is excited because the last time she participated at the Arctic Winter Games was in 1988 and 1990. Shawna won gold for indoor soccer for team Nunavut. Tristen and his father attended the 2010 Games where Tristen received a bronze for Team Nunavut for dog mushing.

“These Games are the perfect timing for Tristen because he has just lost his grandfather who taught him all the ropes of Kimuqsiq (dog mushing),” the elder Dias said. He also shared the family’s expectations to try their very best and make new friends, returning home with wonderful memories.

The Nunavut contingent, comprised of 283 members will compete in wrestling, volleyball, table tennis, speed skating, indoor soccer, hockey, gymnastics, Dene Games, curling, basketball, badminton, Arctic Sports, and of course, dog mushing! Seven cultural ambassadors are also traveling with Team Nunavut.

One athlete from Grise Fiord, is perhaps the first from Canada’s northernmost community to make the team. Whitehorse looks forward to welcoming the Dias family, their dogs, and all members of Team Nunavut. We can only imagine that for everyone involved, it will be a howling success.

BEHIND THE SCENES

WAY BETTER THAN SLICED BREAD

AWG food services team goes beyond the box
by HEATHER LEDUC

Gene Batten has thousands of mouths to feed, but it doesn’t seem to faze him.

Heading up food services for the Arctic Winter Games, Batten hasn’t slept much lately, evidenced by our 6:30 am interview as the hours count down to the opening ceremonies.

He’s been through this before with the Canada Winter Games, when Batten and his team raised the bar for food services, eschewing boxed lunches for fresh, hot meals and lots of choice. He comes to his role with experience, confidence and a very important lesson: he can never order too much chocolate milk.

“We’re not going to say to them, ‘you can only have one pork chop.’”

Homer Simpson would have a heyday.

Athletes can eat as much as they want, whatever they want, pretty much any time of day.

At breakfast, there are ham and eggs and hash browns. There are stacks of pancakes, waffles or French toast, and sausages or bacon, depending on the day. Lunch and dinner include two entrées. One day features veal cutlet parmigiana or vegetarian quesadillas as an entrée, with sides of ravioli pasta and rice and mixed vegetables.

If the set meal hours don’t fit an athlete’s inclination or schedule, grazing stations are open from 6:00 am to 10:00 am for breakfast, and 10:00 am to 10:00 pm for lunch and dinner. Grazers will find something for every taste and dietary restriction: salads, hot dogs and hamburgers, sandwiches, stir fries, pasta, chili, pizza and soup. Fresh fruit salad is in abundance, as is coffee, tea, hot chocolate, juices, water and, of course, chocolate milk.

And if in spite of this variety there’s still a need that isn’t being filled, Batten and his team will make sure no one goes without supper.

“We’re a team and when a team really comes together, great things happen.”

Batten is surrounded by a kitchen full of chefs, culinary arts students and young people who keep the food services engine at Yukon College running 24 hours a day. He relies on the team to bring everything together and to offer quality choices in spite of the high volume of meals they’re producing.

“We’re not just putting out food to feed them, we want them to feel welcome.”

For Batten, customer service is as much a priority as excellent food service. That can mean anything from saying “good morning” to making himself available to athletes, coaches and mission staff.

He makes a point of visiting with mission staff offices and making connections. He likes hearing what’s working, but also wants to know what isn’t working. And then he’ll do his best to fix it.

“We’ll bend over backwards, literally, to make it happen if we can,” says Batten.



Xerox Canada Ltd.
salutes the athletes of
The Arctic Winter Games



COACHING: NOT FOR THE FAINT OF HEART

by KAREN KEELEY

Short Bio: SAM JOHNSTON

- Born and raised in Teslin, Yukon
- Elder of the Ishkitan Clan of the Teslin Tlingit Council
- Coached Dene Games and Archery
- Chief of the Teslin Tlingit Council for more than a decade; early 1970s to mid 1980s
- Member of the Yukon Legislature
- Inaugural First Nation Speaker of the House for Yukon Government, and the first Aboriginal Speaker in Canada
- One of 12 Yukon Chiefs who presented Together Today for our Children Tomorrow to then Prime Minister Trudeau in Ottawa in 1973
- Received the Yukon Commissioner's Award and inducted into the Sport Yukon Hall of Fame
- Early passions for Dog Mushing, Archery and Tlingit dancing

Coaching is not for the faint of heart. It takes grit, stamina and determination to lay out a game plan, get up before the crack of dawn, wipe those sleepy eyes, wolf down a cup of hot black coffee, bundle up in parka and mitts and then scrape ice from your vehicle's windshield before you can head to the ski hill, ski trail, curling rink, ice rink, gym, soccer field or skating oval – that special place where your kids are gathered for the all-important practice.

Sometimes it's after a busy day of work. You remember – that day job that actually pays you a salary, and you ask yourself – why bother? You bother because your kids are relying on you. They need your support.

Sam Johnston, a Teslin Tlingit Council Elder harbours these traits. He first began coaching in 1990 as an Arctic Winter Games coach for the Dene Games, and was then asked to be an official for the Dene Games. His travels have taken him to Alaska, Alberta and Greenland. In Yukon, he coached kids from across the territory, drawing strength from their commitment to play, something that fuelled his love to keep on coaching and giving back to the community.

"I have always worked with kids in all kinds of sports," said Johnston, "They inspire me. I learn so much from them, and if I can help even just one kid in life to be happy with who they are, then that is one of the biggest rewards I can get."

Johnston speaks fondly about the different sports he's been privy to, such as Arctic Sports that involve mainly individual events like the high kick and knuckle jump, and the more team-oriented events of the Dene Games such as the pole push, finger pull, stick pole, snow snake and hand games. All of this makes for exciting action for crowds eager to cheer on their favourite athletes.

"The main thing I tell the kids is to do their best," said Johnston. "That does not mean win or lose because if you try and you do the very best that you can do, then you are a winner regardless what the scores say."

Johnston believes that the Arctic Winter Games are important. They show the rest of the country along with the rest of the world that we have top-notch athletes in the north and provide an opportunity to share our pride as northerners and our

pride in the athletes coming out of our communities.

"This is our home," said Johnston. "We are damn proud of it! And most of the games such as Arctic Sports and Dene Games are northern games. They are meant for winter situations. It is good to show everyone that the north is unique and we are just as important as other areas."

When you think about the many sports youngsters can play, each helps them to develop strength, stamina and balance through endless hours of practice. That's why the coaching is so important. Mentorship nurtures these attributes that are integral to living healthy lifestyles tempered with respect for individuality and teamwork.

Today, Johnston works at the school in Teslin where he continues to mentor students in the community and when time allows, he travels to Whitehorse and other Yukon communities to share his knowledge, traditions and wisdom with kids who are eager to learn.

His reward is the pride he feels when he sees the kids he's coached grow into respectful individuals busy with their own families, and eager to pass on the legacies of honour, trust and respect that define not only great coaches but speak to the integrity of all those willing to lose a few hour sleep to help others.

"Holding the Arctic Winter Games in the north gives us pride in being northern people," concluded Johnston. Northern coaches

everywhere would agree. What better way to nurture young bodies and minds than by helping youngsters grow into the best they can possibly be, especially when competing for their home jurisdiction at the Arctic Winter Games.

SHOUT OUTS



NOTABLE RECIPIENTS OF THE FAIR PLAY PINS FOR TODAY

David Thomas
Alaska
Arctic Sports:

"For his determination, for helping his competitors and for the positive energy he gives everyone. Always smiling!"

Way to go David!

Casey Ferguson
Alaska
Arctic Sports:

"Casey was instrumental in getting the Arctic Sports specifics for brackets ready by helping coaches and mission staff."

Right on Casey!

Competitors with painted faces participate in Hand Games at the Kwanlin Dun First Nations Cultural Centre

Photo credit: Tina Brobby



yukon energy keeping tradition in play



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THE VIEW FROM UP HERE

NEWS FROM THE PODIUM



QUOTE OF THE DAY

"Canadians, cast your gaze a little further north to the Arctic Winter Games"

Jian Ghomeshi,
Host of CBC Radio's Q



Photo credit: RUTH BORGJORD

TWO MINUTES FOR LOOKING SO GOOD

by THOMAS SCHOENEICH

As a beer league player, I've seen my share of snippets of a hockey game from the inside of a penalty box. Watching the whole game from that vantage point, however, is a completely different experience.

"We're just hockey moms doing our part," says Angie Troke, explaining how she, Jennifer Logan and Julie Grant found themselves in the time keeper's box.

Joining them for tonight's tilt featuring the NWT Bantam Males versus Alaska is Cedric Autit. Cedric traveled from Rankin Inlet to watch his daughter Layla play goal for team Nunavut. He brought with him a laptop full of rocking tunes to play during breaks in the play, and a natural announcer's voice. Cedric's got a style all his own and sounds perfectly at home as he calls the game in both English and Inuktitut.

To make sure Cedric is able to focus on announcing and queuing

up music, Angie quickly jots down the names of goal scorers or penalized players for him to read off. Her son Devon is a goalie for the Yukon Bantams.

"We're going to run out of paper with all these penalties!" laughs Jennifer, looking up from her duties running the scoreboard control panel. Her daughter Madisson, is a center for the Yukon team and tonight her son Sam, a Whitehorse Mustang, is doorman for Team Alaska's penalty box. "Sam, your guy is out at 6:25," she shouts across the box.

Julie keeps the box score. She diligently keeps track of penalties, goals, and assists. A handbook of referee hand signals and their descriptions sits open in front of her. It's a family affair in here, as her son John busily works the gate for the Team NWT penalty box.

In between periods while the spectators take a break, it's all

Ulu News on CBC's Airplay today!

Tune into CBC Yukon's Airplay (570 AM in Whitehorse) between 4:30 and 5:00 this afternoon to catch Ulu News' hockey analyst Joel Whitten chat with Dave White about how the on-ice action is shaking down. Don't miss it!

business at this end as everyone prepares for the next period. That is until Cedric cranks up Chubby Checker's, *The Twist* and the whole booth starts dancing.

When the game resumes, a puck sails over the glass and out of play and so I quietly reach back into the cooler and pass another forward. For a brief moment, I'm not just an observer, but a part of the behind the scenes crew that helps shape the game without ever being seen or recognized. I smile to myself, because it feels good to be part of the game without ever stepping on the ice.

AWG ULU COUNT

As of 7:00pm Wednesday, March 7

CONTINGENT	G	S	B	TOTAL
Alaska	32	34	30	96
Yukon	20	25	14	59
NWT	14	16	28	58
Yamal	24	17	9	50
Alberta North	17	13	15	45
Greenland	7	5	5	17
Nunavut	4	5	7	16
Nunavik	3	3	7	13
Québec	3	3	7	13
Sápmi	2	1	1	4



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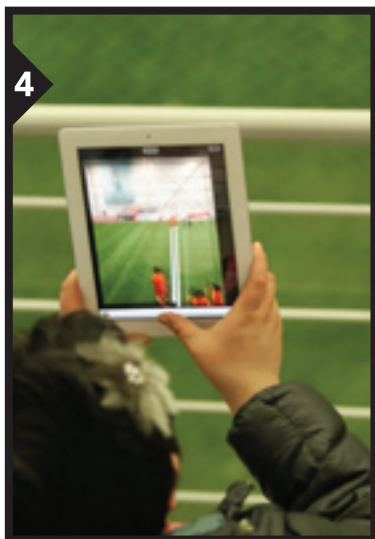
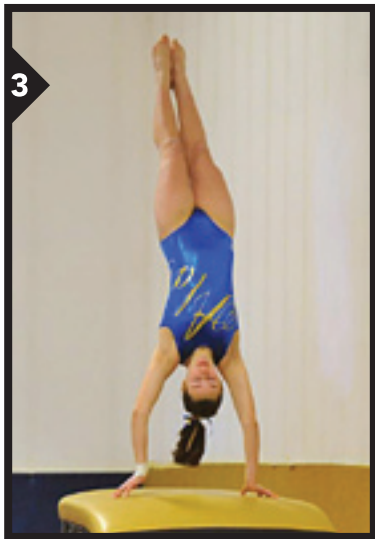
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More photos available on the AWG Flickr website: <http://www.flickr.com/photos/awg2012/>



1 Tagish Kwan Dancers at the CGC ATCO Stage (Photo by **Bruce Barrett**) 2 A member of Nunavut's hockey team (Photo by **Tina Brobby**) 3 Junior female gymnast from Team Alaska (Photo by **Bruce Barrett**) 4 A spectator catches some digital soccer action 5 Claire Ness performs during *ColdSpell* at the Yukon Arts Centre (Photo by **Ruth Borgfjord**) 6 Competitor in the Two Foot High Kick (Photo by **Tim Hogan**) 7 Scene from the ski races at Mt McIntyre (Photo by **Omaar Reyna**) 8 Sidney Nichol of Nunavut during the dog mushing event (Photo by **David Musselwhite**)



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DO YOU HAVE WHAT IT TAKES?



TRAMPOLINES & YOGA

Cross training methods that pay off

by **BRIGITTE PARKER**

While popular, snowboarding is still a relatively new and evolving competitive sport. Faced with design-

ing a dry land training program, Yukon Snowboard Coach Mary Binsted and her team got creative.



During the off season months, when the slopes are bare of snow, snowboarders were able to practice and learn new tricks bouncing on trampolines.

“The trampoline teaches athletes how to move their bodies in the air and overall air awareness in a less risky environment,” explains Binsted. “Trampolines are valuable in improving balance and strengthening leg muscles.”

Bouncing on a trampoline simulates the skill and rhythm of riding on a snowboard. A rider can practice trick maneuvers repeatedly in a fairly safe and confined area. The trampoline helps build on basic skills and gain confidence during hang time as athletes become increasingly comfortable with spinning and flipping in the air.

Riders can also learn how to twist and gyrate their bodies in directions

needed to get their feet under them to successfully land their jumps. Athletes also learn how to safely land by falling into pits filled with foam blocks or giant air bags.

Since snowboarding is a multidimensional sport, a multidimensional training program is required. While the trampoline practices offer skills development, Team Yukon also participated in a series of yoga classes.

Snowboarding requires a flexible body to twist, turn and perform tricks without getting muscle strain or other injuries. The yoga classes were designed to increase flexibility along with core strength and stability. Working through a series of poses, the mostly 14 to 18 year-old young men discovered that yoga was demanding and sweaty but effective in increasing flexibility. Balancing poses such as

tree and core poses such as boat quickly identify weak points which can be improved through strength building workouts.

Another important component to the class were the breathing exercises. This trained athletes to control their breath while increasing their lung capacity and concentration skills.

Nonetheless, the most popular pose was always the last one of yoga class: corpse pose. In this pose, everyone rests lying on their backs to allow the body to integrate what was done during class. The pose was so popular, some athletes wished the class started with it! This underlies the importance of building resting times in the overall training program.

Hopefully, post AWG, all athletes will be able to rest satisfied at their performance at the Games.

GUINEA PIG: KICK IT LIKE JOSH

Arctic Sports shouldn't be hard to learn, if you are coached by a professional. At least that's what I thought.

by **THOMAS SCHOENEICH**

I think I can say that I might have set a new German record in the Knuckle Hop – but there's no fame in it. It's just because the number of Germans who have done a Knuckle Hop before I tried it last week was probably close to zero.

So I keep myself in a good mood by thinking that the mere 2.5 jumps I managed were enough to call myself a record holder.

There is no doubt that Arctic Sports had to be included in our AWG-guinea pig series for the *Ulu News*. It's one of the sports that define these Games.

So I met with Josh Carr. Josh has been an athlete and coach for Team Yukon since 2006. Two years ago he presented Arctic Sports at the Vancouver Olympics. He wouldn't swap Arctic Sports for any other sports, he says. He loves it. He makes it look so easy.

And I, well, five minutes after I had met Josh for a personal training

session, I wish I would have never entered the gym.

In my defence, gymnastics and flexibility were never my strong points and I kept blaming Josh tongue-in-cheek that I didn't get a warm-up.

Therefore the Kneel Jump was a disaster. I didn't even manage to get off my feet while Josh landed between four and five feet in front of me.

The Knuckle Hop – I reckon a frog suffering from asthma would hop better.

The Sledge Jump, yeah, I was fine for ten jumps, maybe even twelve. But the record for this event in the Open Men's is an intimidating 830 jumps set in 2006.

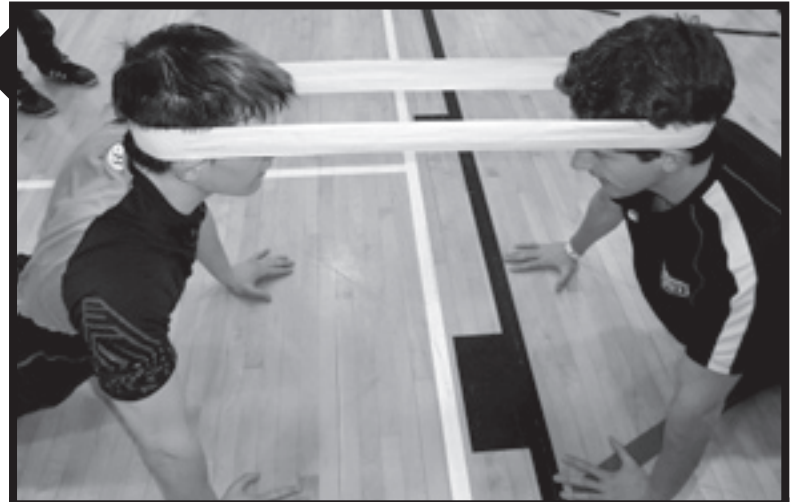
I didn't give up though. I gave Josh a run for his money in the Head Pull – or at least I thought so. And I managed the first Alaskan High Kick in my life – no, I'm not going to mention the height of the target.

My Arctic Sports career lasted an hour, then I retired – exhausted and impressed with what Josh and his teammates are able to do with their bodies. Arctic Sports is a true test of one's physical and mental capabilities.

I don't know whether I'd try it again but I would go and watch anytime. So should you: At the 2012 AWG, Arctic Sports take place at the Vanier Catholic School, Monday through Friday.

I reckon a frog suffering from asthma would hop better.

Guinea Pig Thomas Schoeneich on his attempt at the Knuckle Hop



WELCOME

On behalf of the Yukon Liberal Caucus, we'd like to welcome all athletes, officials, coaches, dignitaries, volunteers, and visitors to the 2012 Arctic Winter Games in Whitehorse. The Arctic Winter Games is a proud tradition, uniting representatives from the circumpolar world through the passion, endurance and teamwork of sport, and allowing us to showcase our vibrant living cultures throughout

the Arctic. The Games bring out the best in everyone, providing all of our solid citizens and future leaders with a sense of camaraderie and allowing them to forge lasting friendships.

It is an honour to have the 2012 Arctic Winter Games hosted in the Yukon this year. Good luck to all participants, and to those visiting, welcome to our beautiful territory!

YUKON Liberal CAUCUS

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Darius Elias

MLA Vuntut Gwitchin
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in the Whitehorse 2012 Arctic Winter Games!

From all of us at Northwestel



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WHITEHORSE 2012

CULTURAL BEAT

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GET PINNED

PIN OF THE DAY

Why have one pin when you can go big and create a whole new image with many? A definite buzz at these games is the puzzle pin. Two of the most popular puzzle pins are the participating team pins. There are only a few days left in the Games, so if you've only got a small piece of a puzzle, you've got some work to do!



POSTS FROM HOME: AWG ♥ FACEBOOK

by HEATHER LEDUC

Activity is fast and furious on the Arctic Winter Games Facebook page. Many of the posts are being generated by AWG volunteers, but lots originate from athletes and the folks back home.

Volunteer Sara Bergquist has been monitoring the AWG Facebook page and responding to questions.

"It's pretty touching because many of the participants are a long way from home," said Bergquist. "Family and friends have a way to stay connected and send their love across the circumpolar north."

Most of the posts fall into three categories:

1. Cheering on the team

This is the most popular type of post. No matter which team the post is directed to, the message remains the same:

- NUNAVUT!! NUNAVUT!! GO team NUNAVUT!!
- Aipai laguma Nunavik Iaritsi!!! Aipai!!!... Aipai!!!...
- GO TEAM ALASKA! (=

2. Family fans

The athletes may have grown up with social media, but they're not the only generation on Facebook. Parents and grandparents, aunts and uncles are sending messages to their Generation Y relatives at the games:

- "Hey Megan Wiebe Hope you have a fantastic time Good Luck. We are Cheering for you GO MEAGAN GO!!!! Love you Auntie Sue and Uncle Rob
- "go n.w.t. from grandma Lucille in Kamloops b.c."
- "God Bless, watch over and Bring strength, surety and accuracy to Team NWT throughout the 2012 AWG! Go Team NWT Go! All My Love to my sons Kolton Billy Daniel in Junior Mens Volleyball and Kynwill Gordon-Ruben in Midget Hockey!!! So Proud of You, we are cheering you on from HOME!!!!!"

3. Appeals for photos and video

The folks back home are missing the live action, but they still want to experience the Games. The social media team at AWG responds to requests for images and video, often combined with links to Flickr and YouTube:

- Post: "If anyone is going to the Nunavut Girls hockey game tonight, please take some pictures of the coaches and post them, Cassie Wilson is my daughter, and Steve Paterson is the son of a friend. Thanks!!!"

In this case, Sara Bergquist conveyed the request to photographer Bruce Barrett, who then took many photos of the game, updated Flickr and Sara posted the link on Facebook for Cassie's family.

- Way to go Bruce and Sara! WOOT WOOT!!

Social media and Team Nunavik-Québec

At least one team is sharing the games through social media: Team Nunavik-Québec's families and friends follow their athletes' progress on the team Facebook page. There are updates on the events, photos of athletes in action and pictures from the podiums. They also have links to video on their own YouTube channel.

How to write an AWG Facebook post

The great thing about Facebook posts is the spontaneity. There are no rules on Facebook, but there are a few suggestions to make the posts more expressive and emphatic:

- Use exclamation marks!!! Lots of them!!!
- Use CAPITAL LETTERS! WHEN YOU'RE CHEERING ON YOUR TEAM, YOU WANT TO MAKE IT LOOK LIKE YOU'RE YELLING!
- Use lots of wicked superlative

GAMES GEAR



BASKETBALL SHORTS: GO BIG OR GO HOME

by GLENDA KOH

Basketball shorts have a long history. In fact, everything about basketball shorts seems to be getting longer and longer.

Just ask the Alaska Junior Female team, whose uniforms are so big, most girls have to fold over their waistbands and roll up their sleeves. The *Ulu News* caught up with some of them just prior to their Wednesday game against Team Yukon.

"They're so big because they're actually UAF [University of Alaska Fairbanks] jerseys," explains athlete Asia Do: "They're meant for college women, and most of us are 8th and 9th graders."

The team may have a few extra yards of fabric to drag around, but their striking white uniforms make a formidable sight. The glare of the fluorescent lights makes them nearly luminous.

Basketball shorts have evolved from the snug shorts worn from the 1920s through the 1970s, to the baggier fit attributed to Michael Jordan in the 1980s. Since then, they have become even baggier and longer, with some leagues putting a maximum length on them.

For the Alaska girls team, they love the sport, and they love the shorts.

"I wear them to school," said Nikki Ferrey. "No tights underneath, just the shorts. It's a bit cold, but it's only this part of my leg that's exposed," she said, indicating the four-inch portion of her leg between her sock and knee.

Team Alaska isn't self-conscious about their oversized look, either. As Ne'Chelle Martinez says, "It doesn't really matter what you're wearing when you play."

Taylor Hasting adds, "We're just here to play basketball."

adjectives

Example: Way To Go Team NWT Hockey Midget Male WON over Team Yukon 4-2!!! WhoootWhooot UI UI... Keep it up Boys!!!! Awesome!!!

For the athletes in Whitehorse and their friends and family at home, Facebook has revolutionized the way the games are being shared.

HOORAY FOR FACEBOOK!!!!!!

Illegitimus Non Carborundum

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