



COUGAR DOME CHATTER – 4th EDITION

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WOW! Where to start!?! Well, first and foremost, I'm a week late in writing this edition of Cougar Dome Chatter, and for that, I wish to apologize. That said, it's for good reason; the Dome has been hoppin'! SO much has happened since we last chatted. Let me fill you in...

First and foremost, the thing we're most proud of, we opened on time😊!!! We had committed to "before the end of 2013," and in addition to opening our doors to CC Riders as of December 9th, we also held a few Open House sessions, over the holidays, for those interested in trying out the Plexicushion tennis courts, and/or the Beynon track. We held "the absolute last chance meet" for Athletics Nova Scotia's throwers on December 28th, and we celebrated our full facility opening on January 2nd! Yes, that's right, we are open for general public use, so please come check it out!

In terms of what's happening within the Dome...

Well, for starters, some of the schools have made an initial visit, and all have been thrilled that this infrastructure is now available, for their free use, between the hours of 9am-3pm. We too are very excited, as seeing the students in here has made all of the hard work and dedication to this project worthwhile, as this is the moment we've all been waiting for! For those who have not had a chance to make a school visit yet, please give us a call; we would love to have you!

Adult & Kids Tennis Lessons got underway last week, under the direction of Tennis Nova Scotia's Technical Director, Marijke Nel, and let me tell you, having had my first Beginner Lesson on the 15th, I can assure you, she is one of the best! In just under an hour, I've already improved my game! Registration continues for these classes, which run in to March, so if you're interested, sign-up now! If lessons aren't your thing, come out and play a match as part of our Mixed Doubles, and/or Team Tennis nights, or simply book a court – their nine layers of cushioning delight are sure to impress!

For all you golfers out there, the Golf Range is now open, and has received rave reviews from all who have given it a try. We have five scheduled range sessions a week, all of which are open to the public (full details are on our website at www.cougardome.ca). If the scheduled times don't work for you, we invite you to drop-in any time (and/or give us a call to pre-book); if the turf is free, we will gladly set-up an individual golf bay for your use. Should lessons be more your flavour, Heather Cameron and Stuart Cox will gladly offer further instruction to help improve your skill set, during their sessions, starting within the next few weeks.

Now, runners and walkers, what do we have for you!?! A beautiful, Olympic quality track surface, protected from the elements, and ready to welcome you during these winter months! Despite what some have heard, unless closed for a special event, or an exclusive group booking (both of which are

very rare), the track is open for general public use anytime during our hours of operation. Oh, and the big question that everyone wants to know – what’s the distance of the track? 260 metres, or just under four laps per kilometer, and let me tell you, they’re quick laps, so expect some personal bests!

In addition to the tennis courts, turf and track surfaces, our indoor triple and long jump pit is ready and waiting for use! As one of only two indoor jump pits in the province, we are very fortunate to have this infrastructure, and we look forward to having it go to good use, so jumpers, come show us what you’ve got!

Ok, so that’s the basics, but what else has been going on, and what’s to come!?

On January 11-12, we hosted a Tennis Nova Scotia Open Circuit event, which showcased some of Nova Scotia and New Brunswick’s best (including a former Top 5 Canadian)! With such an intimate setting, you could truly see the skill of the players, as the balls whisked past, with just the right spin, delivered to just the right spot; incredible! For those who missed the play, you’ll have another chance to see some fierce tennis as we will be hosting Atlantic Qualifiers on February 14-16, and the Atlantics themselves on February 28-March 1.

Just this past weekend, on January 18th, we hosted the largest indoor throws competition ever held within province! With more than 35 throwers, it was a sight to be seen, as Athletics Nova Scotia’s (ANS) athletes represented very well. We are fortunate enough to be welcoming ANS back on February 15th for what they have deemed “The Cougar Dome Classic.” It’s going to be a busy Valentines weekend at the Dome, and we LOVE IT (pardon the pun☺)!?

Outside of event hosting, we have our first birthday parties beginning in February, as well as some Rec Nights (or in some cases, Rec Days) for Bocce, Reball, Lacrosse and many more. We will soon be advertising for our March Break Camps as well, which will have an “All Sorts of Sports” theme, delivered by some of the best coaches we’ve got! Please visit www.cougardome.ca for more information.

Finally, as the opening of the Subway fast approaches, and we near the end of our “final touches,” within the next couple of days, details surrounding our Grand Opening will be released, and we invite all to join us as we celebrate the “official” opening of this fantastic facility!

In the meantime, please keep-up the Chatter as there’s nothing we like more than hearing people talking about The Cougar Dome!