



August | 11 | 2013

Medal Count

Gold	3
Silver	10
Bronze	9

SaskWatch

Cultural Events: Visit <http://www.jeuxducanada2013.ca/en/sherbrooke-2013/cultural-program/> or check out the JCG2013 app for Apple devices!

Mental Training:

Tips for success at the Games

You've arrived at the 2013 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 Sherbrooke.

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

Team Sask



Mens and Ladies Burnout Full Zip Hoodie
55/45 Cotton / Polyester Burnout Fleece
Mens S - *3XL Ladies XS - *2XL



Mens and Ladies Golf Shirt
100% Micro poly moisture wicking fabric
Mens S - *3XL Ladies XS - *2XL



Bella Flowy Raceback Tank
65/35 Poly/Viscose
Ladies S - XL



Anvil Sustainable T-Shirt
50/50 Organic cotton / Recycled polyester
Mens S - *2XL Ladies XS - XL



Black Ball Cap
100% Brushed Cotton
One size fits all



Souvenirs

Hoodie (Men & Ladies)	\$55
Women's Tank Top	\$20
T-Shirt (Men & Ladies)	\$20
Hat	\$20
Buff	\$10