



UPDATES!

Hey Everyone, what a great Camp this Labour Day Weekend!

As with the Kick Off Camp, our Guest Coaches have graciously offered to share some of their thoughts with you in these updates.

This first Newsletter has some words of wisdom from Liz Manley, and just to help you prepare for Sectionals, Brett Hines and the Technical Specialists have prepared a summary of tips to help you maximize your CPC score. Thanks Brett for putting it together! I've attached it to the email for everyone.

Sylvie

Dream Big!

Reflections by Liz Manley

Hey Everyone...what a great time working with each and everyone of you. I wanted to take just a quick moment to remind you of a few things we covered during our sessions.

- ☑ Remember to take the time to warm-up properly to save on ice time and as well as preventing injuries. Don't waste your ice-time....its valuable....treat it like its the last ice you get and use every minute. Remember "**QUALITY** over **QUANTITY**". Don't do a million jumps over and over. Do fewer with more purpose and real technique. Don't just throw yourself into elements. Make each one count.
- ☑ Don't forget my "**CLOCK**" technique for the axel. Always start rotating after you get to 12 o'clock.
- ☑ **DREAM !!!!! DREAM !!!!! and DREAM !!!!!** They can come true. I am the perfect example that it can. Learn from your defeats....don't let them defeat you. You have to learn to lose..... to be a winner. Stay positive and trust your training. Always remember....it takes thousands of steps to reach a mountain top. You cant get there in one step....so be patient and believe.
- ☑ I will be pulling for each and everyone of you this year !! Knock em dead and show them.....Saskatchewan Rocks !!!!

Liz Manley

