

Gold	4
Silver	2
Bronze	3



SaskWatch

Live with intention. Walk to the edge. Be all that you can be.
—Anonymous

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!



Lisa Benz
Team Sask Mental Trainer

Parents and Coaches Reception

8:00pm
February 14th & 21st, 2011
Atlantica Hotel—1980 Robic Street

Please join us in celebrating the achievements of our athletes and coaches at the 2011 Canada Winter Games in Halifax.

Today's Results

Female Hockey SK 3—0 NL
Team Sask outshot Newfoundland 55-7.

The Parents and Coaches Reception is **TONIGHT!** Make sure to come down to enjoy the delicious food and win door prizes. Souvenir items will also be for sale through out the whole night, but hurry fast because we're running out!

Today's Team Sask Events

Time	Sport	Event	Gender	Venue
09:00 - 11:00	Table Tennis	Team Stage 1 - Round 1	Men/Women	Citadel High
09:30 - 11:00	Alpine Skiing	Giant Slalom - Para (AM run)	Men/Women	Ski Wentworth
09:30 - 11:00	Figure Skating	Pre-Novice Dance Pattern		St. Margaret's Centre - Rink 1
10:00 - 10:30	Cross Country Skiing	Sit Ski - Interval 2.5 km	Men/Women	Ski Martock
10:00 - 12:30	Curling	SK versus NB - Draw 1	Men	Mayflower Curling Club - Sheet C
9:00 - 20:00	Badminton	Singles/Doubles/Mixed Doubles	Men/Women	Canada Games Centre
10:35 - 10:55	Cross Country Skiing	Standing PN Interval 2.5 km	Men/Women	Ski Martock
10:50 - 11:50	Cross Country Skiing	Men Interval 10K	Men	Ski Martock
11:00 - 13:00	Table Tennis	Team Stage 1 - Round 2	Men/Women	Citadel High
11:15 - 12:30	Figure Skating	Pre-Novice Men - Short		St. Margaret's Centre - Rink 1
12:15 - 13:15	Cross Country Skiing	Women Interval 7.5 km	Women	Ski Martock
12:30 - 15:00	Alpine Skiing	Giant Slalom - Para (AM run)	Men/Women	Ski Wentworth
13:00 - 14:30	Table Tennis	Team Stage 1 - Round 3	Men/Women	Citadel High
14:30 - 16:00	Table Tennis	Team Stage 1 - Round 4	Men/Women	Citadel High
14:30 - 17:00	Curling	SK versus QC - Draw 2	Men	Mayflower Curling Club - Sheet A
16:00 - 18:30	Hockey	Preliminary: SK vs ON (Game 9)	Women	Sportsplex
17:00 - 18:30	Table Tennis	Team Stage 2 - Round 1	Women	Citadel High
17:00 - 19:25	Figure Skating	Pre-Novice Ladies - Short		St. Margaret's Centre - Rink 1
18:30 - 20:00	Table Tennis	Team Stage 2 - Round 1	Men	Citadel High
19:00 - 22:00	Boxing	Preliminary Round	Men/Women	Halifax Forum
19:40 - 20:10	Figure Skating	Pre-Novice Pair - Short		St. Margaret's Centre - Rink 1
20:25 - 21:15	Figure Skating	Special O Men - Elements	Men	St. Margaret's Centre - Rink 1
21:15 - 21:45	Figure Skating	Special O Dance - Solo	Men/Women	St. Margaret's Centre - Rink 1

Lisa Benz and Julie Brandt—*Mission Staff* (below)



Ellen Lind—*Hockey* (above)
Krista Funk—*Hockey* (left)



Paige Anakaer—*Hockey* (left)

Jessica Sibley—*Hockey* (below)



Taylor Woods and Olivia Howe
Hockey (above)

Goal! —*Hockey* (below)



Games Manager Susan
Schneider behind the
wheel on the ferry to
Dartmouth
Mission Staff (right)



Mission Office
www.teamsask.ca