



AUGUST | 11 | 2011

Medal Count

Gold	43
Silver	32
Bronze	30

SaskWatch

Festival Events

- ~Celebrate Alberta 4:00pm
- ~Victoria Banks 7:00pm
- ~High Valley 8:30pm

"To give anything less than your best is to sacrifice the gift."
-Steve Prefontaine

Happy Birthday
Cierra Wiome!!



Mental Training

Pre-competition Preparation

As you begin competition, you may be dealing with pressure, expectations, and nerves. In order to have a successful performance, you must be able to deal effectively with these issues. The more mentally prepared you are before competition, the better you will be able to perform.

Prior to a competition, your goal is to prepare yourself both physically and mentally. You likely have a physical warm up that you complete prior to competition, but you should also warm up mentally. Mental preparation varies with each individual, and you must determine what works best for you.

Some athletes need to calm themselves down before competition. These athletes tend to be nervous and tense. In order to mentally prepare effectively:

- * Take a few deep breaths. Breathing not only delivers oxygen to the muscles and helps your body relax, but can also help to slow racing thoughts. Focus on breathing deeply and rhythmically.
- * Sit by yourself. Often being surrounded by other people and a lot of commotion can be overwhelming and distracting. Sitting by yourself allows you to collect your thoughts and focus on the competition. Put a towel over your head or listen to music if you feel that you need to further block out the outside environment.
- * Think back to past successful performances. Recalling past experiences can boost confidence and positive thinking. Nerves can develop when you start to doubt yourself, so remind yourself of the times that you have had great performances.

Other athletes need to pump themselves up prior to competition. These athletes need to feel energized and ready to go. In order to mentally prepare effectively:

- * Get your body moving. This starts the blood flowing, and allows your brain to wake up. Jumping up and down, arm swings, and high fives with coaches or teammates can help to build excitement.
- * Think about your competition plan. By reviewing what you want to do, you start to build excitement and feelings of preparation. Think of yourself performing successfully and according to your plan.
- * Listen to music that gets you pumped up, or use phrases that help you to feel energized. Words such as "powerful," "fluid," or "strength" can cue how you would like to feel. Find a word or phrase that makes you feel ready to perform!

Lisa Benz
Mental Trainer





Coaches, parents, cousins, aunts, uncles, grandparents, siblings—anyone who has come out to support Team Sask are invited to the Parents and Coaches Reception TONIGHT! 8:00 pm in the Terrace Room of the Campus Activity Centre at the Thompson Rivers University. Door prizes will be available and we will also be selling souvenirs! Light food will be available, and there is a cash bar. This is just our way of saying Thank You for supporting our team!

MEDAL CEREMONIES
 Every night at 8:00pm any athletes who have won a medal that day can go down to the Festival site downtown not only to enjoy the festivities but also to walk across a stage and show off their medals. It is encouraged that medal winners attend, and their parents and team mates are more than welcome to bring their support!

Gerard is head of the Athlete's Village, so you will see him kicking around. Ask him about the banana timbits!



Today's Team Sask Events

Time	Sport	Event	Gender	Venue
9:00	Badminton	SK vs NWT	Both	TRU Gym Courts 3-4
9:00	Soccer	SK vs AB	Men	McArthur Island Park F1
9:30 - 12:00	Swimming	Preliminaries	Both	Canada Games Aquatic Centre
9:30	Cycling	Time Trial	Women	Kamloops Agri-Centre
10:10	Cycling	Time Trial	Men	Kamloops Agri-Centre
10:30	Rugby	BC vs SK	Men	Kamloops Rugby Club F1
11:15	Volleyball	AB vs SK	Men	TCC1
1:00	Volleyball	MB vs SK	Women	TCC2
1:00	Soccer	BC vs SK	Women	McArthur Island Park F2
2:45	Rugby	SK vs AB	Men	Kamloops Rugby Club F1
3:00	Badminton	BC vs SK	Both	TRU Gym Courts 1-2
5:00	Volleyball	MB vs SK	Men	TCC1
5:00	Volleyball	BC vs SK	Women	TCC2
5:30 - 7:30	Swimming	Finals	Both	Canada Games Aquatic Centre
5:45	Rugby	MB vs SK	Men	Kamloops Ruby Club F1



team sask Souvenir Program



Item #1 Short Sleeve T-Shirt
 100% Cotton fabric
 Sport Grey or White Colour
 Sizes S-3XL
\$20.00



Item #2 Ball Cap
 100% cotton
 Adjustable self back strap
 One size fits all
\$20.00



Item #3. Sport Grey Pullover
 Hoody
 50/50 cotton/polyester fabric
 Sport Grey colour
 Sizes S-3XL
\$40.00



Item #3. Black Ladies short
 sleeve t-shirt
 100% combed ring spun cotton
 Black colour
 Sizes S-2XL
\$20.00



Item #5. Golf Shirt with Team Sask logo
 55% cotton/45% polyester,
 with EDYRY wicking performance
 Three button placket
 Matching flat knot collar
 Hemmed sleeves
 Helpline side slits for ease of movement
 Easy care
 Men and Ladies style available
 Sizes S-3XL
\$40.00



Souvenirs

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



Mission Office
www.teamsask.ca