



SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Providing Sport Medicine and Science Services and Programs for active people in Saskatchewan Winter/Spring 2008

Sport Med Saturdays

'The Neck' - April 5

Location: Regina, U of R, College of Kinesiology & Health Studies

Time: 10:00 a.m. - 4:00 p.m. (includes a one hour lunch break)

Arrival Time: 9:30 a.m. - 9:50 a.m.

Register Now!

To Register:

Obtain a Registration Form from:

- 1) the SMSCS website, www.smscs.ca, OR
- 2) the SMSCS office 1.888.350.5558, ext #2, OR
- 3) the CPTe office 966.2043

Registration Deadline:

Friday, March 14 OR the first 125 registrants

Cost: Health Care Professional - \$75.00
Student Rate - \$25.00

Education Credits: Are available

Course Description:

Professionals will present and review current research, concepts, methods and techniques for injury prevention, assessment, treatment and rehab of the NECK.

For more information on specific topics and presenters go to www.smscs.ca.

2008 Saskatchewan Summer Games needs your help!

The 2008 Saskatchewan Summer Games will be taking place in Lloydminster from August 3 - 9, 2008.

The Saskatchewan Summer Games is a provincial athlete-centered multi-sport event that will showcase competition and sportsmanship while leaving a lasting legacy of volunteerism, community pride and enhanced sport, culture and youth development for Lloydminster and surrounding area.



The Games is in need of **MEDICAL PERSONNEL** to volunteer, so if you are able to help out you are asked to contact the Chair of Medical Services, John Acton at actonj@platinum.ca, or Penny Manners, the Director of Athlete Services at penny.manners@pnrha.ca.

Sask Summer Games
August 3 - 9

A.G.M.

The Sport Medicine and Science Council of Saskatchewan will be holding our Annual General Meeting on Tuesday, March 11 in Davidson at 6:30pm at the Town Hall. For more information contact Mark Henry, Executive Director at 780.9208 or by email at smcs@sasktel.net

Program Sponsors



The Sport Medicine and Science Council of Saskatchewan receives financial support from

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President's Message

Rhonda Shishkin, BSPE, BSc. (PT), Dip Sport (PT), CATc

Time does go by fast! If someone would have told me back in the fall of 2001 when I came onto the Board of the SMSCS as the Sport Physiotherapy Rep that I would be ending a two year term as President in the Spring of 2008 I would not have believed it. As this is my final "President's Message" in the Newsletter I would like to take this opportunity to leave you with a few of my thoughts.



Firstly, it was an honor to follow in the footsteps of previous presidents – Dr. Jack Alexander (1988 – 1992), Chuck Armstrong (1992 – 1994), Dr. Marlys Misfeldt (1994 – 2002), Dr. Mike Nicholls (2002 – 2004), and Sue Meyers (2004 - 2006). These people have served the Council generously and with great vision and it is my hope that I was able to uphold the high standards that they have set before me.

Amateur sport in Saskatchewan is in a great position. Sports can utilize funding received from the non-profit, volunteer-driven lottery system in the ways that provides them with great opportunities to promote their sport and direct funding towards grassroots and high performance development of athletes, coaches, officials and volunteers. In essence, that is one of the reasons why the SMSCS exists, to provide sport medicine and science services to enable athletes, coaches and sport support personnel to meet their goals whether that means setting a personal best time, learning how to tape a finger or ensuring their sporting event is hosted in a safe environment.

We should also take pride in the opportunities we provide for our members and consultants. The Sport Med Saturdays Program has received nothing but positive reviews. The Education Assistance Program that is available to help cover certain costs associated with attending workshops and courses is a valuable resource that continuously benefits the Council.

I would be remiss if I did not mention the many volunteers and consultants that have been and are currently involved with the Council. Their involvement with sitting on the various committees, developing policies and providing valued direction, as well as helping out the athletes of Saskatchewan, is unparalleled in any other sport system that I am aware of.

Lastly, where would we be without the 'heart' of the SMSCS - the staff. Mark Henry, Scott Jule and Brie Jedlic in Regina and Bruce Craven, Travis Laycock, and Heather Hynes in Saskatoon. We are very fortunate to have these people as staff members. In the world of non-profit organizations the staff turnover is usually very high, yet we have had most of our staff members with us for many years. Mark has been our Executive Director since 1990, Bruce has been around since 1991 when he was originally with the Sport Science Project/Program, Scott came on board in 1993, Travis arrived in 1998, Heather in 2002 and Brie in 2005. The experience and knowledge that these people bring to the table probably leads the pack as far as individual organizations within the Sask Sport Inc. system is concerned.

I would encourage anyone with an interest in sports health to get involved with the Council. It has been a rewarding experience!

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Educational Funding Available

Are you a member of the SMSCS and are considering attending an educational course, workshop or seminar?

On an annual basis the SMSCS has available a limited amount of funding to help offset the costs of course registration for members attending educational courses, workshops, or seminars. Funding is not available for travel, meals, accommodations, etc.

There are a number of criterion that members should be aware of and are available by contacting Mark Henry at 780.9208.

It should also be noted that funding is not available for courses provided by the SMSCS such as Sport Med Saturdays.

APPLICATION FOR SPORTS MEDICINE RESEARCH GRANT

The Saskatchewan Academy of Sports Medicine has two research grants of \$1,500 each available annually for projects that will improve knowledge in the field of Sports Medicine and Injury Rehabilitation.

If you are interested in doing a research project of six months to one year's duration for which this funding would be helpful, please forward your inquiries to:

Cary Brunett, SASM administrator
Saskatchewan Academy of Sports Medicine
Box 338
Delisle, SK S0L 0P0

Application forms are available via email at carybrunett@sasktel.net.

Here's what's at ...

www.smscs.ca



Have you visited our newly revised Website?

You will now find it much easier to navigate the entire website. Here's only some of what you'll find...

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LINKS TO OTHER RELATED AGENCIES

...MUCH, MUCH MORE...

New Sport Psychology Lab at the U of R

Athlete testing and research opportunities available

New Sport Psychology Laboratory opens its doors at the University of Regina!

The Sport Psychology Laboratory at the University of Regina is a joint project of the Canadian Sport Centre-Saskatchewan, the Sport Medicine and Science Council of Saskatchewan, and the Faculty of Kinesiology and Health Studies at the

University of Regina. In the very near future, the laboratory will house equipment designed to assist athletes in training such mental skills as concentration, attention, alertness, and relaxation. The Laboratory is in the process of obtaining such equipment as the Peak Achievement Trainer, the Play Attention system, and an alpha chair relaxation/energizing system.

Working alongside the Motivation for Active Living Laboratory, the Sport Psychology Laboratory will also provide researchers with a venue to examine various training techniques to enhance athletes' sport performance. The Laboratory is managed by Brie Ellard-Jedlic, SMSCS staff mental trainer, and Dr. Kim Dorsch, associate professor at the U of R.

SPORTS FIRST RESPONDER COURSE



Emergency First Responder Training for Sport Medicine Professionals

SFR Certification and Re-Certification Course
April 18 - 20, 2008
University of Regina
Regina, Saskatchewan

Authorized Provider:
Canadian Red Cross

CATA Education Committee:
Accredited Continuing Education Course

Go to www.smscs.ca for more details and to download a Registration Form

Photo Contest

SMSCS is in need of some photos for our website and newsletter!

We are looking for pictures of therapists/consultants providing medical coverage, first aid treatment, or sport science consulting. A random draw will be made from everyone who has submitted photos. The winner will receive a free registration for the next Sport Med Saturdays.

Please submit electronic files, 300 dpi if possible. Jpg's are acceptable, by email or on cd to Scott Julé at s.jule@sasktel.net or to 2205 Victoria Avenue, Regina, SK S4P 0S4.

"Learn to Play & Practice" Pilot Project

What is it?

Based upon the "Sport for Life" model of Long-Term Athlete Development (LTAD), this is an initiative of the Sport Medicine & Science Council of Saskatchewan (SMSCS) that looks at exercise, skill training, mental wellness, nutrition, and recovery.

Role of the Sport Medicine & Science Council of Saskatchewan

The SMSCS is taking a provincial proactive role in helping establish resources and education for teachers in respects to the "Physical, Mental, Cognitive, and Emotional Development" from the 10 Key Factors Influencing LTAD for Sport for Life model. The SMSCS is focusing on the "FUNdamentals Stage" and the "Learning to Train Stage", by developing some necessary resources (*a resource binder has been created with age appropriate games and activities for grades 4 to 8*) for teachers based upon the Saskatchewan Education Curriculum within the subjects of Physical Education, Health, and Wellness.

To learn more about the project, please contact Regan Hildebrandt at **306-975-0891** or by email at **smscs.consultant@sasktel.net**

Another SMSCS Member Travels the World

Sport Massage Therapist in Japan

Last fall Al Bodnarchuk attended the World Athletic Championships.

We'd like to thank Al for the following report:

This world championships was planned as a preparation for the Beijing Olympics. The team assembled in Singapore for a training camp and then left for Osaka depending on when they were to compete.

This was my 7th Athletics Championship with the Canadian Athletics team working as a sport massage therapist. Team Canada was comprised of 28 athletes and five medical staff which consisted of myself, Dr. Alan Vernic, Dr. Wilbour

Kelsick, physiotherapist Julie Gardner and another sport massage therapist Garfield Crooks. The workload was steady throughout the three weeks that our team was together. All sport medicine personnel were used consistent with the work load easing up as the championship wound down.

The humidity and temperatures were very high in Osaka reaching 33 to 36 degrees Celsius on a daily basis. Fortunately, we did not have any major problems with dehydration, nor did we have any major injuries to our athletes while we were there.

One of the great things about Singapore and Osaka was that things were done on time. If a bus was suppose to leave at 1:00pm, the doors closed and the bus pulled out at 1:00pm. This made it great for those of us who could 'tell time', making scheduling of treatment times much easier.

The trip was a very good experience. Our athletes did well and the staff did not end up being burnt out from overwork, which was important since all staff returned home to regular jobs. All in all this event was a great way to prepare for the Olympics and help our athletes succeed in Beijing.



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Attend our workshop and avoid sport taping nightmares!

Sport 1st Aid & Sport Taping Workshops

- Are you a team trainer, parent or coach involved with a sports team?
- Are you prepared to handle minor sports injuries?
- Would you know what to do in the event of a medical emergency during a practice?
- Have you ever asked yourself, "What should I have in my Sport First Aid kit?"
- Is not knowing how to tape an athlete's thumb becoming a problem?

Call **1.888.350.5558**
EXT #1 for more information

If you answered "yes" to any of these questions, you have lots to learn at one of our seven-hour Sport 1st Aid or Sport Taping Workshops.

High School Athletics Nutrition Workshops

This province-wide program continues to grow and provide valuable information to high school teams in Saskatchewan. **To book your workshop**, contact Heather Hynes toll free at 1.888.350.5558, ext. #5 or email her at heather.hynes@sasktel.net.

There are a limited number of workshops available, so book early!

The SMSCS acknowledges the financial support of the Dairy Farmers of Saskatchewan for their continuing support of the High School Athletics Nutrition Workshops Program.

**Dairy Farmers of
Saskatchewan**



Sport 1st Aid Supplies and Kits

The SMSCS has for sale an extensive line of Sport 1st Aid Supplies and Kits at extremely affordable prices. For more information email us at s.jule@sasktel.net, call our toll free number at **1.888.350.5558** Ext. #2, or go to our website at www.smscs.ca to download a price list and order form.



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