



SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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

Autumn/Winter 2007

Sport Med Saturdays - 'The Ankle' - October 20

Registration deadline is quickly approaching for the third Sport Med Saturday event

Location:

Saskatoon, Univ of Saskatchewan, College of Kinesiology, Physical Activity Complex, Room 246

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.

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, October 5 OR the first 125 registrants

Cost:

Health Care Professional - \$75.00

Student Rate/Other - \$25.00

Education Credits:

Are available for all medical professions

Course Description:

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

Topics and Presenters:

Preventing Ankle Injuries

Kari Hiebert, CAT(c)

Diagnostic Imaging Techniques for the Ankle

Dr. John Verrall, Radiologist

Surgical Techniques for the Unstable Ankle

Dr. Huw Rees, Orthopedic Surgeon

Special Tests for the Ankle - Ligament Stability Testing

Blaine Mackie, Physical Therapist

Treatment of the Stiff Ankle

Dr. Mark Labrecque, Chiropractor

Taping vs. Bracing - A Literature Review

Blaine Whyte, Athletic Therapist

Return to Sport Progressions

Karen Craven - Physical Therapist

Program Sponsors



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

Saskatchewan
LOTTERIES





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2205 Victoria Avenue 510 Cynthia Street
Regina, SK Saskatoon, SK
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Fax: 780.9416 Fax: 975.0891

Phone Toll Free: 1.888.350.5558
Web Site: www.smscs.ca

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President's Message

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

As summer slowly winds down and everyone hopefully has had the opportunity to rejuvenate themselves by taking some well deserved holiday time, we can now look forward to putting our best foot forward for the autumn and winter seasons.

However, that's not to say the summer months were slow around the SMSCS. During the months of June, July and August we conducted 16 Drug Education and Doping Control workshops for various athletes and teams ranging from those attending the Western Canada Summer Games to Junior and University football teams. Our sport science staff and consultants were busy putting the final touches on the preparation of Saskatchewan athletes who attended the Western Canada Summer Games in August. Speaking of the Games, a huge congratulations goes out to Team Saskatchewan that ended up placing a very strong third position. It was very rewarding to see to such fantastic results and personal 'bests' from so many of the athletes that we assisted in their preparation in the years and months leading up to the Games. One of our temporary part-time staff members, Sarah Junkin, attended the Games as our sport science liaison and Kari Hiebert (volunteer) attended as our medical liaison.



There were a number of our members who travelled out of country this summer to provide medical coverage for various teams. Louise Ashcroft and myself were fortunate enough to be selected to be part of Team Canada at the Pan Am Games in Brazil, and Kari Hiebert was asked by the Canadian Amateur Wrestling Association to be their therapist on a trip to Poland.

Our website continues to be 'under construction' and the new and improved version should be ready to launch sometime in October. It will be much easier to navigate and be more user friendly. We receive thousands of 'hits' each year from people inquiring about the Council and the programs and services we offer such as inquiring about sport medicine and science related issues, ordering the various products we offer such as exercise balls to trainers tape, or to ask a staff person a question.

Just a reminder, the next Sport Med Saturday session is on October 20 in Saskatoon and the registration deadline is October 5. You can obtain a registration form on our website. We have expanded the format, the number of topics, and the number of presenters and are looking forward to providing all attendees' with a first-class event.

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.

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| Exercise/Rehabilitation Supplies | Injury Prevention & Care |

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



RESOURCE VIDEOS

For loan on the following topics:

- Nutrition
- Drug Education
- Sport Medicine
- Exercie 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 Bandaids
- Gauze
- Tensors
- Scissors & Tape Cutters
- Ointments
- Tape Adherent
- Many more...

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- Medicine Balls
- Sit Fits
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- Ankle Tubing
- Physio Toners

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- Drug Education & Doping Control
- Sport Medicine
- Exercie 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

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...MUCH, MUCH MORE...

Watch for our newly designed website this fall

SMSCS Staff on National Committee

The SMSCS had representation at the inaugural National Sport Sciences and Sport Medicine Advisory Committee meeting that was held in August.

The committee, consisting of representatives from each of the seven Canadian Sport Centres and experts from each Sport Medicine and Science Discipline, met in August to address “national” issues relating to Sport Science and Sports Medicine areas, Olympic Games performances and operations. The goal in having this committee structure is that each individual will act as a communication liaison for their respective Canadian Sport Centre as well as their respective discipline’s professional organization.

The goal of this inaugural meeting was two fold:

- 1) To review the draft of a ‘National Sport Sciences/Sports Medicine Handbook’ including the PET/Sport Science and Sport Medicine Checklist (the second draft is in circulation and will be reviewed by the committee at our next meeting on September 26, 2007).
- 2) To develop a framework to implement the development of an integrated Performance Enhancement Team that maximizes the utilization of Sport Medicine and Science for the Summer Sports prior to 2008 and 2012.

Bruce Craven, the SMSCS’s Director of Athlete Services who does an extensive amount of work with the Canadian Sport Centre Saskatchewan and was selected to be part of this committee, indicated that it was “a great honor, both professionally and personally to be asked to part of this committee”.

Bruce added, “the development of the National Sport Science and Sport Medicine Advisory Committee is an excellent initiative by Podium Canada. It will impact the services provided by us here in Saskatchewan, by providing us with a network of programs that will be standardized across the country in the areas of sport medicine and

science for each sport. Ultimately, any athlete that is within the national high performance stream within their sport would be able to receive the ‘national program’ in the areas of sport medicine and science, thus allowing a seamless system from provincial to national to international programming in the areas of sport medicine and science”.

The Committee’s Mandate:

- Provide ongoing advice to the Director of Sport Sciences, Medicine and Technology
- Develop a national plan and appropriate policies for sport sciences and medicine support for national team programs
- Assist in implementing workshops to train PET members
- Develop a mentoring system to support developing sport sciences and medicine specialists
- Connect, influence and coordinate CSCs’ sport sciences and medicine programming across Canada
- Develop a plan for recruitment, hiring and supporting sport sciences and medicine personnel for CSCs and NSOs
- Develop strategies for a more appropriate integration of sport sciences and medicine with coaching
- Link athlete information with the medical/sciences leadership to Games Missions to ensure continuous support for athletes from the training environment to the Games environment
- Create professional development opportunities for applied sport sciences and medicine professionals
- Provide connection and leadership in the various sport science and science disciplines
- Identify potential research projects in sport science and medicine

The Committee’s Vision:

- That Canadian teams effectively utilize the best and most appropriate Sport Science and Sport Medicine services and programs
- That all NSOs have multi-disciplinary and integrated PETs operating with best practice model
- That (minimum?) national standards of practice be established and utilized for program development, content and implementation
- That SS/SM professional build effective relationships with NSO Coaches, athletes and High Performance Staff
- That NSOs will develop and implement national screening and testing protocols for national and developmental athletes
- That processes and systems will be developed that enhances the ability to share performance related data and SS/SM knowledge
- That a professional development system for SS/SM professionals be implemented
- That an evaluation system be developed to evaluate the impact of SS/SM on performance and the performance of SS/SM providers
- That as a group of professionals we represent our respective colleagues to determine and validate our role
- That we contribute effectively, ethically and collaboratively to enhancing athlete and coach performance
- That we take an individual and group leadership role in high performance sport.

SMSCS Members Travel the World

Therapists apply their trade in Poland and Brazil

This past summer saw three members attend International events around the world.

In late July, Physical Therapist **Jessica Pawlik** had her first opportunity for international travel experience working with a National Sport Organization. CAWA – The Canadian Amateur Wrestling Association invited her to join their Senior Men's A Team on a training event, followed by an international competition in Poland from August 1-13.

The wrestling group was comprised of 15 athletes, four coaches and just one medical staff – her! The first week involved training at the Olympic Training Centre in Walcz, Poland. They then travelled across Poland to Seidlce, just north of Warsaw for the

Ziolkoski Tournament. It boasted some of the most accomplished names in the world circuit of amateur wrestling. Jessica pointed out that *"the calibre of wrestling was phenomenal and our athletes worked hard, and competed even harder. My role was to assist with any injuries and aid in recovery at all points of their training over the 2 week period. Working closely with a group of elite athletes and coaches was an exceptional experience. I am looking forward to my next international event"*.

Physical Therapists **Louise Ashcroft** and **Rhonda Shishkin** also left the country in July. They travelled to the 2007 Pan American Games in Rio de Janeiro, Brazil as part of the Health Care Team for Canada from July 10 - 31.

The health care team was a very dedicated group of seven physicians, 17 athletic and physiotherapists, four massage therapists, and one chiropractor, and provided health care to all 600 members of the Canadian delegation throughout the Games. As well as working in the Team Canada clinic, part of their role was to work with specific teams. Rhonda worked with the women's basketball team and Louise with the weightlifting, boxing, and ten pin bowling teams. Louise noted, *"the Games provided some amazing opportunities to work with many exceptional athletes, coaches, and mission staff, with excellent support from the Canadian Olympic Committee. The Games were a major preparatory event for the Olympics in Beijing next year as well as a qualifying event for some sports, so it was very exciting and rewarding to be part of a group so committed and passionate about excellence in sport."*

Want to receive this newsletter?

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 Scott at the SMSCS office at 780.9446 or by email at s.jule@sasktel.net

Exercise & Rehab Supplies

- » Exercise Balls
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- » Ankle Tubing
- » Physio Toner
- » Sit Fits
- » Exercise Bands



Contact Travis at the SMSCS toll free 1.888.350.5558



KAREN CRAVEN

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Sport 1st Aid Manuals

The SMSCS has
Sport 1st Aid Manuals
for sale.

The cost is \$26.50 (incl tax).

Call 1.888.350.5558 for more details or go to our website to print off an order form.



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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