

May 17, 2013



RSA Monthly News

Upcoming Dates:

May 17/18/19, 2013 – Canadian National Championships, ON

June 14/15/16, 2013 – RSA Board Retreat

October 19/20, 2013 – Southern Workshop, Turner Valley, AB

November 23/24, 2013 – Camrose Invitational Workshop, Camrose, AB

February 1/2, 2014 – Masters Competition, Camrose, AB

March 8/9, 2014 – Team Competition, Okotoks, AB

March 2014 – Bonnyville Workshop, Bonnyville, AB

April 26/27, 2014 – Alberta Skipping Championships, Leduc, AB

May 2014 – Canadian National Championships, TBA

July/August 2014 – Summer Camp, TBA

2013 Record Holders

The 2013 Provincial Championships held in Grimshaw, AB was an exciting event. Five Alberta records were broken!

Everett Graham broke the Novice III (10-11) male record for Masters 30 second speed with a score of 77.

Sarah Luger broke the Novice I (7 and under) female record for Masters 30 second speed with a score of 50.

Denise Fisher broke the Senior (30 and over) female record for Masters 30 second speed with a score of 69.

Everett Graham broke the Novice III (10-11) male record for Masters 3 minute endurance with a score of 333.

Sarah Luger broke the Novice I (7 and under) female record for Masters timed power double unders with a score of 47.

Well done athletes!

2013-2014 Schedule

RSA Meetings

Meeting for the Membership – (sharing the vision for the year, report on the retreat) Sunday, September 29th, 2013 9:00pm

Regular Board Meeting – Sunday, December 1st, 2013 9:00pm

Regular Board Meeting – Sunday, February 2nd, 2014 9:00pm

Regular Board Meeting – Sunday, April 6, 2014 9:00pm

AGM – Saturday, April 26, 2014 Leduc, time TBA

Newsletter Publish Dates

May 16, 2013; deadline May 9th

July 1 2013; deadline June 23

September 1 2013; deadline August 23

November 1, 2013; deadline October 23

January 1, 2014; deadline December 23

March 1 2014; deadline February 23

May 1, 2014; deadline April 23

July 1 2014; deadline June 23

Mental Fitness for Long-Term Athlete Development

Sport places both physical and mental demands on the athlete. In training and competition, the body is asked to push physical limits of endurance, power, speed, and strength. Similarly, the mind is asked to push mental barriers, such as focus, composure, and determination. Being a top performer in any sport requires a combination of physical fitness, technical skills, tactical readiness, and mental fitness.

Mental Fitness for Long-Term Athlete Development, written by a team of experts led by Karen MacNeill, Ph.D., explains that mental fitness is just as necessary for success in sport as physical fitness or technical comprehension.

The messages and activities highlighted in the article align with Long-Term Athlete Development (LTAD) and address how athletes, coaches, and parents can aid the mental development of athletes at each stage of LTAD.

Click [here](#) to access the full document.

Link: http://canadiansportforlife.ca/sites/default/files/resources/Mental%20Fitness%20Jan2013_EN_web.pdf

2013 RSA Retreat Agenda

Historical Scan – review and update

Impact and Influence – review and update

SWOT Analysis - Continued identification

Vision / Strategic Planning

- Revisiting/updating the unified vision
- Evaluating and updating short and long term goals
- Strategizing growth & sustainability
- Judges Engagement

Budget 2013/14

Discussion about initializing manuals

- Policy
- risk management
- harassment (mention only, there is a national document which will be updated)

Discussion about potential committees/board liaisons on committees

- Competition committee
- Fund development
- Athlete development
- 2014 Camp
- Marketing and promotion
- Team Alberta organizational
- Minor Sport investigation
- Coach development – for new and returning



Jump Rope Endeavors



Camrose Spirals donated \$850 to The Camrose Performing Arts Centre. Donations were raised and matched at their 20th Anniversary Extravagna held at the Augustana Gym in February

2013 Provincial Medalists

(from Left): Emma Luger, Everett Graham, Myles Bogstie, Erika Bjorgum, Denise Gariepy, and Jaden Schmidt



Presenting the 2013 Team Alberta!

BEST OF LUCK IN ONTARIO!!!

Teams across Alberta dress up for the Provincial Banquet in Grimshaw, Alberta.

