



Call for Expression of Interest – Mental Performance Consultants 2017 Canada Summer Games

The BC Games Society, Canadian Sport Institute - Pacific, viaSport, and SportMedBC are inviting qualified Mental Performance Consultants (MPC) to apply for one of two available positions with Team BC for the 2017 Canada Summer Games to be held in Winnipeg, Manitoba from July 28 to August 13, 2017.

Team BC

Every four years the Province of British Columbia assembles a team of athletes, coaches, managers, and Mission Staff to represent the province at the Canada Summer Games. The Canada Games are a national multi-sport competition with participation from every province and territory in Canada.

Team BC athletes are the next generation of national team athletes and are provided with enhanced training and competitive opportunities, science and medicine services and support with the goal of achieving personal bests and podium performances at the Games. Two MPCs will be selected to work with assigned teams and individual athletes in the lead up to and at the Games to develop mental skills to enhance their competitive performance. Below is a list of the participating sports for the upcoming Canada Summer Games:

2017 Canada Summer Games	
Phase One	Phase Two
Athletics	Basketball - Male
Baseball - Male	Cycling - Road
Basketball - Female	Golf
Canoe-Kayak	Soccer - Male
Cycling – Mountain Bike	Softball - Female
Diving	Swimming
Rowing	Swimming - Open Water
Sailing	Tennis
Soccer - Female	Volleyball - Indoor
Softball - Male	Wrestling
Triathlon	
Volleyball	



Position Description

The provision of mental skills training has been identified as an important component of athlete preparation and performance. The goal of the Team BC performance program is to incorporate mental training support for the PSOs and team coaching staff to facilitate their efforts to create the highest performance levels possible. This will be accomplished by ensuring the benefits of the training programs are clear, quality program delivery is available, and the programs are flexible enough to fit within their system.

Support to the PSO, coaching staff, and individual athletes will be focused primarily on the need to enhance performance which may include: assisting the coaching staff, working with team dynamics, and developing personal mastery at the athlete level. The overarching goal is to develop a system that will consistently create the ideal environment that allows teams and athletes to perform at their best.

Terms of Reference

The Team BC Mental Performance Consultants (MPCs) are contracted positions with the BC Games Society. The MPCs report to the Chef de Mission, and are assigned sports prior to the Games to provide mental training education and support to Team BC athletes and coaches. If a sport is already engaged with a practitioner who is not attending the Games, the Team BC designated MPC liaises with that practitioner to ensure a smooth transition at the Games. The MPCs are also part of the Team BC Mission Staff team and may have other duties assigned to their responsibilities at Games.

Position Description

Upon initial contact with their assigned teams, MPCs will provide a detailed overview of the mental training education and support services available. This includes services that can be provided prior to, during, and post games so all PSOs and coaches are clear on the program and how to utilize it for best results.

MPCs will conduct a pre-games survey with their designated teams which will include contact with both the PSO and the coaching staff. This will be done in order to evaluate what has been accomplished in the past, create awareness of any mental training activities already initiated, and determine the needs for the games cycle.

Team BC MPCs work with individual athletes, teams, and coaches to put an appropriate plan together to develop mental skill development focussed on enhancing competitive performance and training. Individual skills may include: self-talk, focus, imagery, goal setting, emotional and arousal management, commitment, belief, positive images, mental readiness, distraction control, and constructive evaluation.

The MPCs educate athletes about mental skills and their development primarily through educational training seminars, one on one sport counselling sessions, and the use of ongoing facilitated communication tools (e.g. Athlete Diary, etc.).

In order to be most effective, the MPCs must work in confidence with the PSOs and the athletes to ensure the highest levels of trust. They will encourage both open and honest dialogue with the expectation that this position is to deliver performance enhancement services.



Position Description (continued)

The MPCs will:

- Provide mental training support to Team BC athletes and coaches.
- Encourage excellence in sportsmanship including respect for the rules, officials, opponents, venues, Team BC, and oneself.
- Establish an ongoing working relationship with the assigned sports.
- Conduct athlete assessments using both quantitative and qualitative means.
- Conduct sessions with the teams related to skill development and performance enhancement.
- Observe teams in practice and competition settings and provide feedback when appropriate.
- Provide mental training articles and information where appropriate for general publications relating to the Team BC program and education sessions at the Team BC coaches meetings.
- Maintain open communication and ensure the Chef de Mission is kept apprised of mental training support activities.
- Attend Team BC administrative, Mission Staff, and coach meetings where appropriate.
- Provide a final status report for each team at the conclusion of the Games. This will include a brief overview of team contact prior to, during, and post games, as well as a log of contact hours and athlete numbers. The report will also suggest action needing to be taken in order to improve the system for the following games cycle.
- Work within the Team BC Mission team as requested.

Background Qualifications

Individuals with a background of expertise in both sport and mental skills training are invited to apply. These positions require formal academic course work in both sport and mental skills training, and a supervised internship in sport and mental skills training.

Remuneration

The rate of pay for MPCs is reflective of their expertise and commitment. The general guideline provided to the sports for their budgeting purposes is \$50 per hour, or \$300 per day.

In the lead up to the Games, MPCs will be engaged and paid directly by the PSOs. It will be the MPCs responsibility to establish a fee for service with the PSO, based on the guidelines provided, for the requested services. At the Games, the MPC will be paid \$300 per day directly by the BC Games Society, in addition to travel, food, and accommodations expenses.

Commitment

The MPC must be available to work with assigned sports for up to 12 months prior to the Games and attend up to 3 Team BC Mission Staff meetings. The MPC is also required to attend the full duration of the Games:

Team BC will travel to the 2017 Canada Summer Games via Vancouver on July 27, 2017 and will return on August 13, 2017.



Please note, MPCs are part of the Mission Staff and must commit to the following dates:

2017 Canada Summer Games

Event	When	Where
Mission Staff Retreat	June 18-19, 2016	Lower Mainland
Monthly Mission Staff Conference Calls	Last Wednesday of each month	Conference Call
Team BC Coaches' Meeting / Mission Staff Training	May 2017 (2 days)	Burnaby
Uniform Distribution Day (Optional)	July 2017 (1.5 days)	Burnaby
Canada Summer Games	July 27 - August 13, 2017	Winnipeg, MB
Mission Staff Debrief	September 2017 (1 day)	Burnaby



**Team BC 2017 Canada Summer Games
Expression of Interest
Mental Performance Consultant**

Instructions

1. Complete all sections of the application form
2. Attach the following items to the application form (application form is not considered complete without all of the items listed below.)
 - Copy of practitioner's current diploma or certificate
 - Copy of practitioner's current liability insurance
3. Send the completed form and attachments via fax or e-mail to:

**Paul Dwyer
Manager, Sport Safety & Event Services
SportMedBC**

2350-3713 Kensington Ave
Burnaby, BC VB5 0A7
Fax: 604-294-3020
pauld@sportmedbc.com

**DEADLINE FOR APPLICATIONS:
Monday, April 04, 2016 - 4:00pm PST**





Team BC 2017 Canada Summer Games
Expression of Interest
Mental Performance Consultant
Application Form

PRACTITIONER INFORMATION

Name:
Mailing address:
Street: Apt. #
City:
Postal Code: Email:
Preferred Phone:
Fax:

CERTIFICATION & EDUCATION

All Mental Performance Consultants must be certified with the BC Psychology Association (with specialized training and supervision in sport and exercise psychology) or the Association for Applied Sport Psychology or Canadian Sport Psychology Association

BCPA Year
 AASP Year
 CSPA Year

University Education
 Undergraduate Year Major
 Masters Year Major
 Doctoral Year Major

Specialized Training (explain)



SPORT EXPERIENCE

Briefly describe in **point form** your sport specific experience.

Please also include information on sports that you have been involved with that are on the sport program for the 2017 Canada Summer Games (see page 1).



LANGUAGES

- 0 No real ability to communicate in the other official language
1 Can understand basic commands and sentences in the other official language
2 Can teach, give a professional lecture and function completely with ease in the other official language

	FRENCH	ENGLISH
Written Competency	0 1 2	0 1 2
Oral Competency	0 1 2	0 1 2

GAMES and MAJOR COMPETITION EXPERIENCE:

Games

Year

Role or position:

- BC Games
 Western Canada Summer Games
 Canada Games (Summer / Winter)
 National Championships
 World University Games
 Pan American Games
 Commonwealth Games
 Olympic/Paralympic Games
 Other Competitions:

REFERENCES

Please provide names and contact information for three (3) references from people familiar with your work.

1.

Name:

Home Telephone:

Work Telephone:

Email:

Relationship to the above individual:

2.

Name:

Home Telephone:

Work Telephone:

Email:

Relationship to the above individual:

3.

Name:

Home Telephone:

Work Telephone:

Email:

Relationship to the above individual:

