



May 8th, 2016



Very Very Very Important...

Take out your phone

And Text your Mother!

- Say

Happy Mothers Day! I love you!





EASTERN CANADIAN
ESPOIRS CHAMPIONSHIPS U22

CHAMPIONNATS EST-CANADIENS
ESPOIRS DES MOINS DE 22 ANS

2016

Espoir Champs 2016

August 6-7 – Moncton, NB



- Selection Criteria can be found at <http://anb.ca/Calendar/documents/Team%20NB%20Selection%202016%20Espoir%20Champs%20Information.pdf>
- All eligible 2017 CSG athletes are eligible for 2016 Team NB
- Selection Process is DECLARATION through Trackie Reg by July 14th (midnight) at <https://www.trackie.com/online-registration/event/team-new-brunswick-u22-espoir-declaration-only/3236/#.Vyvcs2M77A0>
- The maximum team size for Team NB is 80 athletes (able bodied, para, special O).
- Team NB can enter more than 2 athletes per event but will only be able to declare 2 (top 2 ranked athletes in the event on the team).
- If you aren't named to Team NB you can still compete in the meet (open).
- Minimum standards are in the selection criteria.
- Costs – A base team fee will be established for all (TBD). Additional costs will be individually based (such as accommodation on UdeM campus, if desired).

Questions



Coaches

- Jason Reindl – Head Coach
 - Rachelle McDonald – Manager
 - Jennifer Butler (A)
 - Kathleen Kiely (B)
 - Wendy Randell (C)
 - Yvan Pelletier (D)
 - Peter Stuart (E)
 - Bill MacMackin (F)
-
- Athletes will be grouped with one of the coaches (A to F). Existing coach-athlete relationships will supported.
 - These are not event coaches but support coaches.

Relays

- Male 4x100m – Lead Coach Yvan Pelletier
- Female 4x100m – Lead Coach Kathleen Kiely
- Male 4x400m – Lead Coach Wendy Randell
(Peter Stuart)
- Female 4x400m – Lead Coach Jennifer Butler

Games Schedule

- 1st Week of Games
- Thursday July 27th – Travel to Winnipeg
- Friday July 28th – Training and Opening Ceremonies
- Saturday July 29th – Training
- Sunday July 30th to Friday August 4th – Competition
- Saturday August 5th – Travel HOME 😊

Team NB (1st Week)

- Baseball (male)
- Basketball (Female)
- Canoe - Kayak
- Cycling - Mountain Bike
- Diving
- Rowing
- Sailing
- Soccer – Female
- Softball – male
- Triathlon
- Volleyball - Beach

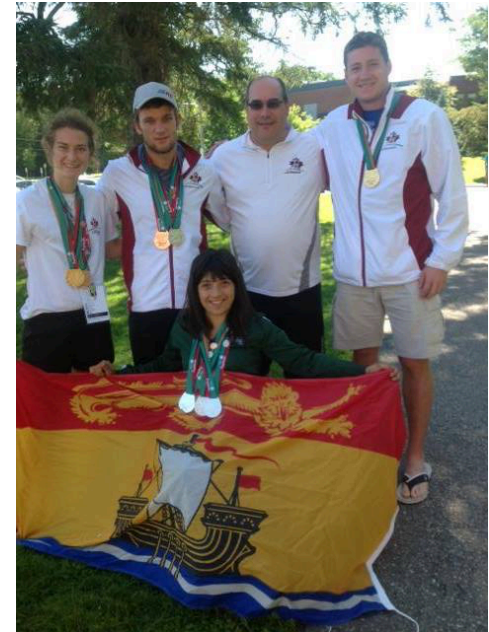


**Jeux du Canada
Canada Games**

Nouveau-Brunswick / New Brunswick

Mission for 2017

- To bring the most competitive full team to Winnipeg.
- 61 Athletes from across the province
- 50 Able Bodied Athletes (up to 27 of a gender)
- 5 Wheelchair Track Athletes
- 2 Para Throws Athletes
- 4 Special O Athlete



Team Fee \$250

Will be required for all team members.

Plan for this. If you are selected this is mandatory in order to offset the costs for uniforms.

\$\$\$\$\$\$\$\$

2017 CSG Trials

- Date TBD but most likely end of June
- ALL EVENTS will be offered and contested.
- Trials are MANDATORY!!!!
- If you plan on making the team you must plan on being at trials.
- We know that it will be post exams, grad/prom time, and possibly interfere with family holidays, however this is what is happening.

Team NB 2017 Selection Criteria

Selection criteria can be found at

<http://www.anb.ca/documents/uploads/2017%20CG%20Selection%20Version%203%20-%20EN.pdf>

Women			Event	Men		
A+ Standard	A Standard	B Standard		A+ Standard	A Standard	B Standard
12.07s	12.37s	12.62s	100m	10.67s	10.91s	11.14s
24.40s	25.42s	25.77s	200m	21.57s	22.11s	22.56s
55.51s	57.86s	58.99s	400m	48.03s	49.81s	50.47s
2:10.16s	2:13.15s	2:15.86s	800m	1:51.14s	1:54.31s	1:56.09s
4:30.42s	4:36.34s	4:45.53s	1500m	3:52.01s	3:57.89s	4:06.03s
17:18.63s	17:48.53s	17:54.41s	5000m	14:39.96s	15:09.15s	15:31.78s
14.15s	14.95s	16.31s	100H/110H	14.58s	15.55s	16.58s
1:01.77s	1:04.44s	1:07.21s	400H	53.26s	56.24s	59.24s
10:56.39s	11:19.73s	11:45.62s	3000SC	9:15.04s	9:36.44s	10:06.09s
1.69m	1.61m	1.54m	HJ	2.05m	1.93m	1.81m
5.72m	5.37m	4.94m	LJ	7.21m	6.68m	6.31m
11.92m	11.12m	10.39m	TJ	14.76m	13.75m	13.25m
3.72m	3.31m	3.20m*	PV	4.59m	4.30m	4.08m
13.62m	11.84m	11.04m	SP	15.36m	13.36m	12.32m
44.02m	37.38m	32.98m	DT	46.36m	40.31m	36.38m
45.13m	39.15m	35.05m	JT	63.91m	53.74m	48.69m
53.49m	43.31m	34.55m	HT	54.03m	43.66m	35.17m
4703pts	4305pts	**3700	Hept/Dec	6358pts	5523pts	**5000
Para-Athletics – Athletes must not be more than 30 years old ie. born in 1987 or after						
40.64s	52.28s	**60.00s	200m	30.72s	35.32s	**40.00s
1:16.33s	1:36.43s	**1:55.00s	400m	58.93s	1:08.22s	**1:15.00s
4:58.25s	6:57.97s	**7:45.00s	1500m	3:58.76s	5:10.38s	**5:30.00s
**600pts	**400pts	**200pts	Shot Put	**600pts	**400pts	**200pts
**600pts	**400pts	**200pts	Discus	**600pts	**400pts	**200pts

Step-By-Step Team Selection Criteria is as follows:

- 1) Winners with A+ standard at the trials.
- 2) Second with A+ standard at the trials.
- 3) Winners with A+ standard during the year.
- 4) Second with A+ standard during the year.
- 5) Athletes with A+ standard unable to compete at the trials due to approved extenuating circumstances.
- 6) Winners with A standard at the trials.
- 7) Seconds with A standards at the trials.
- 8) Winners with A standard during the year.
- 9) Seconds with A standard during the year.
- 10) Athletes with A standard unable to compete at the trials due to approved extenuating circumstances.
- 11) Winners with B standard at the trials.
- 12) Seconds with B standards at the trials.
- 13) Winners with B standard during the year.
- 14) Seconds with B standard during the year.
- 15) Athletes with B standard unable to compete at the trials due to approved extenuating circumstances.
- 16) Winners of 2 events at the trials (two wins at trials).
- 17) Winner of one event and second in another event or two second place finishes at the trials (one win and one second or two second place finishes).
- 18) Athletes to fill relay positions.
- 19) Additional athletes to fill remaining events as selected by the coaching staff in order to put forward the most competitive full team.

What do the Standards Mean?

- A+ = Average of 3rd place from the past 4 games.
- A = Average of 8th place from the past 4 games.
- B = Average of 12th place from the past 4 games.

Goals

1) Medals 2) Points 3) Flag Points

Your 2017 Performance goals should reflect and exceed these standards. If YOU work towards your goals with determination WE will have a better chance of achieving OUR Goals.

Measures of Success

1) Medals

2017 - _____ (_____, _____, _____)

2013 – 9 Medals (2 Gold, 4 Silver, 3 Bronze)

2009 – 0 Medals

2005 – 0 Medals

2001 – 3 Medals (3 bronze)

1997 – 3 Medals (1 Gold, 1 Silver, 1 Bronze)

1993 – 3 Medals (1 Gold, 1 Silver, 1 Bronze)

1989 – 2 Medals (1 Gold, 1 Bronze)



Goal: Win 5 Medals (1 Gold, 2 Silver, 2 Bronze)

Measures of Success

2) Individual	– 8 th – 50	– 18 th – 22
Points ie.	– 9 th – 47	– 19 th – 20
Placing	– 10 th – 44	– 20 th – 18
– 1 st = 100 pts	– 11 th – 41	– 21 st – 16
– 2 nd – 90	– 12 th – 38	– 22 nd – 14
– 3 rd – 80	– 13 th – 35	– 23 rd – 12
– 4 th – 70	– 14 th – 32	– 24 th – 10
– 5 th – 65	– 15 th – 29	– 25 th – 8
– 6 th – 60	– 16 th – 26	– 26 th – 6
– 7 th – 55	– 17 th – 24	

Goal: To have ALL athletes finish in the top half of the fields.

Measures of Success

3) Flag Points

2013 Results 4pts Female (7th) – 3pts Male (8th)

2009 Results 3pts Female (8th) – 3pts Male (8th)

Goal: Improve team ranking by 1 place per gender

5pts Female (6th place)

4pts Male (7th place)



NB... NS, PEI, NFL, YK, NWT, NU, SK, MN, AB, QC, ON, BC

Standards & Your 2016/17 Performance Goals

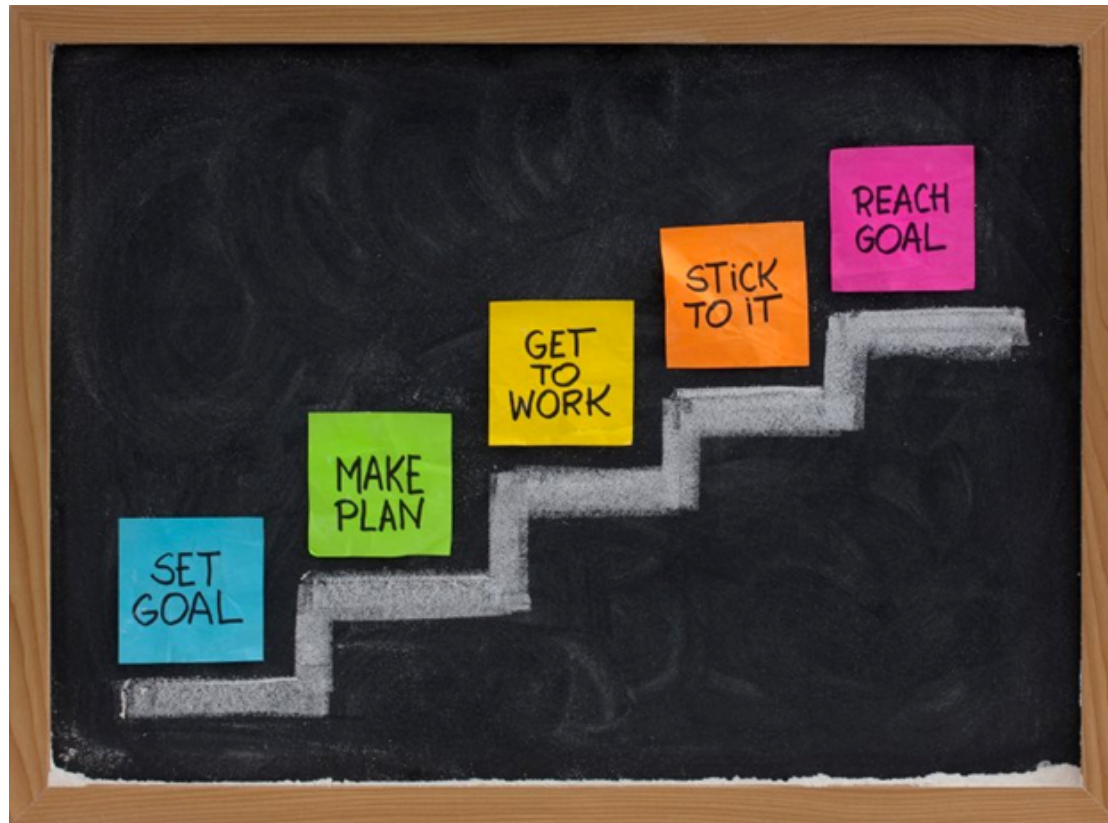
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Achieving OUR Goals



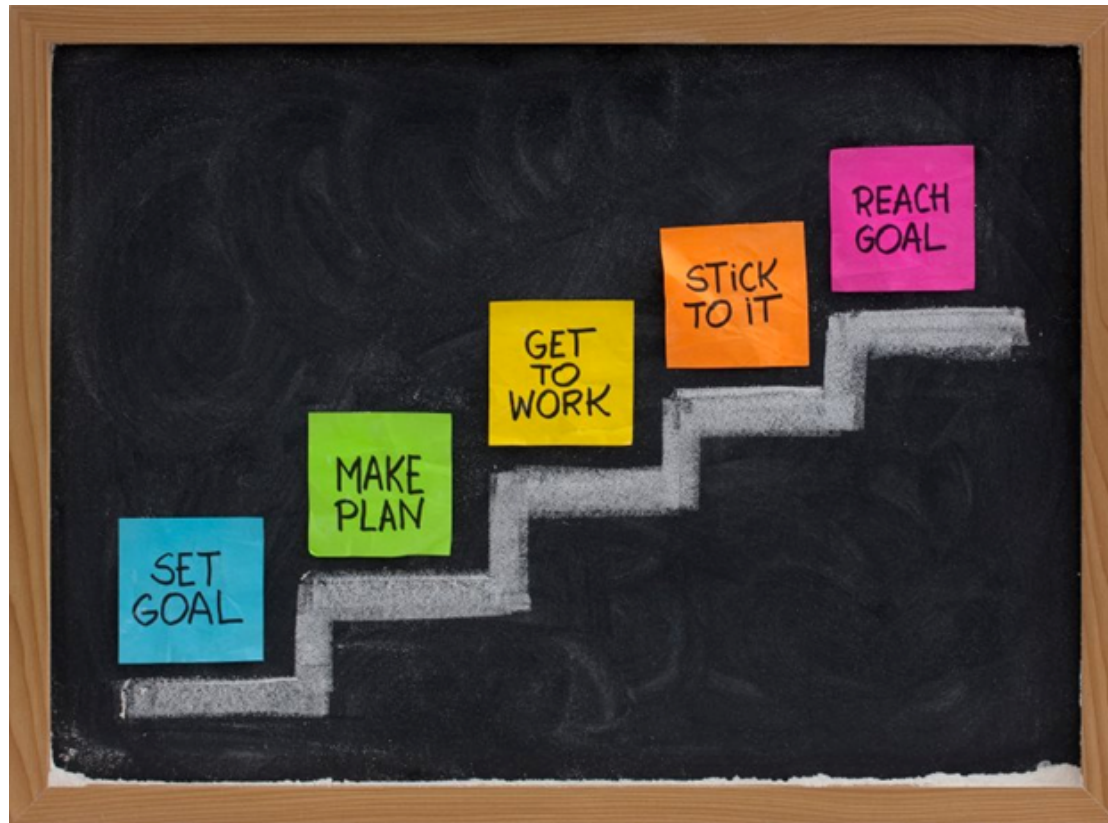
Questions



What is your 2017 Canada Summer Games “summit”?
How will you stand on top of it?



What is YOUR goal?



Team NB 2017 Selection Criteria

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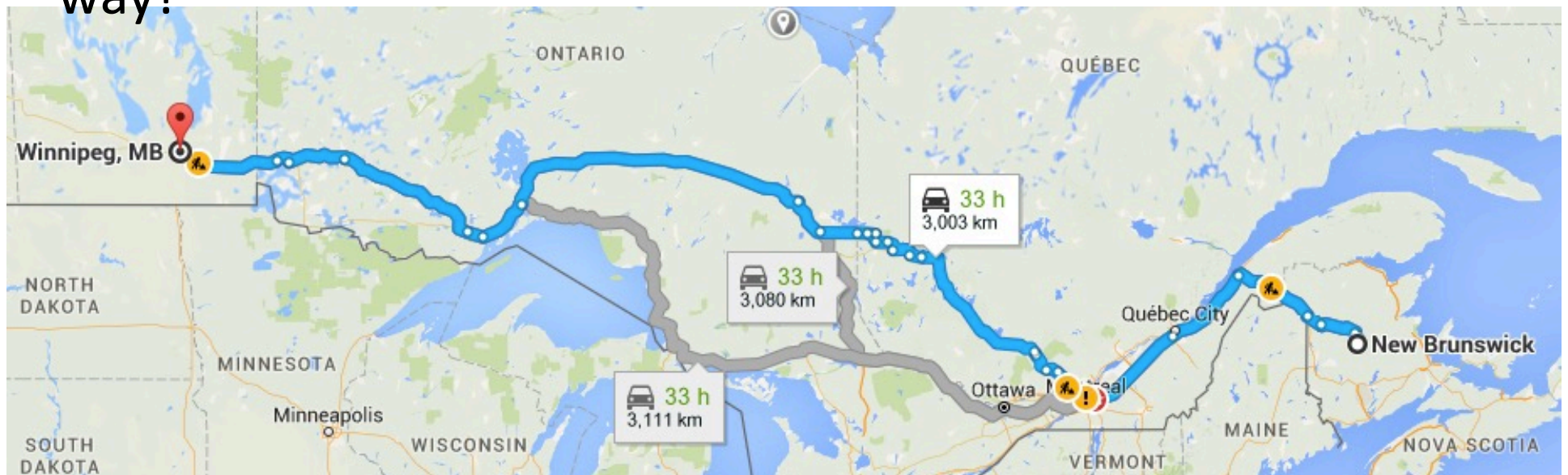
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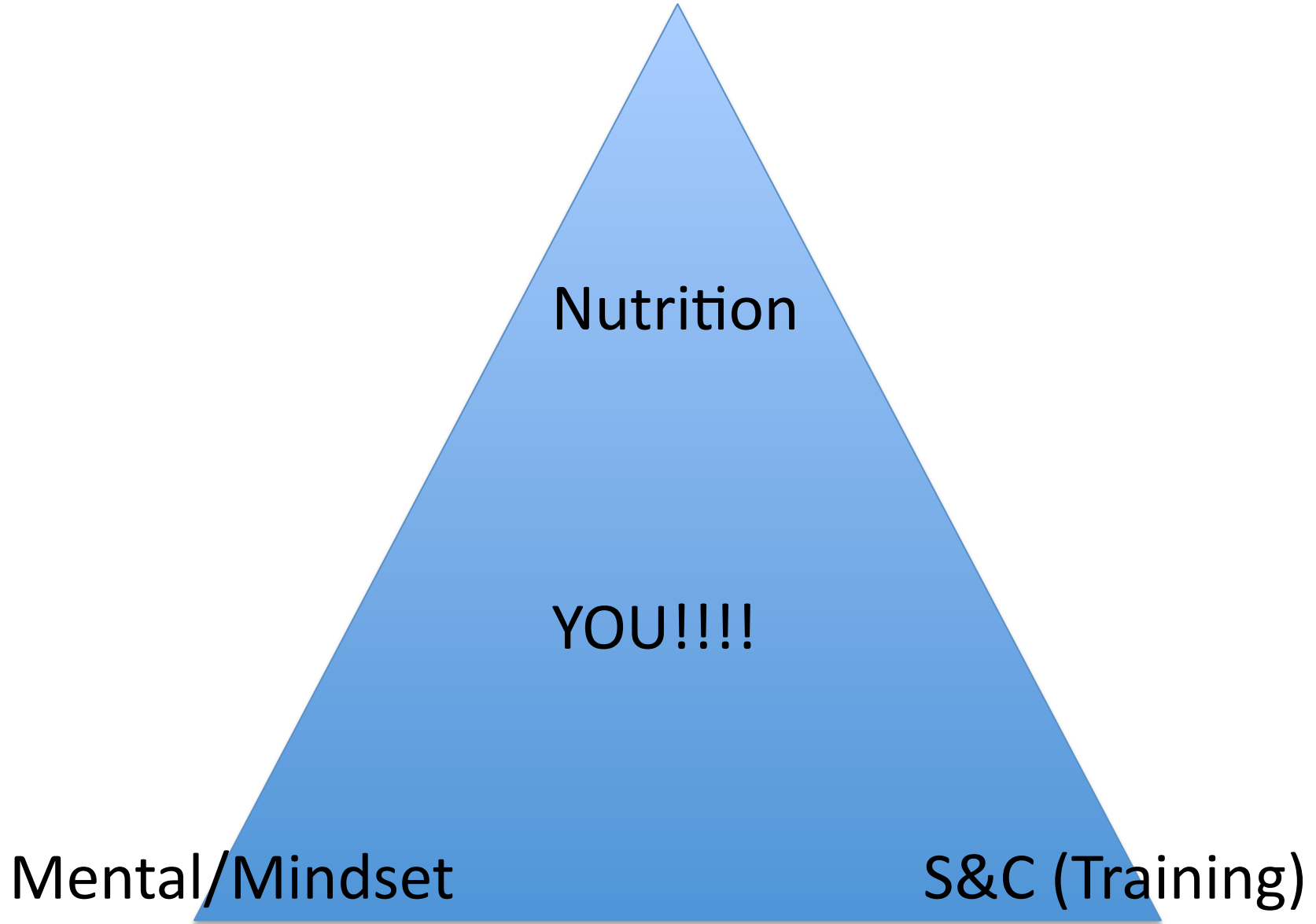
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As of Sunday May 8th, 2016...

We have 444 Opportunities, gifts, chances....days until the games!

Where are you now? Where do you want to go? How are you going to get there? What is your success plan? What is your path to success? What are your targets along the way!

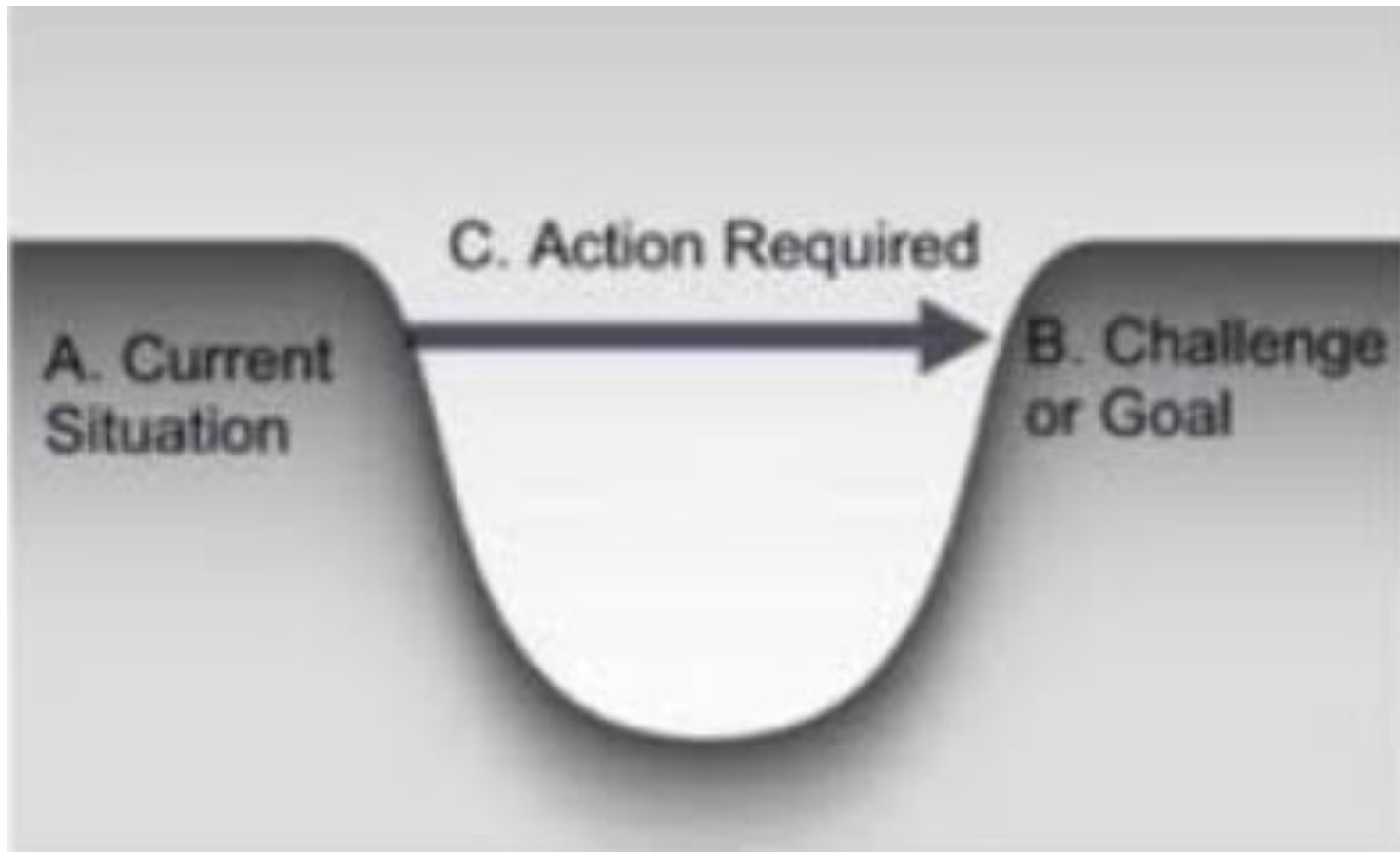




What is your....

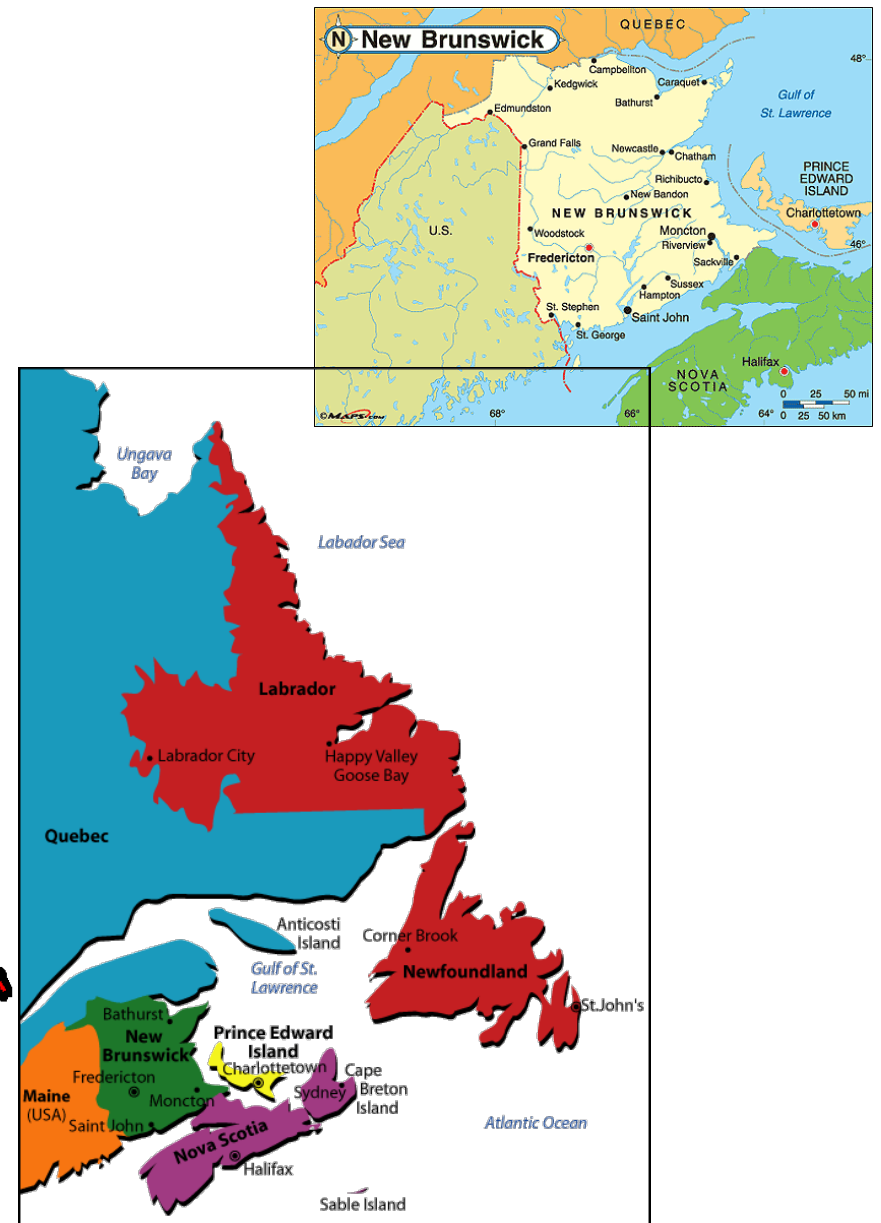
- Training schedule? Goals? Benchmarks?
Is this enough to achieve your 2017 CSG goals?
What about your goals after 2017?
- Competition schedule? Goals? Benchmarks?
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What about your goals after 2017?

So what will you do about it?
What is the action to be taken?



What does your competitive event look like?

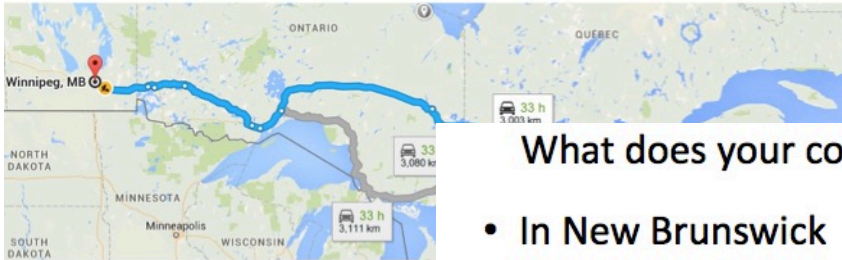
- In New Brunswick
- In Atlantic Canada
- In Canada



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What does your competitive event look like?

- In New Brunswick
- In Atlantic Canada
- In Canada



What is your....

- Training schedule? Goals? Benchmarks?
- Is this enough to achieve your 2017 CSG goals?
- Competition schedule? Goals? Benchmarks?

...ve your 2017 CSG goals?



Are these all in line? Are these all representative of your commitments? Are these all representative with YOUR reality? Are YOU taking responsibility for your goals? Are you taking action to achieve them? Are you a passenger or are you the driver? This is your dream! Your goals! Your desires! Are you treating them as such?

SWITCHING GEARS

A chalkboard with a dark green background and a pattern of light green gears of various sizes. The text "SWITCHING GEARS" is written in large, white, bold, sans-serif capital letters. The chalkboard is mounted on a wall of orange bricks. There is a small white eraser in the bottom right corner and a small dark object in the bottom left corner of the chalkboard.

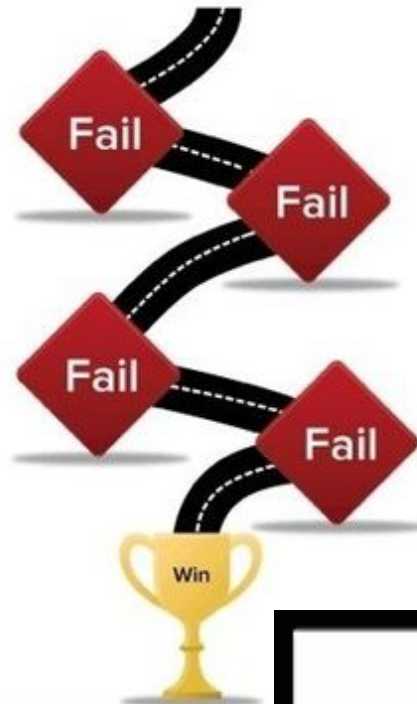
How do we improve?

- <http://www.weareeaton.com/blog/2016/3/4/struggle-ashton-high-jump>
- How much do you improve (learn) from success?
- How much do you improve (learn) from achievement?
- How do you get to the next level if you aren't improving (learning)? If you aren't struggling? If you aren't finding ways to be better? Or searching for new solutions?

What Most People Think



What Successful People Know



Forever alone on FUN

Success



what people think
it looks like

Success



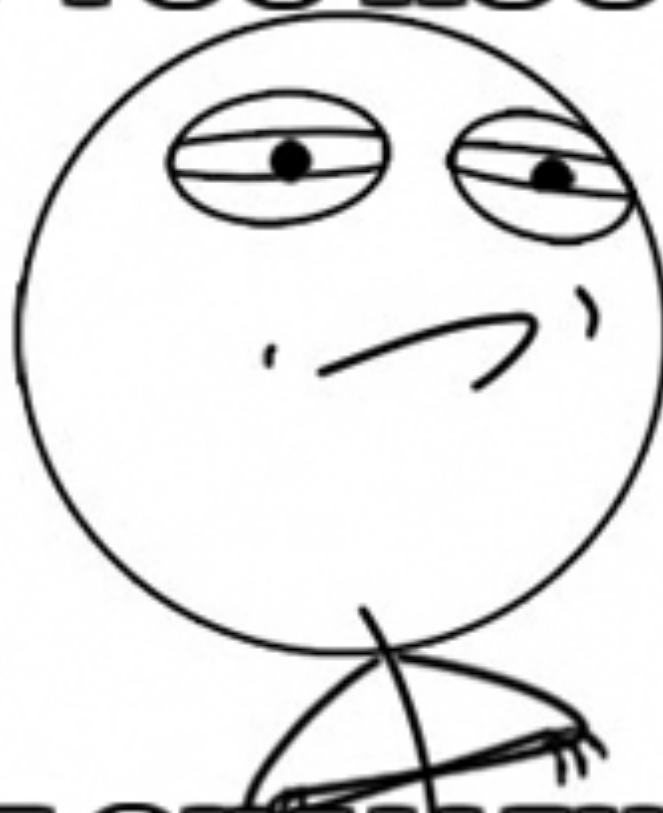
what it really
looks like



**IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU**



DO YOU ACCEPT



THE CHALLENGE?

memegenerator.net

CHALLENGE ACCEPTED.



SO what's next?

Today we learned from experts in the local community on:

Mental Skills
Strength and Conditioning
Performance Nutrition

Updates on:
Espoir 2016 (online declaration)
CSG 2017 (remember trials mandatory)

And you have now “hopefully” accepted a challenge to take personal responsibility to think, analyze, plan, try, do, do again, and keep on doing. To seek support, advice, help, guidance, assistance, learn and grow from all opportunities (success & failure).

Thank you! Happy Mothers Day!

If you have questions do not hesitate to ask a staff member.

- Head Coach - Jason Reindl jasonreindl@me.com (506) 343-2149
- Manager - Rachelle McDonald mcdonald.rachelle@gmail.com
- Peter Stuart stuart@nbnet.nb.ca
- Jennifer Butler jennifernoblebutler@gmail.com (Women's 4x400m)
- Bill MacMackin bill@selectfh.ca
- Kathleen Kiely kathleenkiely@hotmail.com (Women's 4x100m)
- Wendy Randell wendyrandell@yahoo.com (men's 4x400m)
- Yvan Pelletier pelletierivan55@gmail.com (men's 4x100m)