

Team Ontario Cyclist, Mikaela Kofman, Wins First Gold Medal for Ontario!!

An outstanding showing by our women's cycling team brought us our first gold medal of the Games. Mikaela Kofman had a strong start to the race, flying over the demanding course in scenic Brookvale Provincial Park. Kofman, known by her teammates, friends and family as Fudge, immediately commanded the lead and managed to maintain it for the entire five laps.

When asked how she feels about winning the first gold for Team Ontario, Kofman says she is taken aback by her win. "It's awesome. I hope I set a trend for Team Ontario for the next two weeks."

"It was my grandfather who told me to always prevail and you'll pull through, and that's what I always do, whether at school or biking", Kofman said. Today is her grandfather's birthday, although sadly he passed away just a few short months ago. He also had a connection to Slemon Park as he fought in World War two and this is where he got his wings! And this is where his talented granddaughter got her gold.

Formerly an elite alpine ski racer, Kofman coaches young girls to help them get over their fear of mountain biking. Those young girls now have another reason to look up to her. Way to go Mikaela, we're all proud of you!

In the men's event it was Jon Kinsie from Kitchener who just missed out for a podium finish but finished a very respectable fourth place. Both races were set on trails featuring some tricky technical sections, some fast downhill and a drop-off that saw a few riders open their eyes in surprise as they plunged down the trail. The heat made this gruelling race even tougher and coaches worked diligently to ensure their athletes were well hydrated and they even gave them the occasional soaking with a shot from a water bottle.

Today's cycling events turn to the road with the individual time trials, pitting the riders against the clock on the streets of nearby Abram Village.



KK Michener gets a welcomed shower from apprentice cycling coach, Sophie Radecki. KK finished a very respectable fourth place in the race.

Team Ontario Medal Count



Sport Shorts

Women's Soccer

Ontario versus Yukon Territory saw goals scored by eight different athletes. Four athletes scored two goals each: Adrianna Leon, Diamond Simpson, Christine Exeter, Stephanie Clarke; four athletes scored one goal each: Olivia Colosimo, Kodee Simpson, Shelina Zadorsky, Jenna Schroeder. Final score was Ontario 12, Yukon 0.

The Team Ontario Women's Basketball team was in tough today against a tenacious team from Nova Scotia. Fight through injuries and foul trouble the Team O Ladies pulled off a 62-51 victory. They will face Newfoundland Labrador tomorrow at 13:30pm.

Photos from men's and women's winning performances.



Happy Birthday Dave Saad

Veteran mission staffer, Dave Saad, is celebrating his birthday today so if you see him wandering around the grounds of Slemon Park be sure to wish a very happy birthday. Hope your birthday is a real blast!!



Greetings from our online Message Board

Taylor Potts

Posted on August 17, 2009 at 5:51 AM by West Rouge Canoe Club

Go Potts! We're so proud of you! You are going to do so well. Represent our Province to the best of your ability. We know you're going to rock out as usual!!

See you at Nationals in Sherbrooke...

Love your Junior Ladies War Canoe crew..(from front to back)

Nina, Caitlin, Alex, Jill, Mari, Brit, Krystal, Kerri, Tracy, Alanna, Kat, Claudia and Jocelyn and Scott.

Watch for more messages on Team Ontario's official website,

www.TeamOntario.info

Human Rights Advisors

If you need advice on any human rights concerns or have any questions, please do not hesitate to contact the following Mission Staff who are our human rights advisors. All inquiries are held in strict confidence.

Christine Craig - Cell 902-438-9381
Rick Beaver - Cell 902-438-9381

Team Ontario Competitions

Monday, August 18, 2009



Women's Basketball at CCUP
1:30 pm vs NFLD/Labrador



Cycling – Individual Time Trial at École Évangéline
10:00 am Men's Individual Time Trials Final
1:00 pm Women's Individual Time Trials Final



Rowing at Southwest River
Heats 10:30 to 11:40 and 12:30 to 1:20pm
Repechage 3:30 to 4:50pm and 5:30 to 6:20pm



Rugby at Three Oaks High School
11:00 am vs Alberta (Field 1)
3:00 pm vs BC (Field 2)



Sailing at Silver Fox Yacht Club
Races start at 11:00 am



Tennis at Victoria Park (Charlottetown)
Competition starting at 9:00 am and continuing all day



Beach Volleyball at CCUP
12:30 pm Men's vs. Sask
12:30 pm Women's vs NWT
5:00 pm Men's vs Que



Softball at Ellis Field O'Leary
10:00 am Women's Preliminary vs Sask



Triathlon at Summerside Waterfront
10:00 am Women's Individual
12:00 pm Men's Individual

Team Ontario Results Monday, August 18

Men's Basketball at CCUP
Ontario 94 - Manitoba 44

Women's Basketball at CCUP
Ontario 62 - Nova Scotia 51

Cycling - X-Country at Brookvale
Men - 4th, 17th, 18th, 25th places
Women - 1st, 4th, 7th, 12th, 18th places

Diving at CARI-Charlottetown
Women's 10m platform - 4th, 7th, 8th
Men's 10m platform - 4th, 7th, 10th places

Rowing at Southwest River
Ontario qualified for finals in all events

Rugby at Three Oaks High School
Ontario 24 - Newfoundland 3
Ontario 33 - Quebec 3

Sailing at Silver Fox Yacht Club
Women - 4th in laser, 1st in double 29er
Men - 3rd in laser, 1st in double 29er
Women's Soccer at CCUP
Ontario 12 - Yukon 0

Softball at VIV Softball Field
Ontario 10 - Nova Scotia 0
Ontario 6 - Quebec 1

Tennis at Victoria Park (Charlottetown)
Matches won 23 - lost 1

Beach Volleyball CCUP
Men Ontario 2 - Manitoba 0
Women Ontario 2 - Newfoundland 0
Women Ontario 2 - Saskatchewan 0



Today's Weather Report

Tuesday, August 18

Sunny in the morning then a mix of sun and cloud with 30 percent chance of showers in the afternoon. Wind becoming southwest 20 km/h in the morning. High 30. UV index 8 or very high.

