



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

2018 - Fall Edition

In This Issue:

Sport Medicine & Science Conference.....	1
President's Message	2
Sport Medicine & Science Conference <i>Continued</i>	3
SMSCS News and Notes	4
Concussion Management Plan	5
Consultant Qualifications	5
SMSCS Legacy Fund Program.....	7
Advanced Sport Massage Course	7
Want to Become a Member or Consultant?	8
Professional Development Grants Available	9
Sport Medicine Education Sessions.....	9
Sport 1st Aid & Sport Taping Workshops	10
Sport Nutrition and Supplement Workshops.....	11

Sport Medicine & Science Conference A Huge Success!

119 People Attend the September 28 & 29 Event.

The recently held conference “From Grassroots to the Olympian & Paralympian – Integrating Sport Medicine and Science in the Development of the Athlete” held in Regina in conjunction with the Coaches Association of Saskatchewan, received overwhelmingly positive reviews from everyone who attended.

Friday evenings keynote speaker and former world-class professional volleyball player, Dallas Soonias, had everyone captivated with his story of how he started out as not even being interested in volleyball when he was younger to being a member of Team Canada and eventually playing professional club volleyball around the world. His story of dealing with sport injuries and different types of coaching techniques and philosophies painted a unique picture of how hard, and sometimes frustrating the path to the top can be, but also how rewarding it can be in the end. He emphasized the absolute necessity of having a great sport medicine and science ‘team’ supporting any individual athlete or sport team striving to be the best they can be.

Saturday morning saw Keynote speaker Brianne Theisen-Eaton share her journey as a track and field athlete growing up in Humboldt, Saskatchewan to eventually standing on the Olympic podium at the 2016 Olympics in Brazil. She, too, also emphasized the importance of great coaching and having sport medicine and science experts as part of her ‘team’ as she rose to prominence in the Women’s Heptathlon on world-wide level.



Brianne Theisen-Eaton

continued on page 3...

**REGINA OFFICE**

2205 Victoria Avenue
Regina, SK
S4P 0S4
Fax: 780.9416

SASKATOON OFFICE

510 Cynthia Street
Saskatoon, SK
S7L 7K7
Fax: 975.0891

Phone Toll Free: 1.888.350.5558

Web Site: www.smscs.ca

BOARD OF DIRECTORS

PresidentCole Beavis (SASM)
Vice President.....Courtney Schell (SATA)
Past PresidentLouise Ashcroft
Secretary/Treasurer Dr. Kim Dorsch (U of R)
Board Member Doug Hillis (U of S)
Board Member Dr. Daysha Shuya (SPC-SK)
Board Member Dr. Wendy Chrusch (SASM)
Board Member Jill Apshkrum (SPC-SK)
Board MemberBrad Waddell (Director at Large)
Board Member ...Al Bodnarchuk (Director at Large)

BOARD LIAISONS:

Sask Sport Inc.....Michelle Dezell
SHSAA.....Kelly Adams

SMSCS Staff**REGINA****Executive Director - Mark Henry**

Regina Office - Direct Line: 780.9208
Email: smscs@sasktel.net

**Manager, Sport Medicine Programs
& Services - Scott Julé**

Regina Office - Direct Line: 780.9446
Email: s.jule@sasktel.net

Mental Training Consultant - Lisa Hoffart

Regina Office (U of R) - Direct Line: 337.8475
Email: mental.trainer@sasktel.net

SASKATOON**Manager, Sport Science Programs &
Services - Travis Laycock**

Saskatoon Office - Direct Line: 975.0867
Email: travis.laycock@sasktel.net

Nutrition Consultant - Heather Hynes

Saskatoon Office - Direct Line: 975.0849
Email: heather.hynes@sasktel.net

PRESIDENT'S MESSAGE

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

Prior to getting involved with the SMSCS as a Board Members a number of years ago I didn't fully appreciate the impact the SMSCS has on sport in Saskatchewan. Our programs and services range from working at a grassroots level with a rural coach right up to assisting Olympic athletes reach the podium. Although we have a very specific mission and mandate, what we do for sport in Saskatchewan is very far ranging and truly amazing. Here are just a few examples... teaching a gymnastics coach in Carnduff how to tape a thumb... educating a high school volleyball athlete on correct strength training techniques so she increases her vertical jump...providingaqualifiedsport medicine consultant to provide an injury prevention and care session to a high school team in Ile-a-la-Crosse...providing drug education and awareness education workshop to every athlete from Saskatchewan that will be attending the Canada Winter Games...working with

University varsity athletes/ teams...and so on. It never ends. Close to 4,000 hours of direct services on an annual basis! Our membership and consultant base should be proud of what they do...I know they should be.

Congratulations to everyone involved with hosting a very successful sport medicine and science conference combined with the Coaches Association of Saskatchewan on September 28 & 29 in Regina. The presentations were outstanding and highlighted some of our work to a wider audience including coaches. By the end of the conference it was even more evident how sport medicine and science are so critical for athlete development. The weekend culminated in a 30th Anniversary celebration for the Council recognizing the original founding members, past-presidents and staff, as well as our current board and amazing Council staff.

On a final note, I would like to encourage all PSGBs to utilize the funding you are eligible to receive from us for your sport medicine and science needs. Scott Julé and Travis Laycock would be more than happy to hear from you and assist you with developing your yearly medicine and science programming plans.

All the best!

Sport Medicine & Science Conference

A Huge Success *continued from page 1...*

The Saturday noon-hour panel discussion continued with the theme of the importance of sport medicine and science in the development of the athlete. Brittany Hudak, Paralympic bronze medalist from Prince Albert; Derek Rope, who is an advocate for Aboriginal inclusion in sport, and Steven Hitchings who is the head coach of the Saskatoon Goldfins Swim Club and Advanced Coaching Diploma recipient, all re-emphasized how medicine and science services and programs are essential in the development of the athlete. They noted it is important to not only have this support at an elite level but also at the beginning of the athlete's development or a team's grassroots beginnings.

Other key-note speakers included Trent Stellingwerff and Paddy McCluskey from the Canadian Sport Institute Pacific, and David Paskevich and Kati Pasanen from the University of Calgary. In-province experts providing presentations included Ryan Flett, Leah Ferguson, Hazem Hussein, Lisa Hoffart, Kyle McDonald, Al Bodnarchuk, Tom Graham, and Heather Hynes.

We'd like to thank everyone involved in making this event a great success, and we look forward to seeing even more of our members and consultants at the next educational opportunity the SMSCS hosts.



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



PRO SPORT 
REHAB & FITNESS

WWW.PROSPORTREHAB.COM

SASKATOON
(306) 249-6868

WARMAN
(306) 343-6868

SMSCS NEWS AND NOTES

Sport 1st Aid Workshop Review - Working Committee

This Committee, consisting of Daysha Shuya (Chair), Al Bodnarchuk, Kristie Mueller, and Adrienne Stinson, has worked tirelessly over the last 5 – 6 months redesigning and updating the workshop material, format, and resources. Just this past month two 'pilot' workshops were presented utilizing the committee's work up that point. They are now at the point where additional, and hopefully, final adjustments to the presentation and resources are being made, with a goal of sometime in the new year to have final copies of everything will be ready to go.

Event Coverage Program Review - Working Committee

Dale Pitura (Chair), Louise Ashcroft, Garth LaPlante, and Jill Apshkrum make up this committee that has been tasked with updating the Councils Event Coverage Program policies and procedures. Scope of practice, confidentiality & legal issues, as well service contract development are just some of the agenda items this committee will deal with as they continue on with their work.



Canada Winter Games - Drug Education Program

The SMSCC was once again asked by the Saskatchewan Games Council to provide Drug Education and Awareness workshops to all athletes from Saskatchewan that will be attending the Canada Winter Games this February in Red Deer, Alberta. To date, 14 workshops have been held and six more are scheduled to take place before the end of the year.

Rest, Sleep, and Performance - Working Committee

This is a situation of the SMSCS responding to what our clientele was telling us they wanted and needed. Coaches and athletes were noticing how the lack of sleep was affecting performance, and wanted to obtain some knowledge on how to deal with this. The SMSCS struck a committee to develop an educational resource (power point presentation). It was presented twice in September with rave reviews. The next steps is to put the finishing touches on the presentation, and then hosting a 'presenter' in-service session for all potential instructors. Thanks to the following committee members for their contributions: Louise Ashcroft, Al Bodnarchuk, Amanda Kleisinger, Rob McCaffrey, as well as SMSCS staff members Heather Hynes and Lisa Hoffart.



Presenting at Pilot 'Sport 1st Aid Workshops'

(Left) Daysha Shuya
(Right) Al Bodnarchuk

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



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

Bourassa & Associates

REHABILITATION CENTRE

19 Saskatchewan Locations to serve you!

Main Clinic	www.bourassarehab.com
109-294 Venture Crescent	Phone (306) 665-1962
Saskatoon, SK	Fax (306) 975-0109
S7K 6M1	

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.



- Physiotherapy • Massage • Chiropractic • Acupuncture • Psychology •
- Bracing • Occupational Therapy • Exercise Therapy •



Courtside.ca

3615 Pasqua Street
(306) 584-5553

2124 Grant Road @ Level 10
(306) 337-0010



Live life now.

Stapleford Physiotherapy & Rehab Clinic is a quality wellness centre in Regina. We offer a wide range of programs and services to get you back to optimal health. Our team of professionals are friendly and knowledgeable. We want you living life to the fullest.

Call our office at 543-0990 or visit www.staplefordhealth.ca

STAPLEFORD 
health & rehab centre

1712 Badham Boulevard, Regina, SK S4P 0J7 • Phone: 543-0990

Chiropractic and Massage Therapy

ZONE
SPORTS PHYSIOTHERAPY

www.zonesportspt.com

POINT 9 BUILDING
102 - 311 Ludlow St
Saskatoon SK

306.477.ZONE (9663)
zone@zonesportspt.com

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

ADVANCED SPORT MASSAGE COURSE

Instructors:

Remo Bucci RMT, SMT (C)
Monty Churchman RMT, SMT (C)



**For more information or
to register go to:**
montychurchman.com

December 1st - 2nd, 2018

Axiom Career College, Saskatoon, SK

This course will provide participants with sport massage theory and practical techniques that can be utilized at sporting events, with athletic teams or in their own clinical setting. The knowledge and practical experience that participants will gain would be of great benefit for anyone working with athletes on any level, including any Major games or Olympic games.

Students: \$350

CSMTA Members \$400

Non-Members \$450

MTAS - 15 approved primary credits

NHPC approved - 10 approved primary credits

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

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.qlx.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.

● 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
smcs@sasktel.net



- Sport Physiotherapy
- Orthopaedic Rehabilitation
- Training

#3-701 2nd Ave N | Saskatoon, SK S7K 2C9 | Phone: 934-2011

cravensportservices.ca



Providing expert dietetic support for athletes.

www.alisnfriesennutrition.com

p. (306) 716-6203

e. alisonsfriesen@gmail.com

Here's what's at ...

www.smcs.ca



EASY ACCESS FOR ORDERING:

- Resources
- Sport First Aid Supplies and Kits
- Exercise Tubing, Balls, etc.

CONSULTANT BIOS

UPCOMING WORKSHOPS

CONCUSSION EDUCATION INFO (new)

...MUCH, MUCH MORE

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 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:

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

DIAMOND ATHLETIC MEDICAL SUPPLIES INC.

Canada's Most extensive line of sports medicine supplies and rehabilitation products

WE SPECIALIZE IN:

- ◆ Chattanooga & Saunders products
- ◆ Thera-Band products
- ◆ Tens Units and Electrical Modalities
- ◆ Home Healthcare Supplies
- ◆ All Training Room and Taping Supplies

We are very proud to have served Saskatchewan over the years and are dedicated to continue the outstanding service.

75 Poseidon Bay, Unit 185 • Winnipeg, MB R3M 3E4
Phone 1.800.781.9127 • Fax 1.204.488.0294
www.diamondathletic.com

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**

The Largest Staff of Council Consultants in the Province. The Perfect Facility to host High Performance Camps.

2124 Grant Road
Regina, SK S4S 5C8



LEVEL 10 FITNESS

sport performance training at a whole new level

Ph: 306.337.0010
level10fitness@sasktel.net
www.level10regina.com

● Strength and Conditioning Consulting ● Medical Coverage of Events ● Web Site ● Newsletter ●

Sport Nutrition 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

Nutritional Supplement Workshops

- 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

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 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.



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

Saskatchewan
LOTTERIES



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

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 and services 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 topics.