



*Providing Sport Medicine and Science  
Programs and Services  
to Athletes and Coaches in Saskatchewan*

*2018 - Spring Edition*

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## Sport Medicine & Science Conference



### FROM GRASSROOTS TO THE OLYMPIAN

*A conference focused on integrating Sport Medicine  
and Science in the Development of the Athlete*

**SEPTEMBER 28 & 29, 2018**

Ramada Plaza, Regina

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On behalf of the Sport Medicine and Science Council of Saskatchewan and the Coaches Association of Saskatchewan we would like to invite you to register for our 2018 Conference.

The Conference promises to provide exciting presentations and top quality workshops led by experts from across Western Canada as well as right here in Saskatchewan.

**We are also very excited to have secured Olympian Brianne Theisen-Eaton as our Saturday morning Breakfast Guest Speaker to 'kick-off' our Saturday portion of the Conference.**

The agenda is designed to benefit Coaches and SMSCS consultants/members working with athletes ranging from the community level up to a high performance and competitive environment.

Browse the conference agenda to see what we have to offer.

We encourage everyone to register early as space is limited.

## SMSCS 30th Anniversary Celebration Social

**Saturday September 29th, 2018 • Regina • Ramada Plaza 4:30pm - 7:00pm**

**For more information contact Mark Henry at 306-780-9208**

• Resource Materials • Sport First Aid Kits & Supplies • Medical Coverage of Events • Drug/Supplement Education •



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Saskatoon Office - Direct Line: 975.0849  
Email: [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net)

## PRESIDENT'S MESSAGE



**Cole Beavis, MD, FRCSC, Dip Sport Med**

The sporting community and Saskatchewan as a whole is still reeling from the Humboldt Broncos tragedy which shocked the world and profoundly impacted many lives. Dayna Brons the Broncos Athletic Therapist and one of our members was one of the precious lives lost. But amid the sadness it was moving to witness the tremendous support that mounted for the Broncos, the families, the first responders and the communities directly impacted. The Sports Medicine and Science Council of Saskatchewan extends our offer of support and condolences to all those affected.

#Humboldtstrong

#sticksoutforHumboldt

#packsoutforDayna

Spring is here and the seasons are indeed changing in beautiful Saskatchewan with summer on the horizon. In the sporting world, the winter of 2017-18 will be remembered for the amazing performances in Korea and Canada's record setting medal haul. Twelve members of the Canadian Olympic and Paralympic

teams had direct Saskatchewan ties – and no doubt many others trained or competed in our province at some point in their careers. The SMSCS and its valued members/consultants supported these athletes in their journey from the PSGB level up the world's highest stage competing at the Olympics and we are proud to provide Sports Medicine and Science services to Saskatchewan athletes of all levels.

I'm honored to be taking over as President of the Council as it enters its historic 30th year which will be marked by a special multi-disciplinary conference in Regina on Sept 28-29, 2018: From Grassroots to the Olympian – Integrating Sport Medicine and Science in the Development of the Athlete. I would encourage everyone to register early and attend the conference along with a social event celebrating the Council's 30th anniversary immediately following the conference on Saturday.

Many thanks to Louise Ashcroft (SPS) for her recent leadership as president and I look forward to working with her over the next cycle as she continues on as Past-President. The 2018-19 Board is rounded out by incoming Vice-President Courtney Schell (SATA), Secretary/Treasurer Kim Dorsch (U of R), Jill Apshkrum (SPS), Daysha Shuya (SPS), Wendy Chrusch (SASM), Doug Hillis (U of S), Al Bodnarchuk (member at large) and Brad Waddell (member

*continued on next page*

## PRESIDENT'S MESSAGE CONTINUED...

at large.) This volunteer Board of Directors provides oversight and leadership of the Council but the real work is done by the dedicated staff led by Executive Director Mark Henry along with Scott Julé, Travis Laycock, Heather Hynes and Lisa Hoffart. Thank you!!

Finally, I would like to highlight the outstanding professionals that make up our Sports Medicine and Science consultant group. The Council has set the bar high with regards to education, experience and professional designations in order to meet the standards of a Consultant. Each

application is initially reviewed by SMSCS staff and then discussed and voted upon by the Board of Directors before approval. The standard has been set to ensure that Saskatchewan athletes and PSGBs have access to the best support staff around them. Please refer to the Council's website or contact Scott Julé or Travis Laycock for information on how to access consultant services. All the best!

## SMSCS STAFF MEMBER HEATHER HYNES OBTAINS "SPECIALIST" DESIGNATION

Congratulations to SMSCS staff member Heather Hynes who recently received her designation as a Board-Certified Specialist in Sports Dietetics (CSSD). What is a CSSD? The Commission on Dietetic Registration (the credential agency for the Academy of Nutrition and Dietetics in the United States) defines the Board Certified Specialist in Sports Dietetics as an individual who (1) has maintained Registered Dietitian (RD) status for a minimum of two years; (2) has completed 1,500

hours of practice in the specialty are within the last five years while maintaining registered dietitian status; and (3) has successfully completed the Board Certification as a Specialist in Sports Dietetics examination. The CSSD is the first and only sports nutrition certification program to be accredited by the National Commission for Certifying Agencies (NCCA). Once again, congratulations Heather!

### Mental Training Sessions and Workshops

- Team building and group dynamics
- Attention, emotional and arousal control
- Self awareness
- Mental imagery
- Self-talk & thinking patterns
- Goal setting
- Routines
- Ideal performance state
- Mental toughness
- Practice effectiveness

For more information or to book a workshop, contact the SMSCS toll free at 1-888-350-5558 ext. 1



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# SUE MEYERS RECEIVES PRESTIGIOUS SASK SPORT INC VOLUNTEER RECOGNITION AWARD



Earlier this year, sport physiotherapist, and longtime SMSCS volunteer Sue Meyers received the Sask Sport Inc. Volunteer Recognition Award. It is presented annually to only two volunteers to identify and honour their outstanding accomplishments and contributions to sport, athletes, and community over a number of years recognizing their history, dedication, and achievement as a volunteer.

Sue's contribution, dedication, and importance to the SMSCS is unprecedented. She has been a, Board Member, Vice President, President, Past President, and a Committee Chairperson.

She also provided countless hours of medical coverage to numerous local events in Saskatchewan over a 35-year span. She is one of the SMSCS's longest serving volunteers and was a major builder of the SMSCS you see today.

Outside of her SMSCS roles, she has also been involved extensively with various local, provincial, western, and national committees and events. Congratulations Sue on an award that is very much deserved!

## Executive Board Members - Service Recognition Awards

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.

Lisa Swallow, who completed her two year term as Past President, and Louise Ashcroft, 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 many years of service, not only as executive, board, and committee members, but also providing consultation services on behalf of the SMSCS. Very simply, the SMSCS would not be where it is today without the work and dedication of Lisa and Louise.

*L to R: Mark Henry, Lisa Swallow*



*L to R: Mark Henry, Louise Ashcroft*





# Concussion Management Plan. Do You Have One?

The goal of an effective *Concussion Management Plan* is to protect athletes and return them safely to their sport and learning environment. A *Concussion Management Plan* will promote concussion awareness, teach safe techniques, ensure proper and well maintained equipment, teach respect for opponents and self, and promote good officiating. All stakeholders need access to accurate and current concussion information.

## **The SMSCS is your resource in developing a Concussion Management Plan.**

On our website, information and resources are presented for use in the development of your Plan. Topics include concussion education, prevention, management, return to play, and return to learn. The content is targeted to athletes, parents, coaches, educators and officials. We also have an easy-to-use TEMPLATE that can be used to develop your Concussion Management Plan.

All PSGB's have access to **free service and programming funding/hours** from the SMSCS. We strongly encourage all PSGB's to use one of your funding hours to host a concussion education session, and then one or two additional funding hours to have an approved SMSCS consultant review your concussion management plan.

### **FOR FURTHER INFORMATION CONTACT:**

Scott Julé • Toll Free: 1-888-350-5558 EXT. 2 • Phone: 306-780-9446 • Email: [s.jule@sasktel.net](mailto:s.jule@sasktel.net)



## Explanation of Sport Science and Sport Medicine Service Provider (Consultant) Qualifications

The Sport Medicine & Science Council (SMSCS) is a nonprofit organization under Sask Sport Inc (SSI) that has been providing sport science and sport medicine programs and services to athletes and teams for the past 30 years. We are also the contracted service providers for the Canadian Sport Centre Saskatchewan (CSCS).

Our priority clientele (Sask Sport Inc members) receive limited free funding to access the programs and services that we provide. This clientele includes Provincial Sport Governing Bodies, District Sport, Culture & Recreation Associations, University Varsity Teams, Sask Games Council, Saskatchewan High School Athletics Association, Coaches Association of Saskatchewan, NAIG, as well as registered CSCS athletes. Other athletes and teams may also access services on a fee-for-service basis.

The Council's services are extensive, with the majority being provided by a network of approved Consultants across the province. Consultants must apply to the SMSCS through a formal application process in order to represent the Council and be able to invoice us for services rendered to our clients. Consultants representing the SMSCS are deemed as "experts" by the Council within their science or medicine discipline they have been approved to

provide consulting in. Each discipline has high standards for educational qualifications which are in line with what the other Canadian Sport Centre's & Institutes across Canada utilize. It is because of these high quality educational qualifications that the SMSCS is seen as a leader of sport science and sport medicine expertise within the province by Sask Sport Inc and many other provincial organizations.

We are aware that there are many other educational credentials or certifications that service providers within the private industry may have obtained. However, the SMSCS has developed consultant minimum qualifications for each Science and Medicine discipline which are listed on the SMSCS website at [www.smscs.ca](http://www.smscs.ca)

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## 2019 WESTERN CANADA SUMMER GAMES LOOKING FOR MEDICAL PERSONNEL

The Western Canada Summer Games are coming to Swift Current August 8-19, 2019. They are looking for a variety of medical practitioners to be part of the Games by volunteering their time and expertise. Roles would include working in the Games medical clinic (Polyclinic) or working

at a sport venue. Assistance for food, accommodation, and travel may be available. Sign-up on their website 2019wcsg.ca. For more information please contact 306-778-1678 or [info@2019wcsg.ca](mailto:info@2019wcsg.ca).



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# SMSCS LEGACY FUND PROGRAM

The SMSCS, with assistance from Sask Sport Inc., has established the Sport Medicine and Science Council of Saskatchewan Legacy Fund. This program is a fundraising initiative developed and supported by Sask Sport Inc. The program's generic name is the Sport Legacy Fund. However each organization is encouraged to develop their self personalized fund name for marketing purposes.

This fundraising program has been developed to assist Sask Sport Inc. member organizations in implementing a gift giving campaign. The program provides an opportunity for individuals who have benefited from sport or those who believe in the value of sport (or in our case, Sport Medicine and Science) to contribute financially to sport organizations and programs for current and future generations. Cash, monthly/annual contributions, planned financial gifts (i.e. life insurance policies, interest free loans, bequests, etc.) or gifts in kind are all eligible donations.

A complementary "donor incentive program" has also been developed to assist Provincial Multi-Sport Organizations in attracting donors. Donor recognition and significant tax savings further add to the attractiveness of contributing to the Fund. To date, over 450 donors have contributed in excess of 3.2 million to 35 different sport and multi-sport organizations.

Each participating organization may develop directed program(s) within their respective fund to channel dollars toward specific causes. The Council will be targeting any funds received to the following initiatives:

1. Drug Education and Supplement Program
2. Sport First Aid and Taping Program
3. Medical Equipment
4. Professional Development Grants – Sport Medicine
5. Professional Development Grants – Sport Science
6. General Revenue

**For more information or to make a donation please contact:**

Mark Henry, Executive Director • 2205 Victoria Ave, Regina, Sask S4P 0S4  
Email: smcs@sasktel.net • Phone: 306-780-9208 • Toll Free: 1-888-350-5558

## NEW PRESIDENT BEGINS TERM!

### THE SMSCS'S ANNUAL GENERAL MEETING SEES PRESIDENCY ROLE TRANSFER FROM ASHCROFT TO BEAVIS



The Sport Medicine and Science Council of Saskatchewan is pleased to announce that Dr. Cole Beavis has taken over the reigns as the volunteer President of the SMSCS.

The Council continues to be privileged to have someone with Cole's experience, knowledge and dedication to jump into the role of President.

Dr. Beavis, who is an orthopedic surgeon and has obtained his diploma in Sport

Medicine from CASEM, is now in his twelfth year as a physician. He has worked extensively with many sports teams including Hockey Canada's U18 National Program.

Welcome Cole!

## WANT TO BECOME A MEMBER OR A CONSULTANT OF THE SMSCS?

The Sport Medicine and Science Council of Saskatchewan is comprised of groups and individuals from a diversity of scientific and medical disciplines who are committed to promoting safe and healthy participation in competitive sport and to supporting and optimizing competitive sport performance through the delivery of high quality and evidence based sport medicine and science services to our clients with a priority on the Sask Sport Inc. membership.

The Council provides numerous sport medicine and science programs and services (see chart) to the "user group" membership of Sask Sport Inc. (eg. PSGB's, CAS, Sport Districts, etc.), to its own "provider group" membership (SASM, SPC-SK Div, SATA, CSMTA-SK, CAS), as well as its consultant groups.

Sport Taping Workshop	Resource Materials & Information
Sport First Aid Workshop	Sport 1st Aid Supplies & Kits Program
Drug Education & Awareness Program	Medical Coverage of Events Program
Nutritional Supplements Education Program	Medical Equipment Loan & Rental Program
Sport Nutrition Services	Movement Screens and Fitness Testing
Exercise Equipment and Supplies Sales Program	Professional Development Seminars / Conferences
Sport Medicine Services (Initial Injury Assessment Program; Injury care, prevention, and rehabilitation)	Sport Medicine Education Sessions (eg. Warm up/cool down; EAP's, recognition and care of common sport injuries, etc)
Exercise Physiology Services	Concussion Education & Management Program
Professional Development Grant Program	Mental Training Services
Biomechanics Services	Strength and Conditioning Services
Marketing Program (Sponsorship, Communication and Promotion)	Canadian Sport Centre-Sask (Service Contract)
	Other Special Projects

Individuals interested in becoming a member of the Council can do so by becoming a member of one of the Council's provider groups:

- Saskatchewan Academy of Sports Medicine
- Canadian Sport Massage Therapists Association – SK Chapter
- Sport Physiotherapy Canada- Saskatchewan Division
- University of Regina, Faculty of Kinesiology and Health Studies
- Saskatchewan Athletic Therapists Association
- University of Saskatchewan, College of Kinesiology
- Chiropractors Association of Saskatchewan

The Sport Medicine and Science Council of Saskatchewan offer consulting services in both Sport Medicine and Sport Science areas. The following are the science and medicine disciplines the SMSCS utilizes to provide consulting services and programming:

### Science:

Exercise Physiologist  
Biomechanist  
Strength and Conditioning Specialist  
Mental Trainer  
Sport Nutritionist

### Medicine:

Sport Physical Therapist  
Certified Athletic Therapist  
Sport Physician  
Sport Massage Therapist  
Sport Chiropractor

Individuals interested in becoming a consultant must complete an application form and submit to the Council for approval.

The SMSCS has established a set of minimum standards for Consultant Qualifications for each of the above disciplines. These minimum standards can be found on the Council's website at <http://smscs.qix.sasktelwebhosting.com/directory.html>. Final approval must be granted by the SMSCS's Board of Directors. Exception Note: A Sport Designation is not required to provide Medical Coverage at Sport Events. However, priority is ALWAYS given to those that have their designation.

## Benefits of Membership and Consultant Approval

- The opportunity to serve as a volunteer on the Council's Board of Directors and/or Standing Committees (members only).
- Email Newsletter (3 times yearly).
- The opportunity to be listed on the Council's website as a professional interested in the area of sport medicine and science if you are a member of that provider group and are willing and approved to provide consulting on behalf of the Council.
- The opportunity to apply for Funding for Professional Development.
- The opportunity to rent medical and testing equipment at reduced rates.
- Reduced registration fee for professional development seminars/conferences hosted by the Council.
- General liability and malpractice insurance for any services provided on behalf of the SMSCS.
- The opportunity to represent the Council and be selected to provide consulting services on a fee for service basis (consultants only).

**NOTE:** A member and a consultant are two separate entities within the Council. You must be a member of one of our provider or user groups (above) to be a member. You must apply to be a consultant with the Council. It is possible to be both a member and a consultant, but you are not required to be a member in order to become a consultant.

For further details please contact Mark Henry, Executive Director, toll free at 1-888-350-5558 or email at [smcs@sasktel.net](mailto:smcs@sasktel.net).

● Mental Training Workshops ● Sport Taping & First Aid ● Medical Equipment Loan and Rental Program ●



# 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  
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Here's what's at ...

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

**Call 1.888.350.5558 or email [s.jule@sasktel.net](mailto:s.jule@sasktel.net) to book a session**

• Sport Science Consulting • Sport Taping & First Aid • Medical Equipment Loan and Rental Program •



## 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:

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## Sport 1<sup>st</sup> Aid & Sport Taping Workshops

- Are you a team trainer, parent or coach involved with a sports team?
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- 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 1<sup>st</sup> Aid or Sport Taping Workshops.

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## Nutritional Supplement Workshops

The SMSCS offers workshops and services in the areas of:

- Basic sport nutrition
- Fluids, carbohydrates, proteins, etc....
- Nutrition timing & monitoring for optimal performance
- Pre/Post event nutrition
- Nutrition on the road
- Tournament and multi-event nutrition
- Grocery store tours & cooking class

- What is a supplement?
- Risks and side effects
- What supplements can and can't do
- Possible benefits

**To book either workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #4 or email: [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net)**

## Eligible Organizations Encouraged to Utilize Free Service Funding

The SMSCS provides specific 'free' service and program funding for consulting, workshops, educational sessions, etc. every year to each of the PSGB's, Sport Districts, University teams, SHSAA, CAS, and the SGC. The designated free service and program funding is divided into two categories, Sport Medicine and Sport Science.

## SPORT MEDICINE

- 1) Sport 1st Aid and Taping Workshops
- 2) Sport Medicine Education Sessions (Injury Care & Prevention)
- 3) Initial Injury Assessment Program
- 4) Medical Coverage of Events Program (some fees apply)
- 5) Drug Education and Awareness Program
- 6) Concussion Education & Management Program

## SPORT SCIENCE

- 1) Mental Training Workshops & Sessions
- 2) Strength and Conditioning Sessions/Services
- 3) Biomechanical Analysis Services
- 4) Sport Nutrition/Supplements Sessions/Services
- 5) Exercise Physiology Programming
- 6) Movement Screens

**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**

## Sport 1st Aid Supplies and Kits

The SMSCS has for sale an extensive line of Sport 1<sup>st</sup> Aid Supplies and Kits at extremely affordable prices. For more information email us at [s.jule@sasktel.net](mailto: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](http://www.smscs.ca) to download a price list and order form.



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

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This newsletter was sent using various SMSCS email contact lists. 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 306.780.9446 or by email at [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

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