



SIRC at the Canada Games

SIRC, Canada's Sport Information Resource Centre had a fantastic time at the 2009 Canada Games hosted on Prince Edward Island this past summer. The two weeks were jam packed with activities, both onsite and off. Being involved with the Games gave us a great opportunity to find out what kind of sport information people are looking for.

SIRC was pleased to create resource centres at a variety of locations through out the Games, providing coaches, athletes, officials and the media with access to the SIRC Collection online and showcasing some of the resources that are available in the main Resource Centre in Ottawa.

Brandie Adams, one of the Reference Librarians at SIRC, had the privilege of being onsite to answer questions and attend events. SIRC created a special webpage for the 2009 Canada Games, which included online resources on coaching, officiating, athlete information, injury prevention, nutrition and the environment. If you missed it during the Games it is not too late, visit <http://www.sirc.ca/canadagames> to check it out! While there, be sure to check out the links to the SIRC Blog, Facebook page, Twitter, Job Postings and Conference Calendar.

It was great to see first hand at the 2009 Canada Games what kind of information athletes and coaches were interested in. There were common themes and interests throughout the two weeks including aspects of sport psychology (motivation, focus, confidence, imagery and mental training), nutrition, fitness training, and career choices. Below, you will find a selection of resources from the SIRC Collection covering these topics.

The closing ceremonies of the 2009 Canada Games marked the end of a successful two weeks. As everything came to close it was hard not to think ahead to the 2011 Winter Canada Games, hosted in Halifax, with great excitement. SIRC had a wonderful time in Prince Edward Island and is looking forward to the upcoming Canada Games in 2011!

Selected References

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