



AUGUST | 10 | 2011

“I am seeking, I am striving,
I am in it with all my heart.”

Vincent van Gogh

Medal Count

Gold	43
Silver	32
Bronze	30

SaskWatch

Festival Events

~Celebrate Saskatchewan—Saskatchewan Express 4:00pm ~The Jessica Stuart Few 7:00pm
~The Odd's 8:30 pm

A Message from the Chef de Mission Welcome to Kamloops Team Sask!

By Lorne Lasuita

You have arrived! Welcome 2nd half athletes, coaches, and managers to Kamloops and the 2011 Western Canada Summer Games.

Congratulations to our first half athletes! The host organizing committee are committed to providing the best care and comfort for our athletes as you prepare for this amateur multi-sport event.

On behalf of Team Sask I would like to say congratulations to all the athletes, coaches and parents for your years of commitment and dedication in striving to become a member of Team Sask 2011.

The Western Canada Summer Games will provide you with a multi-sport experience which will prepare you in enhancing your sport goals as you move to higher levels of competition. As a stepping stone to representing our province in future competition, these games will test your performance as you compete against the best athletes from Western Canada.

I'd also like to remind you to wear the green and white with pride. Saskatchewan is extremely proud of the 318 athletes, coaches, managers, artists and mission staff, and you should be too.

I am confident that Team Sask 2011 will compete and participate to the best of their ability in the upcoming weeks, and will represent the province with pride and integrity. Thank you for your enthusiasm and pursuit of excellence.

Good luck and in the spirit of fair play and good sportsmanship I wish you all success.

Phase 1 Medal Winners

SPORT	GOLD	SILVER	BRONZE	Total
Athletics	6	13	12	31
Canoe/Kayak	28	11	8	47
Softball M	1			1
Tennis		1	2	3
Triathlon		1	1	2
Wrestling	7	6	7	20

Medical Services

Location: The Polyclinic will be located on the first floor of the Arts & Education Building.

Hours of Operation: 6am to 11pm—after hours nurses available in athlete housing from 10pm—7am. All athletes requiring medical services after hours must be accompanied by a coach, manager, or mission staff.

Week 2 Venues

Artistic Gymnastics	Kamloops Gymnastics & Trampoline Center
Badminton	TRU Gymnasium
Cycling	Valleyview Arena/ Kamloops Agri-Center
Field Hockey	Hillside Stadium
Golf	The Dunes
Rowing	Shumway Lake
Rugby	Kamloops Rugby Club
Soccer	McArthur Island Park Soccer Complex
Swimming	Canada Games Aquatics Center
Volleyball	Tournament Capital Center Field House

Food Services

Food services will be available daily from 6am to 11pm. Participants are expected to tidy up after they eat and place their waste in the appropriate bins.

Hours of Operation:

Breakfast: 5:30am to 9am
 Grazing Stations: 9am to 11am
 Lunch: Box lunches except on August 4th, 10th & 14th
 Grazing Stations: 3:30pm to 11:00pm
 Dinner: 5:30pm to 9:30pm

Please note that all knapsacks, sport bags and coats must be checked at the bag/coat check before entering the dining area. Participants are encouraged to keep their bag-check items to a minimum to help prevent lineups and misplaced items



Village Information Center

An info center will be set up in the Residence on the first day to answer any questions.

The Village Information Center (bus and competition schedules, results, entertainment schedules, lost and found) will be housed at the Independent Centre in the heart of the Athletes' Village.

Hours of Operation: Noon to 11pm



Souvenirs

Short Sleeved T-Shirt	\$20
Hoodie	\$40
Men's or Lady's Polo	\$40
Women's T-shirt	\$20
Hat	\$20

Mental Training: Tips for success at the Games

You've arrived at the 2011 Western Canada Summer Games! I'm sure you have been thinking and dreaming about this moment for days, weeks, months, maybe even years. And you are finally here. So now what? First, I would like to remind you to enjoy the moment. Immerse yourself in the experience. Make the most of your time in Kamloops.

While the Games atmosphere is full of excitement, at times it may seem busy and overwhelming. In order to perform your best, there are a few things that you can do to make sure you are properly prepared.

1. *Trust your preparation.* Your training for the Games has brought you here. You have been putting in hard work, sweat, and effort. Now is the time to put that preparation into action.

2. *Trust your plan.* Now is not the time to make changes to your routine and what has been working for you. Know the patterns that have allowed you to be successful in the past, and follow those. Having that plan and routine gives you something to focus on during your preparation and competition.

3. *Be flexible.* Although you have a plan for how things should happen ideally, remember that there are a number of distractions and challenges that may arise. Your bus could be late. You could have poor weather. Planning for this adversity allows you to think through different situations that could occur, and develop a solution ahead of time. Being flexible allows you to respond to these events in a way that enables you to remain

focused on your task and your preparation.

4. *Focus on the things that you can control.* There are several things that are outside of your control, including other competitors, weather, spectators, and officials. Instead of worrying about the things that are outside of your control, focus on what you *can* control.

5. *Believe in yourself.* Focus on your strengths and maintain positive thoughts about your ability and capacity to perform your best.

The time is now. Live your dream!

Lisa Benz
 Team Sask Mental Trainer

