



“Let your mind start a journey thru a strange new world. Leave all thoughts of the world you knew before. Let your soul take you where you long to be. Close your eyes, let your spirit start to soar, and you’ll live as you’ve never lived before.” ~ Erich Fromm

Mental Training: Tips for success at the Games

You’ve arrived at the 2011 Canada Winter 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 Halifax.

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!

Congratulations Host Society for putting on a spectacular Opening Ceremony!!! Thank you!!

Today's Team Sask Events

Time	Sport	Event	Gender	Venue
09:30 - 10:00	Long Track Speed Skating	Final (Race 1): 500m	Men	Halifax Commons
10:30 - 11:15	Long Track Speed Skating	Final: 1000m	Women	Halifax Commons
12:00 - 12:30	Long Track Speed Skating	Final (Race 2): 500m	Men	Halifax Commons
13:30 - 13:45	Long Track Speed Skating	Preliminary (Team Trial): 100m	Women	Halifax Commons
14:00 - 15:00	Long Track Speed Skating	Final: 3000m	Men	Halifax Commons
16:30 - 18:00	Ringette	Preliminary: SK vs BC (Game 3)		CHP Scotia 1
19:30 - 22:00	Hockey	Preliminary: SK vs AB (Game 6)	Men	Sportsplex



Team Sask Souvenirs

Come on down to the Mission Office (1st Floor of the WTCC) to buy your Team Sask Souvenir items!! Not only are these items awesome to wear around, but they will also be TOP TRADING items.

Mission Office hours are from 7:00am to 1:00am daily.

Short Sleeved T-Shirt \$15

Hoodie \$48

Long Sleeved T-shirt \$23

Scarf \$20



Opening Ceremonies



Mission Office
www.teamsask.ca