



SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Providing Sport Medicine and Science Services and Programs for all active people in Saskatchewan

Autumn 2006

Sport Med Saturdays - Coming Soon!

Registration deadline in quickly approaching for the inaugural Sport Med Saturdays.

As was mentioned in the last newsletter, the SMSCS has revamped the Sport Medicine Rounds Program that consisted of monthly one hour sessions in Saskatoon and Regina. The new and improved version, Sport Med Saturdays, promises to bring an educational, multidisciplinary approach to sports injury management that is accessible to all practitioners throughout the province.

Sport Med Saturdays will be presented in the Fall in Saskatoon, and in the Spring in Regina. The first session will focus on assessment and diagnosis of anterior hip pain, while the second session will follow up with treatment and rehabilitation techniques. Presenters will be from a variety of sports medicine professions. **Continuing Education credited sessions. Register early!**

Session One

Anterior Hip Pain- Assessment and Diagnosis

Date: Saturday October 28, 2006

Location: Room 246 Physical Activity Complex (PAC), University of Saskatchewan

Registration Deadline:

September 29, 2006, or first 125 registrants

Session Two

Anterior Hip Pain- Treatment and Rehabilitation

Date: Saturday, March 31, 2007

Location: University of Regina, Room TBA

Registration Deadline:

March 2, 2007, or first 125 registrants

Times for Both Days: 10:00 a.m. – 2:45 p.m. (includes 45 minute lunch break) Doors open at 9:30 a.m.

To Register Contact: Pat Tremaine, CPTe Ph: (306) 966-2043
Fax: (306) 966-1986 Email: pat.tremaine@usask.ca

OR

go to the SMSCS website at www.smscs.ca to download a registration form

Cost: Health Care Professional - \$50.00, Student Rate - \$25.00

For more detailed information on specific speakers and individual session topics go to the SMSCS website at www.smscs.ca

The SMSCS would like to sincerely thank the following *Sport Med Saturdays Program* Sponsors

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- Email: science.consultant@sasktel.net

President's message

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

The fall and winter months will be extremely busy for the SMSCS. Extensive planning continues for the upcoming Sport Med Saturdays taking place on October 28 in Saskatoon at the U of S, and on March 31, 2007 at the U of R. We are extremely excited about the large number of people that have already registered for the Saskatoon date and encourage anyone who is still interested in registering to do so immediately. There is more information on this program within this edition of the newsletter.

I'd like to take the time to remind everyone involved with the Canada Games and Western Canada Games, university teams, junior football clubs, and various other provincial teams, to schedule a Drug Educational and Doping Control Workshop as well as High Performance Nutritional Supplement Workshop. There are always new developments in these areas and the Council does a great job in educating everyone on these topics.

Personally, I'd like to thank everyone involved with the Medical Coverage Program and specifically those that assist in the event coverage component of the program. This fall, Sport Physio Sask – north unit, has taken on some special initiatives in Saskatoon such as covering Kinsmen Tackle Football in partnership with the U of S physio students in a mentoring role.

Congratulations to all athletes and coaches on their accomplishments over the summer. Our staff and consultants work with, in one fashion or another, literally thousands of athletes each year, and we are extremely proud of their accomplishments and the role we play in their development as athletes. This includes everything from nutrition consulting to the development of weight training regimes. The dedication of athletes from Saskatchewan is second to none and we should all be proud of sport in this province!

In closing, as I do in every President's Message, is to invite everyone to contact the SMSCS to discuss any issues, concerns, or initiatives you feel would benefit your development as an athlete, coach, or team.



The SMSCS does not necessarily endorse or recommend the opinions or treatments that are contained in this newsletter. Products and services advertised within are advertisements only and are not necessarily products used by the SMSCS. Consult medical personnel or sport scientists for medical problems, advice, and treatment.

The SMSCS permits the reproduction of articles contained within this newsletter for educational or promotional purposes if we are credited with being the source. Reproduction for the purpose of profit is prohibited. Contact the SMSCS for any other sport medicine and science related topic.

This newsletter was sent using the SMSCS email contact list. If you did not receive our newsletter by email and would like to receive it in the future or you know someone who would like to receive it, contact the SMSCS office at 780.9446 or by email at s.jule@sasktel.net

SMSCS Staff and Consultant off to Finland With National Disabled Cross Country Ski Team

As stated in the last newsletter, the SMSCS staff and consultants have been working extensively with the National Disabled Cross Country Ski team over the last year. We have been contracted by this organization to provide a Performance Enhancement Team (PET) for their national and developmental teams. In addition, we have also been involved in *Top Secret Research Program* with the National team. Bruce Craven, staff person with the SMSCS, is the Science and Medicine Coordinator of the team.

The SMSCS, through the

involvement of Bruce, provided PET services in January at a camp in Canmore, Alberta. In February, consultant and physiotherapist A.J Tabin, accompanied the team to Austria, Germany, and Switzerland for two weeks as the team prepared for the Paralympic Winter Games. In April, staff members Travis Laycock and Heather Hynes, along with the U of S Dean of the College of Kinesiology, Carol Rodgers, who is an exercise physiologist, accompanied Bruce at another camp in Canmore. Additional Canmore camps were held in July and August. In October, Bruce, Carol, and Heather will

accompany the team to Finland for 10 days of training. Additional camps are also scheduled for Silverstar in November and then back in Canmore in December.



Need it? Find it on the SMSCS Web Page

Here's what's at ...

www.smscs.ca



RESOURCE VIDEOS

For loan on the following topics:

- Nutrition
- Drug Education
- Sport Medicine
- Exercise Physiology
- Mental Training
- Many others...

For sale:

- Body Image video & lesson plans

SPORT 1ST AID KITS & SUPPLIES FOR SALE

- Tape, various types & sizes
- Underwrap
- Hot/Cold Packs
- Various Band-aids
- Gauze
- Tensors
- Scissors & Tape Cutters
- Ointments
- Tape Adherent
- Many more...

SISSSEL EXERCISE AND REHAB EQUIPMENT & SUPPLIES FOR SALE

- ABS Pro Gymballs
- Medicine Balls
- Sit Fits
- Fit Tubing
- Ankle Tubing
- Physio Toners

RESOURCE ARTICLES ON

- Nutrition
- Drug Education & Doping Control
- Sport Medicine
- Exercise Physiology
- Mental Training
- Many others...

RESOURCE MANUALS

- Sport 1st Aid
- Exercise Physiology
- Strength & Conditioning
- Mental Training
- SNAC Nutrition

TRAINING DAIRY

NUTRITION CHECK UP

PREVIOUS NEWSLETTERS & ANNUAL REPORTS

SPORT MED SATURDAYS

ACL INJURY PREVENTION PROGRAM

LINKS TO OTHER RELATED AGENCIES

...MUCH, MUCH MORE...



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?

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.

Call Travis Laycock at
1.888.350.5558
for more information.

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.

There could be a broad range of topics – individual treatment, injury research, studying a training method that prevents injury, review of equipment or sports surfaces and alterations in training techniques for improved sports function would all be considered as viable topics. **Application forms** are available from Cary Brunett, SASM administrator, via email at carybrunett@sasktel.net.

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 apply by September 30, 2006, to:

Dr. Arnold Endsins, Secretary
Saskatchewan Academy of Sports Medicine
2111 Potts Crescent,
Regina, SK S4V 2E7

Dairy Farmers of Saskatchewan



The SMSCS acknowledges the financial support of the Dairy Farmers of Saskatchewan for their continuing support of the 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.

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

Concussion and Sport

Very often the SMSCS receives calls from parents, coaches and even athletes wanting information and advice on where to turn for information on signs and symptoms of a concussion, return to play guidelines, etc.

ThinkFirst Canada has developed a very extensive Concussion Education and Awareness Program, with the help of concussion and sports medicine experts. This program is overseen by ThinkFirst's Concussion Education and Awareness Committee.

The purpose of the Concussion Education program is to provide information about concussions to all individuals likely to come into contact with someone who has suffered a concussion. The information about concussions includes diagnosis, treatment, management, and return to activity guidelines. With the help of the Concussion Education and Awareness Committee and other ThinkFirst volunteers, several educational items about concussion have been developed to enhance knowledge of concussion and concussion guidelines.

To learn more about ThinkFirst Canada visit their website at www.thinkfirst.ca

Materials available include:

- [Concussion card for the general public](#)
- [Concussion card for physicians](#)
- [Concussion hand out for parents](#)
- [Concussion hand out for coaches/trainers](#)
- [Concussion Information for Athletes](#)
- [Letter to physicians about the materials](#)
- [Question and Answer Document for Physicians](#)
- [ThinkFirst Concussion Questionnaire](#)

Sport Science and Medicine services available



The WCSG will be held in the County of Strathcona, Alberta, in August 2007. Each Provincial Sport Governing Body is eligible for 12 hours of sport science services in preparation for the Games. Also in 2007 the Canada Winter Games will be held in Whitehorse from Feb. 24 - March 10. Teams are eligible for 36 hours of service.



The services available through the SMSCS are: Nutrition, Mental Training, Drug & Supplement Education, Exercise Physiology, Sport Medicine Prevention & Assessment, and Biomechanics.

Coaches, technical directors, or executive directors should contact SMSCS Programs Coordinator, Travis Laycock at 975.0867 or travis.laycock@sasktel.net for more information.



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email: craven.sports@sasktel.net
www.cravensportservices.ca

**SMSCS
Fall Board of Directors
Meeting**

Thursday, October 5, 2006

6:30pm - 9:00pm

Davidson, SK

For more information contact Mark Heny
at 780-9208

Honorarium Payments for Event Coverage

There has been numerous inquiries of late regarding the current procedure for honorarium payments for individuals that cover sporting events through the SMSCS's Medical Coverage Program.

To alleviate some of the concerns and inquiries, it was felt that a step by step explanation was warranted.

1. Upon completion of the event, all equipment and remaining supplies are either picked up by a SMSCS staff member or the event organizer returns them to the SMSCS office, either in person or by bus.
2. Inventory is then taken on all perishable items from such things as sport 1st aid kits, CASM bags, etc and re-stocked to pre-event status. All bags, carrying cases, and equipment is checked over for damage.
3. Costs of the items used are noted for invoicing.
4. The number of hours that each individual covered is calculated and then grouped into an invoice total that is

sent to the event host organizing committee, along with the invoice for the various perishable items used, as well as any other potential costs such as damaged or lost equipment, or any other cost related expense.

5. Once the SMSCS receives payment from the host organization, cheques are then distributed by the SMSCS to each of the provider groups that had members who provided medical coverage at the event. Along with the cheque each provider group is provided with a specific breakdown of the number of hours that each individual covered.
6. It is then up to each of the provider groups to distribute cheques to individual members within their association. Each provider group has determined what percentage of their hourly honorarium will be distributed to individual members. Some simply pass on the entire honorarium while others keep back a small percentage for

association initiatives such as educational sessions.

So as you can see the process is a long and extensive with many steps. If anyone has any questions on this process or the Medical Coverage Program in general please don't hesitate to call.

A huge thank you goes out to each of the following medical provider groups who continue to provide a very valuable service to the athletes of Saskatchewan and in some instances from other areas of Canada and around the world!

- 1) **Saskatchewan Academy of Sport Medicine**
- 2) **Sport Physiotherapy Saskatchewan**
- 3) **Saskatchewan Athletic Therapy Association**
- 4) **Canadian Sport Massage Therapists Association – Sask Chapter**
- 5) **Chiropractors Association of Saskatchewan – Chiropractic Sport Sciences Council**



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Web Page www.westerncollege.ca

Email wayne.baiton@westerncollege.ca

Phone 306-757-2242

Alaska ATHLETICS Sports Medicine Centre

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