

This week in **SPORTS**

'Jacks lose two of three versus division rivals

By **STACEY COLWELL**
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The South Shore Lumberjacks let a golden opportunity slip away last week.

The Maritime Junior Hockey club lost two of its three games versus division opponents to drop into fifth place.

"We are definitely disappointed with the overall results this week," said coach Kyle McAllister, whose team sandwiched a 5-4 shootout win at home against Pictou County around lopsided 7-2 and 4-1 road losses in Amherst and Truro, respectively.

"We are in the mix for a playoff spot and these were important games for us. We need start getting points."

Things don't get any easier this weekend with three games in three days on a gruelling New Brunswick road trip.

"We just have to make sure we are ready. We have a lot on the line so hopefully that helps motivate the guys."

The 'Jacks have given up 35 goals in seven games so far in January.

"We are trying I make some adjustments in our D zone. We have had a couple different combos of defenceman the last month or so and consistency in our own end hasn't been great," said McAllister.

The team has been playing shorthanded on the blueline for weeks, sometimes dressing only four defencemen.

"We really don't know when they will all be back. It seems there's a different guy out each night," said McAllister.

"That makes it tough to get used to

partners and other stuff. We just have to keep going and hope at some point we can get back to a full healthy lineup and make a strong push down the stretch."

Meanwhile, the Bantam Lumberjacks scored three goals with the man advantage in a 5-3 home win over the Joneljim Cougars on Saturday.

"Our power play has been our bread and butter for big parts of our season and Saturday was no different," said coach Shawn Woodworth.

Brennan Coleman and Chad Meagher each had a pair of goals and Luke Woodworth added his team-leading 22nd of the season in the win.

The Lumberjacks will take a 12-6-6 record into a weekend road trip.

Finally, the South Shore Mustangs lost 3-2 to Dartmouth at the Lunenburg County Lifestyle Centre on Saturday.

"I thought we played a good game — shots ended up 25-20 in our favour — so we had the opportunity to tie the game, we just couldn't get over the hump," said coach Brogan Bailey of the sixth-place Mustangs.

"That has been the story with our team for the last month or so: Our ability to play with the top teams but we end up falling a goal short. It has been frustrating because the guys are putting forth the effort in practice and games so I really want them to start to see the benefit of all that work. I think we are right there, and if we can get our power play to start clicking, I think that is the answer."

The Mustangs have a rematch with Dartmouth on Saturday in Bridgewater.

Bridgewater's Tia Wamboldt headed to second Winter Games

By **KEVIN MCBAIN**
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Bridgewater's Tia Wamboldt, will get a second chance to represent Team Nova Scotia at this year's Canada Winter Games being held in Red Deer February 15 to March 3.

The trampolinist was a member of the four-person (two males, two females) team in 2015 when the games were held in Prince George, B.C., the first year that the trampoline competition was offered.

She qualified for the team this year after competing at two trials that were held at her home gym in Dartmouth. The first was held September 30 and the second, November 24.

Now, the 21-year-old Mount St. Vincent student says she is more prepared for this year's games.

"I think last time it was mainly about the experience. We had no idea what it would look like since it was the first time that the trampoline event was ever offered at the Canada Games," she said. "This year, going back, we have more experience and we know what to expect. This should help calm my nerves a bit."

"I feel a lot more confident in my skills this time as well. I have worked with my coach a lot on perfecting my skills and I feel that I have progressed quite a lot from my last games."

In her first games, Wamboldt unfortunately fell trying out a newer routine in the individual competition and did not score well. In the team competition, however, they came back and placed fourth overall. This year, they added a new element — the synchronized competition.

Her love for the sport came at a young age. At the age of five she started regular gymnastics with the Bridgewater Kippers gymnastics club, then at the age of nine started specifically training on the trampoline.

"I kind of didn't like the bars and beams very much, but I really liked the trampoline," she said. "My parents found out that I could take classes specifically with trampoline, so we decided to give that a try and it just stuck."

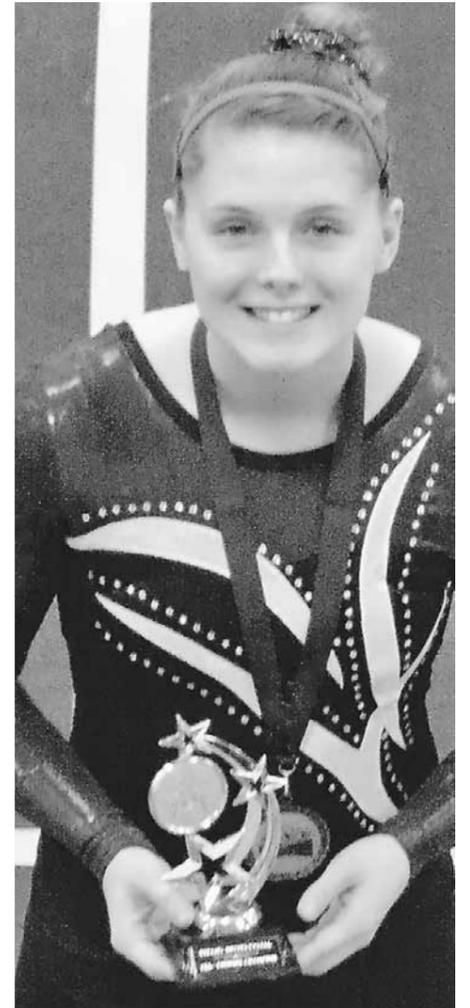
She trains four days a week at the Dartmouth Titans Gymnastics and Trampoline Club and she also coaches a bit on the side.

Wamboldt continues to enjoy the sport, because "I like how it's individual and basically when you compete, it's more about trying to do your best, not necessarily beating other people, but just improving from the last time you competed. You can see your progress, not like in team sports."

"It is such a stress reliever for me. Going to practise just gets rid of all my stress from the day and it's so much fun with my teammates and coach. I like the challenge and the little bit of the adrenaline rush that you get doing the skills."

Wamboldt is currently in her fourth and final year in a child and youth studies program and her goal is to continue with her schooling and roll into an education program with hopes of being a teacher.

Parents David and Teresa, who don't



CONTRIBUTED PHOTO

Bridgewater's Tia Wamboldt, 21, will be one of four competitors representing Team Nova Scotia at the Canada Winter Games in Red Deer next month.

miss very many competitions will be once again making the trip out west.

"I am very proud of Tia," said Teresa. "She put her heart and soul into it. For about four years she was going into Dartmouth three days a week to train. She gave up a lot during that time."

Wamboldt has worked hard and has risen to a Level 5 trampolinist. She hopes to work her way up to Level 6 this year, which means that she must hit a certain score and learn a new skill. Her Level 6 skill would be two flips with a full twist, "I'm not quite there yet."

The top level in gymnastics is Level 7. Wamboldt, along with being one of the top trampolinists in the province hopes to add a Canada Games medal to her accomplishments.

Since 2008, she has been a provincial champion every year. Four years ago, she competed at a competition in Portugal and last year she competed at the Canada Cup. She continues to compete at nationals every summer as well.

She has come a long way since being a child and teaching the neighbourhood children gymnastic moves in the house, to now making jumps that could include two forward flips with a half twist, while making it look easy.

Happy New Year everyone!

The students of the NSCC Lunenburg Campus Culinary Arts Program would like to take this time to share with you the exciting news that

The Den Restaurant is scheduled to open January 23rd, 2019!!!

The menus have been created and the weekly themes for lunch and evening service have been selected!

Dinner Themes:

Denmark	Jan. 23, 24 & 25
Japan	Jan. 30, 31 & Feb. 1
Sicily	Feb. 6, 7 & 8
South Korea	Feb. 13, 14 & 15
Alsace (France)	Feb. 20, 21 & 22
International	Feb. 27, 28 & Mar. 1

Lunch themes:

Denmark	Jan. 24 & 25
Japan	Jan. 31 & Feb. 1
Sicily	Feb. 7 & 8
South Korea	Feb. 14 & 15
Alsace (France)	Feb. 21 & 22
International	Feb. 28 & Mar. 1



Opening for Lunch service: January 24th, 2019

Service every Thursday and Friday

Reservations beginning at 11.30 am until 1 pm

Opening for Evening Service: January 23rd, 2019

Service every Wednesday, Thursday and Friday Evening

Reservations taken at 5:30, 6:00, 7:30 or 8pm

Enjoy a unique culinary experience and help bring our practical experience to life!

**Call for reservations – please leave a message
902-543-0612 or by e-mail den.restaurant@nsccl.ca**

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SUBMISSIONS

All sports submissions must include, if applicable: the sport, the competitors' names, league name, team names and level or division played. Also include the date and location of the game or competition. Any submissions that do not include the proper information or that are illegible cannot be published.

The deadline for submissions is 8:30 a.m. Monday. Contact **LIGHTHOUSENOW.CA** sports by e-mail at **news@lighthousenow.ca**, by fax at 902-543-2228 or by phone at 902-543-2457.