



AUGUST | 8 | 2015

Medal Count

Gold	0
Silver	0
Bronze	0

SaskWatch

Mental Training: Tips for Pre-Competition Preparation



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The 2015 Western Canada Summer Games are finally here! In order to ensure that your hard work, training, and preparation pay off, utilize the following tips to maintain and sharpen your mental game.

1. Focus primarily on your strengths.

You can practice your weaknesses in training, and can evaluate both strengths and weaknesses after the performance. However, prior to competition you want to build up your confidence. Reminding yourself of your strengths will help to enhance confidence.

2. Plan your day so as much as possible.

You want to have an idea of what and when things will happen. By planning, you can avoid most stressful situations or conflicts, or have an idea of how you want to

respond if something does happen. Avoid activities that drain your energy and focus, or that may leave you feeling tired, depressed, or negative.

3. Continue your usual best schedule of rest, nutrition and physical activity.

By following a pre-competition schedule, you can maintain a feeling of normality and routine. Remember...consistent preparation leads to consistent results!

4. Avoid over-training.

Trust in your preparation and your training schedule. If you are trying to do rushed, last minute practice, you will likely stress yourself out, and not accomplish any physical gains. Instead, be confident that your long-term hard work and practice will carry you through.

5. Have a game plan.

Know what you hope to do once the competition has started. Plan your strategy, and imagine yourself being successful.

6. Spend time around people who will support your efforts and who validate you.

Make sure that you are in a positive environment. Surround yourself with people who are encouraging and believe in you. This will impact your attitude and beliefs when entering the competition.

Authors: Lisa Hoffart / Brie Jedlic

Brie is available for team and individual mental training sessions throughout the duration of the Games. Do not hesitate to contact her!



Souvenirs

Zip Hoodie	\$50
Respect All tee	\$20
Team Sask tee	\$20

Talk to your mission staff about how to get your souvenirs! Act fast while supplies last!

Parent & Coach Reception

The Saskatchewan Games Council would like to invite all supporters of Team Sask to come and go reception. The reception will celebrate the support and contributions made to amateur sport in Saskatchewan by the parents and coaches.

Sunday, August 9th
at

Fort McMurray Legion Hall
9317 Huggard Street, Fort McMurray
8:00pm—10:30pm

This drop-in evening will include door prizes, refreshments and good fellowship. Team Sask souvenirs will also be available for sale.

Transportation will be available for Coaches, Managers and Technicians.