



# THE CANADIAN NATIONAL INSPIRER



Official Newsletter of Canada's National Women's Team  
Bulletin officiel de l'Équipe nationale féminine du Canada

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Monday, November 5<sup>th</sup>, 2001

## TODAY'S SCHEDULE

9:15 Breakfast  
10:45-Noon Practice  
13:00 Pre-game meal  
15:45 Team Meeting at Classroom  
16:00 Snack at dining hall  
18:00 CANADA vs. Sweden in Vierumaki  
20:30 Cool down/Media  
21:00 Dinner

## QUOTE DU JOUR

Mountain climbers, undercover espionage agents, and race car drivers don't daydream very often. Something about risking death focuses these daredevils on the essentials of the present.

## WHAT'S UP DOC AND DOUG?

### *Can the phase of the menstrual cycle affect athletic performance?*

During the ovulatory menstrual cycle, changing concentrations and ratios of estrogen and progesterone can cause alterations in blood volume, temperature, ventilation and metabolism. Nevertheless, there are NO conclusive studies showing variations in performance during the menstrual cycle. Individual athletes may be adversely affected by weight gain and fluid retention or menstrual cramping. Regular physical exercise has been shown to be beneficial in reducing premenstrual

symptoms.

## SCOREBOARD

### World Series

Game 7  
New York 2 Arizona 3  
(Diamondbacks win series 4-3)

Diamondbacks scored in the bottom of the ninth inning on a Luis Gonzalez RBI to win it. Randy Johnson got the win in relief.

Johnson and Curt Schilling were co-winners of the World Series MVP Award.

### PGA Tour Championship

Canadian Mike Weir wins first tournament in the US, in a playoff over Sergio Garcia, Ernie Els and David Toms.

## Dr. Joy's Column

Great players have a secret - that how they play is a result of how they feel. Too many of us believe that we will feel good about ourselves if we play well or if we win. Great players know the exact opposite is true - how we feel will most often determine how we play. Great players want to feel engaged in each experience. They view engagement as being focused on the task at hand and the experience of performing the task. They know they cannot control the outcome of an event and do not expend their emotional energy on worrying about not losing. Great performers play to succeed through engagement, They bring the best they can onto the ice for every lesson and every shift.

How can you prepare to make this happen?

## MILESTONES

### On Friday, against Sweden

Correne played in her 20<sup>th</sup> NWT game

Dana played in her 30<sup>th</sup> NWT game  
Stubbs played in her 20<sup>th</sup> NWT game

### Last night, against Finland

Vicky played in her 90<sup>th</sup> game

Delaney played in her 30<sup>th</sup> NWT game

Danielle scored her 80<sup>th</sup> NWT goal

## COACH'S CORNER

### DISCIPLINE

A state of consciousness where you execute with "controlled" intensity. You check hard and smart, you control your skating to "time" yourself to the play, you backcheck hard through the middle and pressure the puck. If you are last in the zone, you are disciplined to find the late player. Discipline is getting the puck in deep when there are no other options. Discipline is shaking off a mistake and getting "back in the instant of the game". It is taking a cheap shot, accepting a refs "bad call". It is accepting yourself and your mistakes. It is controlling your frustrations and "sucking it up" to play the game at your utmost.

When we accomplish discipline, we are on the way to "being the best we can be".

When we achieve that we will have accomplished a key step towards our ultimate goal.

**EFFORT:**  
**A SOLO PERFORMANCE,**  
**THAT ONLY YOU CAN**  
**CONTROL**