



Special Olympics
Manitoba



Games Newsletter

Monday, July 12, 2010

TOBA! TOBA! TOBA! TOBA!

That will be the chant heard across Ontario when Team Manitoba arrives in London on July 12th. I know that you the athletes, coaches and mission staff have all been working hard for this moment and it is exciting that it is finally here!

I want to say to everyone, as Chef of Team Manitoba, I am very proud to be working alongside of you and representing our province together. It is now your chance to show the country everything that you have been training for these past 10 months.

The next 5 days, although we are focused on our competitions, will also be an opportunity to meet your counter-parts from across Canada and to take in all a Games experience has to offer...enjoy every moment and remember what it means to be a part of Team Manitoba...

- Doing your best.
- Believing in yourself and your Team.
- Being gracious in victory and defeat.
- Supporting and encouraging one another.
- Respecting teammates, opponents, coaches and officials.
- Being a positive ambassador for Special Olympics Manitoba.
- Representing the Province of Manitoba with pride.
- Acting as a positive role model for other athletes.
- Being considerate of others.
- Having fun.

Go Team Toba!

Jennifer Cambell
Mission Chef

Mental Training - Time for Action

Welcome & Congratulations on making it to the National Games...a huge accomplishment, which you've worked hard for! Take a few minutes before you start competing to think about what your goals are for the week? What you want to accomplish while you are here? And what you want to feel like at the end of the week when we are heading home to Manitoba? Now, what do you need to do in order to make these things happen? All week I want you to keep these things in the back of your mind to help you stay focused on your goals! Remind yourself over and over again what your goals are!

Think back to a competition or practice where you felt you performed your best! Imagine how that felt...what you were thinking about...what you were saying to yourself...and now take that feeling into each competition this week! Routines...stick to what you've been working on and what's worked for you over the past year. Don't change your warm-up or pre-competition routines now that you are at Nationals...trust in your preparation...and go for it!

Whenever you start to feel a little nervous, angry or frustrated, I want you to...**SMILE**... and **BREATHE!** Take 5 slow deep breaths, in through your nose, down to your stomach and out through your mouth! Slow and controlled breathing will help you to take time for yourself and control your emotions. After 5 deep breaths...**SMILE** (again) and remind yourself of all the hard work you've done to get here... now **ENJOY!**

Celebrate – We are TEAM TOBA!

Deanna Betteridge
Sport Psychologist

Weather



Tuesday Forecast

High +26C
Scattered Showers
UV Index 7
POP 60%

Tip of the Day

Snacking: In the hot summer months, choose snacks that are low in salt and high in water content. Watermelon, Tomatoes, Carrots, Papaya and Strawberries are snackable foods with water content over 90%.

Schedule

Tuesday, July 13
(Practice Day)

Athletics:

9:30 a.m. - 12:30 p.m.

Bowling (5pin):

8:00 a.m. - 12:30 p.m.

Bowling (10 Pin):

8:00 a.m. - 12:30 p.m.

Rythmic Gymnastics:

3:30 a.m. - 3:30 p.m.

Soccer:

10:00 a.m. - 12:30 p.m.

Softball:

8:30 a.m. - 3:30 p.m.

Swimming:

1:30 p.m. - 3:30 p.m.

Opening Ceremonies

7:00pm - 8:30pm