

SERVICE PROVIDERS

Sport Psychology

Alayne Wopnford, MSc.

Alayne is a performance consultant who has worked with athletes in a number of organizations including the College of Notre Dame, Alberta Rugby, Alberta Baseball, Volleyball Alberta, and National Sports Development. She has also worked independently with rally drivers, tennis players, swimmers, and athletes in various other sports. Alayne works with teams and individuals, as well as their coaches, to help them reach their peak performance with confidence.

Nic Allen

Nic Allen is a provisional psychologist in private practice in Edmonton. His areas of special interest and expertise include Sport and Exercise Psychology, Chronic Pain, Depression and Eating Disorders. Nic has an extensive background in sport psychology and counseling and has worked with all levels of athletes from amateurs to professionals.

Sport Nutrition

Charlotte Varem-Sanders, BSc, RD

Charlotte is a registered dietitian operating in the Edmonton area. As owner of Athletic Nutrition Services, she works with athletes both individually and in group settings.

Rory Hornstein, RD, BEd, AFLCA

Rory is a registered dietitian and currently practices at Mount Royal University and Heavens Fitness in Calgary counseling various individuals and groups in the sport population.

Sport Psychology

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Sport Nutrition

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ALBERTA
SPORT, RECREATION
PARKS & WILDLIFE
FOUNDATION

Team Alberta...
Preparing
your athletes
for the
2011 Western
Canada
Summer Games

Sport Sciences



SPORT PSYCHOLOGY

For some coaches and athletes, the 2011 Western Canada Summer Games may be the largest multi-sport event they experience. These Games may be a building block for some to the 2013 Canada Summer Games and provide a lifetime of learning experiences and memories for everyone involved.

A multi-sport Games of this magnitude can create greater pressures and distractions for athletes and coaches, providing new challenges to their mental game. By introducing sport psychological services leading up to the Games, athletes can incorporate mental skills into their training routines increasing the chances of successful and confident performances.

Sport psychology workshops can be included as part of your teams training camps and practices. Teaching mental skill awareness and control strategies will prepare coaches and athletes to reach their potential at the 2011 Games as well as to continue to build their mental skills throughout their careers. Workshops and individual sessions cover many mental skills training topics such as:

- Goal Setting for Performance Excellence
- Building and Maintaining Self-Confidence
- Pre-Competition Preparation & Performance Debriefing
- Energy, Anxiety & Emotional Control
- Focus/Concentration Strategies & Distraction Control
- Positive Attitude & Self-Talk
- Mental Rehearsal & Visualization/Imagery
- Effective Communication & Team Building
- Games Specific Challenges
- Dealing with Injury & Making a Comeback

SPORT NUTRITION

Sessions

Do you think the main components of sport performance are training and skill? Guess again. Without the right fuel, true potential will never be reached. Team Alberta Sport Nutritionists are pleased to offer the following sessions to assist your athletes with their nutrition program.

1. **Nutrition For Athletes.** Customized seminar will describe the nature of fueling the body for training, competition and recovery for your sport.
2. **Liquid Language For Athletes.** Is water always the best form of fluid for activity hydration? This seminar will address the role fluids play in adequate hydration for activity. FOCUS will include hot weather performance hydration challenges.
3. **2011 Western Canada Summer Games Menu Planning for your Sport in Kamloops.** Review the menus for the upcoming games to select your ideal athletic fuel. Our sport nutritionists can provide the athletes with a food plan that matches their practices and major events during the Games.
4. **Coaches/Managers Corner.** An individualized consult with a sport nutritionist to assist you with the nutrition component for your team at the 2011 Western Canada Summer Games. Can be combined with one of the other sessions OR as a phone call. (Designed for coaches or managers.)

Each team has been allocated three nutrition sessions with a sport nutritionist. Charlotte will provide nutrition sessions in Edmonton and Northern Alberta and Rory will be available for Calgary and Southern Alberta. Please contact them directly to schedule your session.

Two sport psychology service providers are available to Team Alberta leading up to and during the Games. Each team is assigned a sport psychologist and has been allocated up to 10 hours of session time.

Alayne is based in Calgary and Nic is based in Edmonton, but both are available to travel to your location or competition as required. Please contact Alayne and Nic to discuss your teams needs.

ALAYNE

- Athletics
- Rugby
- Basketball, Female
- Softball, Female
- Beach Volleyball
- Swimming
- Field Hockey
- Tennis
- Golf
- Volleyball, Female
- Rowing

NIC

- Badminton
- Soccer, Male & Female
- Baseball
- Softball, Male
- Basketball, Male
- Triathlon
- Canoe/Kayak
- Volleyball, Male
- Cycling
- Wrestling
- Gymnastics

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