



CANADA GAMES 2022 Spring Meet & Clinic

WHEN: May 21st, 2022

WHERE: UNB Saint John, Canada Games Stadium, Saint John, NB - Oland Hall 104

WHO: All athletes interested in making the 2022 Canada Games Athletics Team

WHAT: **Compete: SJ Spring Meet – More Info at the link below**

<https://www.anb.ca/calendar/>

Plus: Attend this opportunity to connect with the 2022 coaching staff, learn how to be ready in a mental performance clinic, and get more information on the selection process

Unable to be in Saint John: Join online via Zoom

<https://us02web.zoom.us/j/85246786208?pwd=UUdNc2x6b0lMa0xycytnMU9pc2VZZz09>

SCHEDULE:

10AM-4PM	SJ SPRING MEET - Competition
4:00 PM-5:00 PM	Light Supper / Snack
5PM	Welcome / Update & Information Session
	Getting psyched up: How can you use mental skills to gear up for the Games? – Renee Matte – Mental Performance Coach
6PM	Coach meetings – Athletes and event coaches
7PM	Wrap up and final Q&A

For more information, please contact Head Coach Bill MacMackin (bill@selectfh.ca) or Team Manager Julia Loparco (julialoparco5@gmail.com) for more information.



Getting psyched up:

How can you use mental skills to gear up for the Games?

Renee Matte – Mental Performance Coach

Renée Matte is a mental performance consultant with the Canadian Sport Center Atlantic and has been working with athletes, coaches, and sports organizations for the past decade. She is currently pursuing her PhD in Psychology at UNB and has completed a Master's in sport psychology as well as Bachelor degree in the field. Her research has focused on performance enhancement, coach and athlete behaviour, and hazing in sports. In addition to consulting and completing her graduate studies, Renée also teaches various Psychology courses at UNB and coaches artistic swimming in Woodstock.

Renée Matte est une consultante en performance mentale avec le Centre Canadien Multisport Atlantique. Elle travaille dans ce domaine avec des athlètes, entraîneurs, et organisations sportives depuis plus d'une décennie. Couramment, elle complète son doctorat en Psychologie à l'UNB, elle a une maîtrise en Psychologie du Sport ainsi qu'un baccalauréat en Psychologie. Sa recherche est axée sur l'amélioration de la performance, le comportement des entraîneurs et des athlètes, et le bizutage. Renée enseigne aussi quelques cours de Psychologie à l'UNB et est entraîneuse de natation artistique à Woodstock.