

# 2018 NL Winter Games

## Deer Lake

### Participant Information



SUPPORTED BY



## Deer Lake Host Committee

Co-Chairperson  
Co-Chairperson  
Host Committee  
Host Committee  
Ex-officio  
Games Manager

Junior Pinksen  
Christa Jones  
Maxine Hayden  
Damon Clarke  
Deer Lake Town Council Rep  
Brad Romaine

## Winter Games Directors

Director of Finance  
Director of Public Relations and Special Events  
Director of Accommodations  
Director of Ceremonies  
Director of Medical  
Director of Communications  
Director of Security  
Director of Transportation  
Director of Results & Information Technology  
Director of Registration  
Director of Food Services  
Director of Sport & Venues  
Director of Volunteers  
Director of Set up/Take Down  
Friends of the Games  
Legal Liaison

Lori Humphries  
David Fever and Nora Fever

Kelsey Jones

Elmo Bingle  
Keith Park  
Ivan Thomas  
Brendan Lush  
Sharon Major  
Angela Gillard  
Harry Butt  
Tara Bennett  
John Chaulk  
Jamie Schwartz  
Jim Goudie

Games Coordinator: SportNL

Patti Thorne

To reach any of the Deer Lake 2018 Host Committee members, please contact the Town Office at (709) 635-3551 or email [dlwintergames@gmail.com](mailto:dlwintergames@gmail.com)

To reach the Games Coordinator, e-mail [pthorne@sportnl.ca](mailto:pthorne@sportnl.ca) or (709) 576-4629. Voice messages will be sent to e-mail.

Games Web Page: [www.nlgames.ca](http://www.nlgames.ca)

## Overview of the NL Games

The Newfoundland and Labrador Games is a Government program that is held every second year, alternating in the winter and summer months. It is the largest multi-sport event staged for youth ages 11 to 18 years from all regions of the province.

Designed to generate participation in sport, foster sportsmanship and develop athletic skills, the Newfoundland and Labrador Games is considered by some participants to be the highlight of their sporting experiences. The Games are also a fantastic opportunity to reinforce messages and practice around healthy eating as the Newfoundland and Labrador Games follow the school food guidelines for healthy eating.

Nine regions participate in the Newfoundland and Labrador Games and compete for three awards:

**The Premier's Cup:** Awarded to the region that accumulates the highest number of points at the Newfoundland and Labrador Games;

**The Sport Newfoundland and Labrador Trophy:** Presented to the region showing the most improvement from one seasonal Newfoundland and Labrador Games to the next;

**The Lieutenant Governor's Award:** Awarded to the region who best demonstrates the overall spirit of friendly competition and sportsmanship – the essence of the Newfoundland and Labrador Games.

Each Newfoundland and Labrador Games may involve up to 1600 athletes, coaches, and managers competing in a variety of sports. Hundreds of enthusiastic and hard-working volunteers are required. A successful event entails true dedication and considerable planning by the Host Committee.

## PAST CUP WINNERS

Year	Premier's Cup	Sport NL Trophy	Lieutenant Governor's Trophy
1978	St. John's – Mount Pearl		
1980	St. John's – Mount Pearl		
1982	St. John's – Mount Pearl	Central	
1984	St. John's – Mount Pearl	Labrador	
1986	St. John's – Mount Pearl	Labrador	
1988	St. John's - North	Mount Pearl (HOST)	
1990	Western	Central	Eastern
1992	St. John's - North	Avalon	Harbour Grace -Carbonear (HOST)
1994	Western	Eastern	Clarenville (HOST)
1996	St. John's - North	Eastern	Avalon
1998	St. John's - North	Labrador West (HOST)	Labrador West (HOST)
2000	St. John's - North	Western	Western
2002	Western	Mount Pearl - South	Labrador
2004	St. John's - North	Mount Pearl - South	Labrador
2006	St. John's - North	Central	Labrador
2008	St. John's - North	Central	Labrador
2010	Western	Western	Grand Falls – Windsor (HOST)
2012	Western	Western	Host (Carbonear – Harbour Grace)
2014	Western	Clarenville (HOST)	Clarenville (HOST)
2016	St. John's - North	Host (CBS)	Host (CBS)

## NL Winter Games 2014: Final Standings

Sport	Gold	Silver	Bronze	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>
Badminton	Labrador	Avalon	Eastern	Western	Central	St.J/N	Host		
XC Ski m	Host	Western	Labrador	SJ/N	Avalon	Central			
XC Ski f	Labrador	Host	Western	Central	SJ/N	Avalon			
Basketball f	SJ/N	Western	MP/S	Avalon	Host	Central			
Basketball-m	MP/S	SJ/N	Western	Host	Central	Avalon	Labrador		
Bowling	Western	MP/S		SJ/N/A/H		Central			
Gymnastics m	ST/J	Central	MP/S						
Gymnastics f	Central	SJ/N	Western	MP/S	Eastern				
Figure Skating	Avalon		Central Western	MP/S	Labrador	SJ/N	Host	Eastern	
Hockey m	Western	Avalon	MP/S	SJ/N	Central	Host	Eastern	Lab	SPM
Hockey f	Western	Central	Avalon	Labrador	SJ/N	MP/S	Eastern	Host	
Volleyball f	Western	SJ/N	Host	Central	Avalon	Eastern	MP/S	Labrador	
Volleyball m	Host	Eastern	Central	Avalon	SJ/N	Western	MP/S	Labrador	
Wrestling f	Avalon	MP/S	SJ/N	Western	Labrador	Eastern	Host		
Wrestling male	Western	Avalon	SJ/N	Labrador	MP/S	Western	Host		
Table Tennis m	Avalon	MP/S	Central	Labrador	Eastern	Host	Western		
Table Tennis f	Labrador	Central	Eastern	Host	Western	MP/S	Avalon		

\*Curling and Alpine did not participate

# Overview of the 2018 Newfoundland and Labrador Winter Games Venues



The 2018 Newfoundland and Labrador Winter Games are hosted by the Town of Deer Lake, March 10 – March 18, 2018. The events are taking place at 8 venues throughout the Humber Valley and Gros Morne.

- Elwood Regional High School is located on 22 Farm Road in Deer Lake, and provides educational services to over 300 students. Along with multiple classrooms, Elwood has a physical fitness center and a gym with a basketball court. The court can also be used for other sports such as, badminton, soccer, floor hockey, volleyball, etc. Elwood provides two changing rooms for both female and male athletes with toilets and showers.
- Elwood Elementary is attached to Elwood High on 22 Farm Road. Similar to the High School, Elwood Elementary has a full size gym as well as changing rooms, for both male and female athletes. Here you can play multiple sports such as basketball, badminton, floor hockey, etc.
- Xavier Junior High is located on 26 Wight's Road. Xavier is a middle school for grades 6-9, with a wide student choice in drama, visual arts, home economics, technology and recreational physical education. This facility provides students/athletes with a gym and basic fitness center. Here you can play sports such as, basketball, tennis, badminton, floor hockey etc. Xavier also provides changing rooms for both female and male athletes with toilet facilities included.
- Elwood High, Elwood Elementary and Xavier Junior High will make up the Athletes Village. Elwood will be the main hub for Athletes. Housing, food service and merchandise sales will all happen at this facility.
- The Hodder Memorial Recreational Complex features recreational swimming, bowling, figure skating, and ice hockey. The facility includes a four lane swimming pool, tot pool, and hot tub, as well as changing rooms for individuals or families. The bowling alley consists of 6 lanes as well as music and a disco light! The complex also has a canteen where you can buy mozza sticks, popcorn chicken, cappuccinos, and more! The recreation complex is located at 10 Crescent Street, Deer Lake. The Hodder Memorial Complex will play host to both the male and female Hockey as well as male and female bowling.
- Pasadena Ski Park is a must-see tourist location and local attraction. It has over 18 kilometers of wilderness trails featuring breathtaking views of the wildlife of Western Newfoundland. The ski trails are groomed and tracked daily during the winter ski season. The park also has 6 kilometers of groomed snowshoe trails for your enjoyment.

The park has a cozy chalet which offers a comfortable place for guests to enjoy a hot cup of coffee, tea or hot chocolate, and a snack by the fire. Pasadena Ski Park is located on the last left turn at the top of Foote St, Pasadena. The Pasadena Ski Park will host the Cross Country competition of the Games.

- Marble Mountain Ski Resort is known to have some of the best skiing east of the Rockies with an average of 5 m (16 ft) of snow each year, compared to Mont Tremblant's 3.65 m (12 ft). The resort was a key venue for the 1999 Canada Winter Games hosted by Corner Brook. Marble Mountain also boasts the only detachable high speed quad lift in Atlantic Canada – the Governor's Express. It is 1,660 m (5,446 ft) in length and has a ride time of approximately 8 minutes. Marble Mountain Ski Resort is located on 9 Thistle Dr, Steady Brook. Marble Mountain will host the Alpine competition of the Winter Games.
- Corner Brook Curling Club is located on 3 Canada Games Place, Corner Brook, NL.
- Gros Morne Arena is located in beautiful Rocky Harbor. It is located 70km north of Deer Lake on 35a West Link Road. Gros Morne Arena will host the Figure Skating events.

## Transportation

Transportation for all athletes, coaches, and managers residing outside of the Host Region (50 km or more) is funded by the Government of Newfoundland and Labrador, and coordinated by Sport Newfoundland and Labrador through Games Coordinator, Patti Thorne ([pthorne@sportnl.ca](mailto:pthorne@sportnl.ca)). Labrador travel is coordinated by Trevor Paine ([tpaine@gov.nl.ca](mailto:tpaine@gov.nl.ca)), Recreation and Sport Consultant with the Recreation and Sport Division, Department of Seniors, Wellness and Social Development.

First half contingent: The first group of participants arrive Saturday, March 10, 2018. Departure to the Games commences at a time that brings participants to the Host Region between noon and 4 pm. Departure from the Games will commence 1 pm on Tuesday, March 13, 2018. Athletes in the first half participate in the Opening Ceremonies.

Second half contingent: The second group of participants arrive Wednesday, March 14, 2018. Departure to the Games commences at a time that brings participants to the Host Region between noon and 4 pm. Departure from the Games will commence 9 am on Sunday, March 18, 2018. Second half participants take part in the Closing Ceremonies.

Individuals unable to travel on the funded transportation must clear it with their Coach and/or Manager, as they are responsible for their athletes during the entire Games. Coaches and Managers are asked to advise the Games Coordinator, Patti Thorne, of anyone who is not taking the transportation provided for them. There is no funding or provisions for participants

who arrange their own travel regardless of the reason or any funding for any athlete, coach or manager who travel to the Games from outside of their regional boundaries.

At least one coach/manager of the team must travel with teams using the buses/flights provided for the departure and arrival times designated for their sport.

Anyone choosing to travel on alternative transportation to the Games may encounter registration delays upon their arrival and may be inconvenienced. Athletes will need their coach/manager to accompany them to late registration.

**NOTE: Athletes who are injured and unable to participate in their sport competition may be refused travel as injured athletes who are unable to participate are not permitted to register for the NL Games.**

## Luggage Regulations

Each team member is allowed one suitcase (no oversized luggage please! 18" x 24" max) as well as a sleeping bag, single air mattress (39" x 75") and pillow. Make sure your name, sport and region is on everything. Travel Coordinators reserve the right to refuse any luggage deemed too big for the bus/flight. Sport equipment should be packed in your bag if possible.

## Games Timetable

### **Saturday, March 10, 2018**

First half participants arrive at the Athletes' Village where they will register and be shown to their accommodations. **Early supper will be available to participants at the Athletes' Village from 2 pm to 5 pm.** Opening ceremonies will commence at 6:30 pm at the Hodder Memorial Complex. More information on tickets will be forthcoming (near the end of February when registration numbers have been finalized)

### **Sunday, March 11, 2018**

Sports competitions commence.

### **Monday, March 12, 2018**

Sports competitions continue.

### **Tuesday, March 13, 2018**

Competitions and medal presentations end by noon. First half participants leave the Athletes Village for home. Lunch will be available before departure. Safe Travels! Hope you had fun!

**Wednesday, March 14, 2018**

Second half Participants arrive at the Athletes Village where they will register and be shown to their accommodations. Participants may partake in entertainment at the Athletes Village.

**Thursday, March 15, 2018**

Sports competition commences.

**Friday, March 16, 2018**

Sports Competition continues.

**Saturday, March 17, 2018**

Competitions and medal presentations end by noon. **Early supper will be available at the Athletes Village from 2 pm to 5 pm.** Closing Ceremonies will commence 6:30 pm at the Hodder Memorial Complex.

**Sunday, March 18, 2018**

Second half participants leave the Athletes Village for home in the morning. Breakfast will be available before departure. Safe Travels! Hope you had fun!

## Accommodations

### **Athletes' Village: Elwood Elementary, Elwood High and Xavier Junior High**

Accommodations are provided by the Host Committee, at NO cost to athletes, coaches and managers in the classrooms of Elwood High School, Elwood Elementary and Xavier Junior High. All coaches, managers, attendants and athletes must stay in the Athletes' Village. Room checks will be done and anyone who is not present after curfew will be subject to discipline as outlined in the NL Games Policy Manual.

Coaches and Managers that are opposite gender than their athletes will be accommodated separately from their team. **All teams must have a coach or manager of the same gender remain with the team in the Athlete's Village at all times or make arrangements for supervision should a situation result in that coach or manager having to leave athletes unsupervised.**

All participants will receive an accreditation pass for identification during the Games. **This pass must be worn at all times.** Participant accreditations grant access to the Athletes Village as well as food services and entertainment. **Access to the Athletes Village is restricted to registered team members only.** If a participant loses or forgets their accreditation pass, please have your coach or manager notify the Information Desk located in the front entrance of the Athletes' Village.

**Athletes representing the Host Region will not be staying in the Athlete's Village due to space restrictions and instead stay at their own residence.**

The Athletes Village will be patrolled 24 hours a day by security. Personal effects of individuals entering or departing the Village may be subject to a security check at any time. All authorized individuals must present their credentials to security each time they arrive. **Sleeping areas are designated male or female; only participants, volunteers and security personnel of the same gender may gain access to gender specific areas.** In certain circumstances, special guests of the Host Committee may be escorted by security. Security can be reached at Information Desk located in the front entrance of the Athletes Village.

All athletes and teams are responsible for their personal items. Any property damage will be the sole responsibility of the athlete and/or team.

**The NL Games are scent free. Please do not bring or wear any scented products or perfumes.**

Participants are responsible to ensure that their room is left in the same condition as found upon arrival.

## Security

- Please be advised that security reserves the right to inspect all baggage entering the winter games venues.
- Athletes Village Staff will be on duty at the Athletes Village 24 hours a day. They will be easily identifiable in our Volunteer shirts. Participants are encouraged to make security aware of any concerns, in confidence, to ensure everyone's safety.
- The schools at the Athletes Village are equipped with a state of the art security system both inside and out.

## Registration

All teams must be registered with the Host Committee by Friday, February 16, 2018 through our website. Every member of each team must bring along a photo id (such as school or government ID) in case they lose their accreditation.

Registration will be made available through our website beginning February 1, 2018. Each coach/manager is responsible to register their entire team. The team manager or coach is also required to collect and bring the following completed forms for each team member:

- Adult waiver form for Minors
- Media Release and Authorization Form
- Medical Form

All forms will be available online at [www.nlgames.ca](http://www.nlgames.ca) beginning February 1, 2018

Each athlete attending the Games will participate in either the Opening or Closing Ceremony for free. In addition, they will have the opportunity to purchase tickets at \$10. Conditions of purchase will be forthcoming the end of February.

## Entertainment

The entertainment committee is working hard to plan fun things for participants during their stay in Deer Lake. Every night there is something fun for participants to do! Admission to all entertainment events is **FREE!** **Please note, the responsibility of the Athletes at all entertainment events rests with their coach/manager.**

## Gymnasium Guidelines

**Sneakers are required for activities in the gym.** Please keep in mind that as a part of the entertainment portion of the Games some physical activities may be offered in the gymnasium.

While reusable beverage containers are allowed in our gymnasiums, **disposable coffee/beverage containers are not allowed.**

## Lost and Found

Lost and found items may be reported and/or brought to the Games Information Desk located in the Athlete's Village.

There will be limited lockers available to each team during the Games. **Coaches – Please bring your own lock(s)!**

## Social Media

Facebook: DL Winter Games 2018

Twitter: @dlwintergames

Instagram: 2018nlwintergames

Website: [www.nlgames.ca](http://www.nlgames.ca)

## Food Service

To help protect those participants with allergies, athletes and coaches are asked to refrain from bringing their own food to the Games. Meals will be provided at no charge by the Host Committee in the Athletes' Village.

NL Games will be “nut free” and “seafood free.” The Host Committee recognizes that participants may have other food restrictions and will do their best to accommodate special requests but cannot guarantee it. Thus it may be necessary for team members with food sensitivities or restrictions to make their own accommodations for meals. Snacks will be available each evening in the designated area.

To keep the sleeping areas clean from spills and debris, all meals and snacks should be consumed in the designated eating areas such as the food court and designated eating areas in each school. **No food is to be consumed in sleeping areas.**

Meal times are as follows:

Breakfast:	6:00 am – 9:00 am
Lunch:	11:00 am – 2:00 pm
Supper:	5:00 pm – 8:00 pm
Evening Snack	8:30 pm - 10:30 pm

If a team is unable to meet the scheduled meal times a team coach or manager must arrange bagged lunches. Bagged lunch forms can be picked up in the cafeteria. These forms must be returned by 6:00 pm **the day before** the lunch is required. **Bagged lunches are only approved for teams who cannot make the scheduled meal time due to competition.**

## Curfew

All athletes must be in their room no later than 11:00 pm. Lights out at 11:30 pm! Please be respectful of athletes that have early start times.

## Showers/Hair Styling Products Requiring Plug-Ins

Showers are located at the Athletes Village (Elwood High and Elwood Elementary) Hockey teams staying at Xavier School will not have the use of showers and instead be accommodated at the other two schools or shower at Hodder Stadium. Athletes are encouraged to shower at the sporting venues whenever possible.

The use of numerous electrical devices at the same time in the classrooms has resulted in the loss of electrical power in almost every Games to date. Thus for 2018, the Host Committee will designate an area for this service.

## Opening and Closing Ceremonies

**Opening Ceremonies** will be held on Saturday, March 10, 2018 at the Hodder Memorial Complex at 6:30 pm. All teams must meet in the designated area of the Athletes' Village at 5:45 pm in preparation for the Athletes' Parade. Participants do not require tickets.

**Closing Ceremonies** will be held Saturday, March 17, 2018 at the Hodder Memorial Complex at 6:30 pm. All teams must meet in the designated area of the Athletes' Village at 5:45 pm in preparation for the Athletes' Parade. Participants do not require tickets.

Each regional team member must wear the regional team shirt provided at registration at both the Opening and/or Closing Ceremonies.

The Opening and Closing Ceremonies will feature a parade of all 2018 Winter Games athletes, coaches and managers, the lighting of the cauldron as well as fantastic entertainment performed by local artists. The line-up of entertainers will be announced at a later date.

## Medical Services

First aid services will be available at all venues for minor injuries. Situations deemed more serious will be referred to the local clinic or Western Memorial Hospital in Corner Brook. In the Athletes Village there will be no infirmary. Anyone that is sick or injured must contact the Athletes Village office and a medical assistant will be called for assessment. If an athlete is not well enough to stay at the Athletes Village the coach and/or parents will be consulted regarding alternate arrangements.

All athletes must return a completed medical form to their coach. The coach will present these forms and highlight any concerns to the Host Medical Committee at registration. The forms will remain in the coach's possession for the duration of the Games. The Host Committee will not be responsible for non-disclosure of medical information. Failure to provide medical forms at registration will be considered to be non-disclosure of medical information.

The Games Host Committee has obtained liability insurance for the Games. Athletes and coaches should investigate the level of medical insurance coverage provided by their personal insurance company and respective provincial sport organization for major competitions such as the Games.

## Regions

Upon arrival, each member of each team will be given a Games' T-shirt compliments of the Host Committee and their sponsors. Shirts are to be worn during the Games Opening and/or Closing Ceremonies.

Shirt colours and regions are as follows:

- **St. John's/North (Red)** – St. John's and north to Cape St. Francis, Bell Island, Torbay, Portugal Cove-St. Philips and Petty Harbour-Maddox Cove.
- **Mount Pearl/South (Indigo Blue)** – Mount Pearl, Paradise, and all communities on the Southern Shore from Bay Bulls to Trepassey inclusive.
- **Avalon (Ash Grey)** – Holyrood; the Conception Bay north shore (Conception Harbour to Grates Cove); the Trinity shore (Old Perlican to Blaketown) and up but excluding Arnold's Cove; the areas surrounding Long Harbour, Whitbourne, and Placentia; the Cape Shore and St. Mary's Bay up to but excluding Trepassey.
- **Eastern (Gold)** – northwest of and including Arnold's Cove, including the Bonavista Peninsula, the Burin Peninsula west to Pool's Cove inclusive; Clarenville and northeast to Gambo but not including Gambo.
- **Central (Maroon)** – Gambo and west to Hampden, north to Notre Dame Bay and south to the south coast. This includes Bonavista North (Hare Bay, Wesleyville, Musgrave Harbour, Gander Bay); Gander; Fogo Island; Twillingate, Lewisporte; Botwood; Bishop's Falls; Grand Falls-Windsor south to Harbour Breton; west of Harbour Breton to include Francois; east of Harbour Breton to (but exclusive of) Pool's Cove; Springdale and the Baie Verte Peninsula south to Hampden.
- **Western (Royal Blue)** – west of Hampden, including the Northern Peninsula, and all communities west of Francois.
- **Labrador (Forest Green)** – all parts of Labrador.
- **Host Region (White or designate colour )** – Deer Lake

Regional colours are not required for your competitive uniform. However competition uniforms may not have any sponsor or team names other than the region represented or the manufacturer's trade mark. If the Host Committee has obtained sponsorship for a team through their sponsorship process, that team may wear the sponsored item without restriction.

Please bring an alternate colour for your uniform in case another team has a similar colour. Pinnies are acceptable.

## Deer Lake 2018 Medals

Medal ceremonies for each sport will take place throughout the duration of the Games. The time and location of the medal presentations will be posted on our website [www.nlgames.ca](http://www.nlgames.ca) before the Games.

## Deer Lake Cauldron

The 2018 Newfoundland and Labrador Winter Games Cauldron will be a popular backdrop for many photographs during the Games. The Cauldron will reside at the Pride of the Town, located adjacent to the Hodder Memorial Recreation Complex for the duration of the Games.

## Communication and Media Relation

During the Games, communication and media organizations will be on site at all venues. If an athlete is approached to do an interview, the Host Committee suggests discussing the time and place of the interview with their coach, as there may be a scheduling conflict with competition times.

## Picture Contest

During the week of the 2018 Newfoundland and Labrador Winter Games there will be a picture contest for all athletes to participate in. Daily prizes to be won!

Picture Contest categories:

- Funniest moment of the Day
- Best non-sport event of the Day

- Best Action shot of the Day

Send your pictures to [www.nlgames.ca](http://www.nlgames.ca) (subject, Picture Contest), or post to twitter or Instagram using #getgoldinthecold. Please include your name, region, and sport you are competing in (if applicable).

The contest will be open to athletes in the first half of competition on Sunday and Monday and to athletes in the second half of the competition on Thursday and Friday.

Rules: Please ensure the pictures are appropriate. Entries must be submitted before 8 pm on each day, winners will be announced the next morning at the Food Court in the Athletes' Village.

## To The Parents...

While we appreciate that you may want to see where your children are sleeping and hanging out while they are not competing, we **strongly discourage** all parents from visiting the Athletes' Village. As you can appreciate with the number of athletes staying in the Village it will be difficult dealing with added bodies and vehicles. Parents should only come to the Athletes Village in the event of a medical/family emergency. Anyone not registered for the NL Games will not be permitted in the sleeping areas of the Athletes Village

## Common Questions

**Q: Am I allowed to go with my parents when I'm not competing?**

**A:** You must make it clear with your coach or manager as they are responsible for you from the time the bus picks you up to the times you get off the bus to go home.

**Q: How will get to our facility at the Games and what if we want to watch another team?**

**A:** The Host Transportation Committee will provide local transportation for participants. Buses run on a schedule and will be posted in the Athletes Village.

**Q: Can we wear our team uniform during the Ceremonies?**

**A:** All Athletes must wear your Games "regional" shirt. You can wear a shirt under the regional shirt if you wish.

**Q: How can someone reach me if there is an emergency?**

**A:** Your coach/manager would be your direct contact. As well, messages will be taken at the Games office (709) 635-3551.

**Q: How many people will be in a room with us?**

**A:** You will be in a classroom with other members of the same gender of your team. You may also share a room with another team. All teams must have a same gender coach or manager with them in the Athletes Village. The number of athletes in each room is determined by the square footage of each room as per fire regulations.

**Q: One of our coaches is a male and we are a female team. Where will he be?**

**A:** Coaches and Managers who are opposite genders than their team will be staying in a separate area of the Athletes Village. Once your coach has his/her room assignment, ensure that he/she tells you where they are!

**Q: Can our team get sponsors for our uniforms and equipment?**

**A:** Please ask your Technical Chairperson (manager) to contact the 2018 Newfoundland and Labrador Games Manager (Brad Romaine, [dlwintergames@gmail.com](mailto:dlwintergames@gmail.com)) for the rules and policies pertaining to sponsorship. The simple answer is no.

**Q: My parents have their own accommodations arranged. Can I stay with them instead of in the Athletes Village?**

**A:** It is a NL Games policy that all athletes, coaches and managers are to stay in the Athletes' Village.

**Q: Will I need to bring anything to sleep on?**

**A:** Yes, you will need to bring an air mattress. Please remember to bring a single sized air mattress, (39"x 75").

**Q: Is there WIFI?**

**A:** There is WIFI at the Athletes Village and at most venues.

**Q: Where can I find the schedule for all sports?**

**A:** Sport schedules will be available on our website [www.nlgames.ca](http://www.nlgames.ca)

**Q: Where can I find the transportation schedule?**

**A:** The transportation schedule can be found in the main entrance of the Athletes Village and on the website [www.nlgames.ca](http://www.nlgames.ca)

**Q: Can my friends and family watch the games?**

**A:** Spectators can access all sporting events for free!

## Emergency Numbers

Fire	911
RCMP	911
Ambulance	911
Hospital	637-5000
Poison Control	1-866-722-1126
Mental Health Crisis	1-888-737-4668

## What to Bring

- ✓ Sleeping Bag
- ✓ Pillow
- ✓ Single sized air mattress
- ✓ Pajamas
- ✓ Towels for showering, swimming, competition
- ✓ Bathing suit for showering
- ✓ Flip flops for showering
- ✓ Face cloth
- ✓ Soap/shampoo
- ✓ Tooth brush/toothpaste
- ✓ Personal toiletries
- ✓ Simple first aid items
- ✓ Spare contact lens or glasses
- ✓ Sports equipment for your sport
- ✓ Uniform (two sets/different colors)
- ✓ Sneakers
- ✓ Water bottle
- ✓ Camera/charger/batteries
- ✓ Flashlight
- ✓ Luggage tags
- ✓ PHOTO ID
- ✓ MCP card
- ✓ Spending money
- ✓ Coaches- please bring a lock(s)

## Partners

- The Town of Deer Lake is not only the Host for the 2018 Newfoundland and Labrador Winter Games, they are also investing in the upgrading and operation of facilities needed for the Games.
- The Government of Newfoundland and Labrador is the owner of the NL Games program and provides the Host Committee with a major operating grant and funding for team travel. In conjunction with their partner, Sport Newfoundland and Labrador, consultative and administrative support is also provided to the Host Committee. The Recreation and Sport division also produces and publishes many of the documents needed to efficiently run the event.
- The Newfoundland and Labrador English School District has provided three of their schools as accommodations and for sporting events. They are invaluable as consultants to our needs and went above and beyond to prepare the facilities for you so it is safe, clean and of the standard you need to compete in. We could not have the Games without them.

# Town of Deer Lake



Athletes Village – Elwood High and Elementary

Stadium – Hodder Memorial Complex

Sporting Venue - Xavier

## Local Accommodations

### Deer Lake

Birchview B & B	709-635-3116	<a href="mailto:birchviewbb@gmail.com">birchviewbb@gmail.com</a>
Birds Nest B & B	709-635-5735	<a href="mailto:info@birdsnestbb.com">info@birdsnestbb.com</a>
Holiday Inn Express	709-635-3232	<a href="mailto:gm@hiedeerlakehotel.com">gm@hiedeerlakehotel.com</a>
Deer Lake Motel	709-635-2108	<a href="mailto:reserve@deerlakemotel.com">reserve@deerlakemotel.com</a>
Driftwood Inn	709-635-5115	<a href="mailto:sales@driftwoodinn.ca">sales@driftwoodinn.ca</a>
Humber River House	709-640-7800	<a href="mailto:reservations@humberriverhouse.com">reservations@humberriverhouse.com</a>
Humberview B & B	709-635-4818	<a href="mailto:thehumberviewbandb@hotmail.com">thehumberviewbandb@hotmail.com</a>
Lakeview B & B	709-635-8104	<a href="mailto:mmacdonald1@hotmail.com">mmaacdonald1@hotmail.com</a>
Westwood Suites	1-888-721-2858	<a href="mailto:info@westwoodvr.com">info@westwoodvr.com</a>
Rocky Brook Cabins	709-635-7255	<a href="mailto:roseann@rockybrookcabins.com">roseann@rockybrookcabins.com</a>
Jackladder	709-635-5000	<a href="mailto:info@jackladder.ca">info@jackladder.ca</a>
Andrea Doucette	709-636-0027	<a href="mailto:hatfieldhousenl@gmail.com">hatfieldhousenl@gmail.com</a>
Funland Resort	709-635-7227	<a href="mailto:v_eddy@hotmail.com">v_eddy@hotmail.com</a>
Thickwood Inn	709-635-1040	<a href="mailto:thickwoodinn@gmail.com">thickwoodinn@gmail.com</a>
Spud Suites	709-636-4545	<a href="mailto:kay-steve@hotmail.com">kay-steve@hotmail.com</a>

### Pasadena - 22 km's away

Pine Ridge Cabins                      709-686-2541

### Steady Brook – 40 km's away

Marblewood Village	709-632-7900	
Marble Inn Resort	877-497-5673	<a href="mailto:stay@marbleinn.com">stay@marbleinn.com</a>
Georges Mountain Village	709-639-8168	<a href="mailto:info@georgesskiworld.com">info@georgesskiworld.com</a>
Marble Villa	709-637-7666	

Edgewater InnB&B                      709-634-3474                      [innkeeper@visittheedge.com](mailto:innkeeper@visittheedge.com)

Corner Brook – 55 km's away

Greenwood Inn & Suites              709-634-5381

Glynmill Inn                              709-634-5181

Comfort Inn                                709-639-1980

Quality Inn                                 709-639-8901

Rocky Harbor – 70 km's away

Ocean View Hotel                        709-458-2730                        [reservations@theoceanview.ca](mailto:reservations@theoceanview.ca)

Fisherman's Landing Inn              709-458-2711                        [info@fishermanslandinginn.com](mailto:info@fishermanslandinginn.com)

Gros Morne Cabins                       709-458-2020                        [grosornecabins@nf.aibn.com](mailto:grosornecabins@nf.aibn.com)

Alderbed Cottages                       709-458-8455                        [boyd.alderbed@gmail.com](mailto:boyd.alderbed@gmail.com)

Bayside Cottages                         709-458-2749                        [info@baysidegrosorne.com](mailto:info@baysidegrosorne.com)

West Link Motel Units                  709-458-3133                        [westlink@grosorne.ca](mailto:westlink@grosorne.ca)

The Anchor Down B&B                  709-458-2901                        [info@theanchordown.com](mailto:info@theanchordown.com)

Wildflowers Country Inn               709-458-3000                        [wildflowers@nf.aibn.com](mailto:wildflowers@nf.aibn.com)

Gros Morne Suites                        709-458-3396                        [gmsuites@hotmail.com](mailto:gmsuites@hotmail.com)

Gros Morne Accommodations        709-458-3396                        [stayingingrosorne@hotmail.com](mailto:stayingingrosorne@hotmail.com)

Gros Morne Cottages                    709-458-3322                        [info@grosornecottages.com](mailto:info@grosornecottages.com)