

ALBERTA

TEAM TALK

ISSUE 3

AUGUST 7, 2011

DAY 1 - RESULTS

Team Alberta had a busy opening day with competitions taking place in seven of the nine 'week one' sports. Team Alberta collected seventeen medals.

Team Alberta's Athletics team racked up numerous medals and also set two Western Canada Summer Games records in an exciting first day.

Calgary's Jenna Van Vliet won Alberta's first medal, setting a personal best time of 4:28 en-route to a second place finish in the women's 1500m race.

Paige Ridout broke the Canada Games Record best in the women's pole vault at a height of 3.90m to claim the gold medal. She was joined on the podium by teammate, Kimmy Stephenson, claiming silver.

The second Games Record was broken in the women's 100m sprint when Isatu Fofanah became the fastest lady ever in this event, clocked at a time of 11.71 seconds. Teammate Leah Walkeden also made the podium, claiming the bronze medal.

In the women's 400m wheelchair race, Samantha Hershick-Fraser took home the gold medal.




With a dramatic photo finish in the men's 1500m race, Alberta's Jackson Bocksnick and Cole Peterson tied for the bronze medal.

In the hammer throw, Team Alberta took silver and bronze thanks to the great throws by Ryan Tarvana and teammate Pedro Diaz.

Jamiee Springer threw her way to a silver medal in the women's javelin event.

Just before dark, Team Alberta closed out the first day with three medals in the 5000m race. Nyial Majock won gold in the men's event while, in the women's, Grace Kary ran her way to gold along side Madeline MacDonald who joined her on the podium, taking home the bronze.



ALBERTA MEDAL COUNT				TOTAL
	5	5	7	17

R U MOTIVATED? - NIC & ALAYNE

Generally athletes are considered motivated individuals however even athletes can face challenges in maintaining motivation. Losses, poor training sessions, or non-sport related stressors can really affect an athlete's motivation to train and compete. Here are some simple strategies to help maintain motivation:

- ◆ Be in the moment, not the future or the past: Your event is happening at the moment, you can't change the past and there isn't enough time for you to change your fitness level or skill level at the competition. Use your strengths to your advantage and try to create situations that minimize your weaknesses. In addition, focusing on the gold medal match while in the beginning stages of a competition is a recipe for disaster.
- ◆ Set specific goals: Having good goals is the foundation for good performances. Try to set SMART goals: Specific, Measureable, Accountability, Realistic, and Time Oriented
- ◆ Focus on the things you can control: the fastest way to fail and lose motivation is to focus on uncontrollable factors like the score, referees, or other athletes. The best bet is to focus on what you can control and how you can impact the game.
- ◆ Be prepared, follow a game plan, build a routine: a routine helps to eliminate uncertainty and develop confidence. A confident athlete tends to be a motivated athlete.
- ◆ Questions and evaluation only happen before or after a game, not during: The more questions you ask yourself during the event, the less likely you are to be focused and continue to follow your routines and game plan.



"Like" Team Alberta on Facebook and be sure to tag yourself where ever you see your smiling face! Remember...Code of Conduct applies to Facebook too!

Stay cool! Find shade to avoid getting too much sun.

team alberta

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ALBERTA
SPORT, RECREATION
PARKS & WILDLIFE
FOUNDATION



DAILY SCHEDULE - AUGUST 7, 2011

START	END	SPORT	EVENT	VENUE
9:00 AM	11:00 AM	Canoe/Kayak	K1 - 1000 M, C1 - 1000 M (Men's & Women's Heats 1-3)	Shumway Lake
9:00 AM	11:00 AM	Softball	Men's Game Vs. Manitoba	Charles Anderson Stadium - Men's Diamond
9:00 AM	11:00 AM	Tennis	Game Vs. Yukon	Canada Games Tennis Centre Courts 5-6 and 7-8
9:00 AM	11:00 AM	Wrestling	Alberta Vs. Nunavut Team Competition	McArthur Island Park - Mat B
10:00 AM		Baseball	Game Vs. Saskatchewan	McArthur Island - Canada Games Field
11:00 AM	1:00 PM	Beach Volleyball	Game Vs. Saskatchewan	Men - Overlander Park Court 1 Women - Overlander Park Court 2
11:00 AM	1:20 PM	Canoe/Kayak	K2 - 1000 M, C2 - 1000 M (Men's & Women's Heats 1-2)	Shumway Lake
11:00 AM	1:00 PM	Softball	Women's Game Vs. Manitoba	Charles Anderson Stadium - Women's Diamond
1:15 PM	3:15 PM	Wrestling	Alberta Vs. Saskatchewan Team Competition	McArthur Island Park - Mat A
1:20 PM	2:00 PM	Canoe/Kayak	K4 - 1000 M, C4 - 1000 M (Men's & Women's Finals)	Shumway Lake
1:30 PM	2:15 PM	Athletics	110 M Hurdles (Decathlon & Men's Heats)	Hillside Stadium
2:00 PM		Canoe/Kayak	Medal Ceremonies	Shumway Lake
2:15 PM	2:35 PM	Athletics	100 M Hurdles (Women's Heats)	Hillside Stadium
2:15 PM		Athletics	Discus (Decathlon)	Hillside Stadium
2:30 PM	4:00 PM	Canoe/Kayak	K1 - 500 M, C1 - 500 M (Men's & Women's Heats 1-3)	Shumway Lake
2:30 PM		Triathlon	Technical Meeting	Lac Le Jeune
2:35 PM	4:25 PM	Athletics	400 M (Men's and Women's Final)	Hillside Stadium
3:30 PM		Basketball	Women's Game Vs. Manitoba	Tournament Capital Centre 1
3:45 PM		Athletics	Pole Vault (Decathlon)	Hillside Stadium
4:00 PM		Baseball	Game Vs. Manitoba	McArthur Island - Canada Games Field
4:06 PM	5:15 PM	Canoe/Kayak	K2 - 500 M, C2 - 500 M (Men's & Women's Heats 1-3)	Shumway Lake
4:25 PM	5:00 PM	Athletics	200 M (W/C Men's & Women's Heats)	Hillside Stadium
5:00 PM		Athletics	Medal Ceremonies	Hillside Stadium
6:00 PM		Basketball	Men's Game Vs. Saskatchewan	Tournament Capital Centre 2
6:00 PM	8:00 PM	Wrestling	Alberta Vs. Northwest Territories Team Competition	McArthur Island Park - Mat B
6:30 PM	7:00 PM	Athletics	100 M Hurdles (Women's Final), 110 M Hurdles (Men's Final)	Hillside Stadium
6:30 PM	7:30 PM	Athletics	Javelin (Decathlon), High Jump (Men)	Hillside Stadium
7:00 PM	8:00 PM	Athletics	200 M (W/C Men's & Women's Final)	Hillside Stadium
7:00 PM	9:00 PM	Softball	Game Vs. BC	Men - Charles Anderson Stadium - Men's Diamond Women - Charles Anderson Stadium - Women's Diamond
7:30 PM		Athletics	Long Jump (Women), Shot Put (Men)	Hillside Stadium
8:10 PM	8:50 PM	Athletics	800 M (Men's and Women's Heats)	Hillside Stadium
8:50 PM	9:30 PM	Athletics	1500 M (Decathlon)	Hillside Stadium
9:30 PM		Athletics	Medal Ceremonies	Hillside Stadium

WEATHER FORECAST



Sunny
High: 30
Low: 18

HAPPY BIRTHDAY TO...

OWEN DAWKINS—Wrestling Coach

