The recently held Sport Medicine Symposium in Regina saw one of the best line-ups of presenters ever assembled for a sport medicine conference in Saskatchewan. Out-of-province presenters included Dean Kriellaars of Winnipeg, Dr. Robert McCormack of Vancouver, Kathryn Schneider and James Gattinger of Calgary, along with many in-province presenters made this a symposium to remember!

One of the many highlights of the Symposium was a surprise donation from the Saskatchewan Academy of Sports Medicine (SASM) of $1,000 to the Sport Medicine and Science Council of Saskatchewan (SMSCS) to help offset the costs of hosting the Symposium. The SMSCS is extremely grateful for this very generous donation.
President’s Message

Lisa Swallow, MScPT, CAT(C), CSEP-CEP

The SMSCS is in its 26th year as a non-profit organization. The recent 25th Anniversary Celebration allowed us to reflect on the growth of the Council and look forward to the future. Thanks to numerous volunteer members and a dedicated staff the Council has become the hub of sport medicine and science expertise in our province. At this current time the Council is in the middle of the 2013-2015 phase of the Strategic Plan. The plan helps guide staff and the board with objectives and outcomes to measure the success of current programming. Within this model of operation it is easy to see the numerous successes with program and service provision thanks to the staff and consultants.

At the AGM on March 25, we acknowledged the contributions of two board members. Dr. Marlys Misfeldt (SASM) has completed her term as Past President. Dr. Misfeldt has volunteered with the Council for a number of years. Thank you to Marlys for her expertise and contributions at the board level. Scott Anderson (SPC-SK) has completed his term as President and is staying on the board as Past President. Thank you Scott for serving as President and the Council is looking forward to your continued involvement as Past President.

A warm welcome is extended to Louise Ashcroft (SPC-SK). Louise has graciously volunteered for the role of Vice President. The Council will benefit greatly from her vast experience as a sport physiotherapist in grassroot to international level sport. Finally a warm welcome back to Secretary/Treasurer Dr. Kim Dorsch (UofR), Doug Hillis (UofS), Dr. Cole Beavis (SASM), Dr. Wendy Crusch (SASM), Jill Apshkrum (SPC-SK), Dr. Brad Waddell, Al Bodnarchuk and Dr. Garth Laplante.

As the Council continues to move forward with its initiatives in 2014 we encourage all member consultants to stay informed of council activities and find time whether it’s a little or a lot to get involved. The success of all the Council programs relies heavily on its members. Be on the lookout for educational opportunities, events to cover, programs to provide, and get involved. The benefits personally and professionally are endless.

Sincerely,

Lisa Swallow, President
At the recently held SMSCS Annual General Meeting, two long time Executive Members on the SMSCS Board of Directors were presented with appreciation gifts for their long time service and dedication to the SMSCS.

Dr. Marlys Misfeldt, who completed her two year term as Past President, and Scott Anderson, who had served the previous two years as President of the SMSCS, and now will be filling the role as Past President.

These two individuals have provided the Council with years and years of service, not only as executive, board, and committee members, but also providing consultation services on behalf of the SMSCS in areas such as being facilitators for injury prevention sessions, concussion workshops, and providing medical and sport 1st aid coverage at numerous sports events. Very simply, the SMSCS would not be where it is today without the work and dedication of Marlys and Scott.

Thank you!

Dr. Nester Ficzycz was a founding member of the Saskatchewan Academy of Sports Medicine (SASM) and played an important role in the establishment of the Sport Medicine and Science Council of Saskatchewan. His work and dedication to sport medicine in Saskatchewan will be remembered always.
CALL FOR MEDICAL VOLUNTEERS

Physiotherapists, Athletic Therapists, Massage Therapists, Chiropractors & Physicians

Regina will be hosting the 2014 North American Indigenous Games (NAIG) from July 20 – 27 2014. Over 5000 athletes from 26 districts throughout Canada and the United States will compete in 15 different sports. Regina NAIG 2014 is much more than just an athletic event; it will celebrate and share North American Indigenous cultures through a showcase of language, tradition, art, song, dance and ceremonies. The theme of the Regina 2014 North American Indigenous Games is “Raising the Bar” and we will do this by exhibiting youth excellence in sports and culture.

We are currently seeking physiotherapists, athletic therapists, chiropractors and physician volunteers to work in the polyclinic as well as at various sporting venues. NAIG is pleased to cover travel cost for volunteers that work 4 or more days and accommodations will be provided at the athletes village.

More information about the games is available online at: www.regina2014NAIG.com

Any questions can be directed to the CMO of the games:

Marty Heroux MD, CCFP (EM), Dip. Sports Med. (CASEM)
Suite 172, 1621 Albert Street, Regina Saskatchewan S4P 2S5
Ph: (306) 596-3232 Email: mheroux@gmail.com
Eligible Organizations Encouraged to Utilize Free Service Hours

The SMSCS provides a specific number of ‘free’ service and programming hours (consulting, workshops, educational sessions, etc.) per year to each of the PSGB’s, Sport Districts, University teams, SHSAA, CAS, NAIG, and the SGC. The designated free service and programming hours are divided into two categories, Sport Medicine and Sport Science.

<table>
<thead>
<tr>
<th>Sport Medicine</th>
<th>Sport Science</th>
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<tr>
<td>1) Sport 1st Aid and Taping Workshops</td>
<td>1) Mental Training Workshops &amp; Sessions</td>
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<td>2) Sport Medicine Education Sessions</td>
<td>2) Strength and Conditioning Sessions</td>
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<td>3) Initial Injury Assessment Program</td>
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<td>4) Medical Coverage of Events Program</td>
<td>4) Sport Nutrition/Supplements Workshops</td>
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<td>5) Drug Education and Doping Control Program</td>
<td>5) Exercise Physiology Programming</td>
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To book a session or inquire about how many hours you’re eligible for, contact Scott (Medicine) or Travis (Science) at 1.888.350.5558.

Mission Staff Selected

Congratulations to the following SMSCS Members and staff that were selected to represent the Council on the Mission Staff of the upcoming 2015 Canada Winter Games in Prince George, BC and the 2015 Western Canada Summer Games in Wood Buffalo, Alberta.

Medical – Louise Ashcroft (2015 Canada Winter Games)
Medical – Nicole Renneberg (2015 Western Canada Summer Games)
Science – Lisa Hoffart (2015 Canada Winter, and Western Canada Summer Games)
Professional Development Grants Available

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

On an annual basis the SMSCS has available a limited amount of funding for members and consultants attending educational courses, workshops, or seminars. This funding is available to help offset a portion of the costs related to registration fees, travel and accommodations.

There are a number of criterion that applicants should be aware of and are available by contacting:

Mark Henry, Executive Director at 306.780.9208, or at smcs@sasktel.net

Sport Medicine Education Sessions

Would you like a Sport Medicine Professional speak to your group?

The SMSCS offers sessions ranging from one to three hours in length and can be on one topic or a combination of many. Suggested topics include:

1. Concussions
2. Injury Prevention (warm up/cool down and stretching, etc.)
3. Recognition and Care of Common and Life Threatening Injuries In Your Sport
4. Developing Emergency Action Plans, and so on.

Call 1.888.350.5558 or email s.jule@sasktel.net to book a session.
The Canadian Centre for Ethics in Sport (CCES) would like to alert the Canadian sport community that the World Anti-Doping Agency (WADA) has made amendments to Section S.2.1 of the 2014 Prohibited List.

Effective September 1, 2014, hypoxia-inducible factor (HIF) activators xenon and argon will be prohibited in and out of competition. For more information on the amendment, visit playtrue.wada-ama.org/news/wada-amends-section-s-2-1-of-2014-prohibited-list.


Athletes are responsible for any prohibited substances that may be found in their sample. The CCES encourages athletes to verify the status of their medications using the following CCES resources:

- Global DRO (www.globaldro.com)
- CCES Substance Classification Booklet (www.cces.ca/en/substance)
- Email substances@cces.ca
- Call the CCES Info Line at 1-800-672-777

Xenon and Argon gases to be added to the 2014 WADA Prohibited List

Ottawa, Ontario – June 18, 2014

The Canadian Centre for Ethics in Sport (CCES) would like to alert the Canadian sport community that the World Anti-Doping Agency (WADA) has made amendments to Section S.2.1 of the 2014 Prohibited List.

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- Practice effectiveness

For more information or to book a workshop, contact Lisa Benz, SMCS staff mental trainer, toll free at 1-888-350-5558 ext. 3

Resource Manuals for Sale (reduced)

» Sport 1st Aid, $15
» Exercise Physiology, $6
» Strength and Conditioning, $10

Contact the SMSCS toll free at 1.888.350.5558
or go to www.smwcs.ca to place an order.
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?
- 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.

For more information call 1.888.350.5558 ext #2

Sport Nutrition Workshops

The SMSCS offers workshops and services in the areas of:
• Basic sport nutrition
• Fluids
• Late issues
• Pre/Post event nutrition
• Nutrition on the road
• Tournament and multi-event nutrition
• Supplements and herbal products
• ... and more

To book your workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #4 or email her at heather.hynes@sasktel.net.
Support Saskatchewan Lotteries

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- $1 billion annual economic impact providing 23,000 jobs.

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Buy your tickets today.

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 contact:
Cary Brunett
Saskatchewan Academy of Sports Medicine
Box 338
Delisle, SK S0L 0P0

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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.smcs.ca to download a price list and order form.

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