

ALBERTA

TEAM TALK

ISSUE 11

AUGUST 12, 2011

Alberta's Only Dual Athlete Kinley Gibson Grabs first Cycling medal; her 3rd in Kamloops

The women pulled out a double medal performance, with Caeli Barron winning the gold in a time of 22:02.8.

Teammate and dual athlete Kinley Gibson finished in a time of 22:16.60 to take the bronze medal, which she is excited to add to her two silver medals as a member of Team Alberta's triathlon squad in week one.

In the men's event, Felix Wilberg crossed the line in 26:59.90 to capture the silver medal.

SWIMMING

- ◆ With 56 events in the pool, and 168 medals up for grabs, the swimming events at the Games will be where the action is during week two.
- ◆ In their first day of competition, Alberta's Swimming Athletes claimed a total of 23 medals; 8 gold, 10 silver, and 5 bronze, in the Men's 1500m, 200m breast, 100m free, 400m IM, 100m back, 50m back, and 4 x 200 relay.
- ◆ Tyra Rooney won the squad's first medal of the Games to capture the gold medal in a personal best time of 16:32.51 in the Women's 1500m swim.

VOLLEYBALL

- ◆ Men's volleyball beat Saskatchewan 3-1 while the women won both games against Yukon and NWT in straight sets.

RUGBY

- ◆ Men's rugby won matches today beating Manitoba and Saskatchewan, however lost to Team BC in the final game of the day.

BADMINTON

- ◆ Badminton won both matches topping Nunavut and Yukon.

SOCCER

- ◆ Men's Soccer downed Saskatchewan 2-1, in their first match of the Games.

ALBERTA MEDAL COUNT



33



55



54

TOTAL

142

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.



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

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Alberta

DAILY SCHEDULE - AUGUST 12, 2011

START	END	SPORT	EVENT	VENUE
7:30 AM	8:30 AM	Rowing	1500 M Time Trial (W 1X, M 2X, W 2-, W 2X)	Shumway Lake
8:45 AM		Golf	Round 1 - Team/Individual - Men Tee Off	The Dunes Golf Course
9:00 AM	11:00 AM	Cycling	Men's and Women's Road Race	Dallas Drive
9:00 AM	11:00 AM	Gymnastics	Open Training - <i>Women Only</i>	Kamloops Gymnastics and Trampoline Centre
9:00 AM	11:00 AM	Soccer	Women's Game Vs. Yukon	McArthur Island Soccer Field 2
9:00 AM	11:00 AM	Volleyball	Men's Game Vs. BC	Tournament Capital Centre Court 1
9:30 AM	12:00 PM	Swimming	Men's and Women's Preliminaries (200 M Fly, 50 M Free, 50 M Free-PS, 50 M Free - Special O, 200 M Back, 100 M Back - Special O, 400 M Free)	Canada Games Aquatic Centre
9:45 AM		Golf	Round 1 - Team/Individual - Women Tee Off	The Dunes Golf Course
10:30 AM	11:00 AM	Rowing	1500 M Time Trial (M 8+, W 4-)	
10:45 AM	12:00 PM	Field Hockey	Alberta Vs. Manitoba	Tournament Capital Centre - Hillside Stadium
11:15 AM	12:00 PM	Rugby	Alberta Vs. Manitoba	Kamloops Rugby Club Field 1
12:00 PM	3:00 PM	Badminton	Alberta Vs. Saskatchewan	Thompson Rivers University Gym Courts 3-4
12:30 PM		Cycling	Medal Ceremonies	Dallas Drive
12:30 PM	2:00 PM	Gymnastics	Men Warm - Up (Men's Team and All Round Competition)	Kamloops Gymnastics and Trampoline Centre
1:00 PM	3:00 PM	Volleyball	Women's Game Vs. Saskatchewan	Tournament Capital Centre Court 2
1:30 PM	2:15 PM	Rowing	1500 M Time Trial (M 4-, W 4X, M 4X)	Shumway Lake
2:00 PM	4:00 PM	Gymnastics	Men's Team and All Round Competitions	Kamloops Gymnastics and Trampoline Centre
2:45 PM	3:30 PM	Rugby	Alberta Vs. Saskatchewan	Kamloops Rugby Club Field 1
4:30 PM		Gymnastics	Medal Ceremonies	Kamloops Gymnastics & Trampoline Centre
5:00 PM	5:45 PM	Rugby	Alberta Vs. BC	Kamloops Rugby Club Field 1
5:00 PM	7:00 PM	Volleyball	Men's Game Vs. Yukon	Tournament Capital Centre Court 1
5:15 PM	6:30 PM	Field Hockey	Alberta Vs. Saskatchewan	Tournament Capital Centre - Hillside Stadium
5:30 PM	7:30 PM	Swimming	Men's and Women's Finals (4 X 50 M Relay, 200 M Fly, 50 M Free, Award 4 X 50 M Medley Relay, 50 M Free-PS, 50 M Free - Special O, 200 M Back, 100 M Back - Special O, 400 M Free, 4 x 100 M Free Relay)	Canada Games Aquatic Centre
6:00 PM	9:00 PM	Badminton	Alberta Vs. Manitoba	Thompson Rivers University Gym Courts 1-2
7:00 PM	9:00 PM	Volleyball	Women's Game Vs. Manitoba	Tournament Capital Centre Court 2

WEATHER FORECAST



Sunny
High: 30 Low: 17
UV: Very High



Did you know that Beach Volleyball, Golf, Gymnastics and Triathlon were not in the last Western Canada Summer Games?



Kinley Gibson of Edmonton; Team AB's dual sport medalist



Jordyn Sellin of Fort McMurray; the youngest athlete on Team AB