



SaskWatch

Festival Events

~Celebrate British Columbia—Margit Bull & Raiden Taiko Japanese Drummers

~Kate Morgan 7:00pm

~Daniel Wesley 8:30pm

PARENTS & COACHES RECEPTION TONIGHT! 8pm Terrace Room

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.

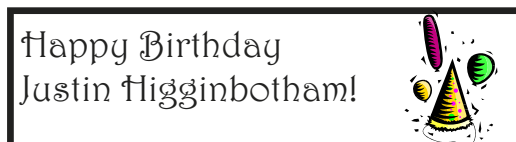
4. *Focus on the things that you can control.* There are several things that are outside of your control, including other competitors, weather, spectators, and officials. Instead of worrying about the things that are outside of your control, focus on what you *can* control.

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



Today's Team Sask Events

Time	Sport	Event	Gender	Venue
9:00	Softball	BC vs SK	Men	Charles Anderson Stadium
10:15	Baseball	BC vs SK	Men	Norbrock Stadium
10:30	Triathlon	Individual Sprint	Women	Lac le Jeune
11:45	Softball	BC vs SK	Women	Charles Anderson Stadium
12:00	Triathlon	Individual Sprint	Men	Lac le Jeune
1:15	Beach Volleyball	SK vs MB	Both	Overlander Park Courts 1 & 2
1:30 - 4:15	Athletics	Track	Both	Hillside Stadium
1:45 - 2:45	Athletics	Field	Both	Hillside Stadium
3:00	Softball	SK vs AB	Men	Charles Anderson Stadium
3:30	Basketball	SK vs AB	Women	TCC2
4:00	Baseball	MB vs SK	Men	Norbrock Stadium
5:00	Softball	SK vs AB	Women	Charles Anderson Stadium
5:00 - 7:45	Athletics	Field	Both	Hillside Stadium
6:45 - 8:40	Athletics	Track	Both	Hillside Stadium



THANK YOU Host Society for putting on such a spectacular Opening Ceremonies!



Opening Ceremonies



Team Sask Souvenirs

Come on down to the Mission Office 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 12:30am daily.

Short Sleeved T-Shirt \$20

Women's T-Shirt \$20

Men's and Women's Polo \$40

Hoodie \$40



Mission Office
www.teamsask.ca

Parents and Coaches Reception

8:00pm
August 6th & 11th, 2011
Terrace Room—Campus Activity Center
TRU (Athlete's Village)

Please join us in celebrating the achievements of our athletes and coaches at the 2011 Western Canada Summer Games in Kamloops