



SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan Inc.

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

2019 - Spring Edition

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'SLEEP AND PERFORMANCE' EDUCATION SESSIONS NOW AVAILABLE

The Sport Medicine & Science Council of Saskatchewan has recently added to the list of programs and services we are offering amateur sport in Saskatchewan. Our newly developed one-hour educational presentation on the Topic of **SLEEP & PERFORMANCE** has just been launched. The presentation is targeted towards athletes, coaches and parents with an emphasis on "How Sleep is affected by Sport Science and Sport Medicine programming."

Some of the areas the one-hour sessions touches on are:

Sleep Quality and Quantity • Sleep Deprivation • Travel and Sleep
Nutrition and the effect on Sleep • Mental Preparation and Sleep
Exercise, Conditioning and Sleep • Sleep and Medical Considerations
How to Sleep Better and Assess your Sleep

**For more information or to book a session, contact either
Travis Laycock (travis.laycock@sasktel.net) or Scott Julé (s.jule@sasktel.net)
or TOLL FREE @ 1-888-350-5558**

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.

**REGINA OFFICE**

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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
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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**

As I write this – I am watching Tiger Wood's impressive performance at the 2019 Master's. While he is a controversial figure – it is hard to dispute his talent, determination and resilience. Almost certainly – his comeback required support from every one of the Sport Medicine and Science disciplines. His success is a reminder as we encounter athletes that may be struggling physical, mental and personal challenges – as his were well publicized – that these challenges can be overcome.

Spring is a wonderful time in the world of sport. It is championship time for many International federations, NSOs and PSGBs, hockey playoffs are underway, outdoor sports no longer require thermal apparel and the days are longer for all of us to enjoy. In the professional sport world, Rider training camp is around the corner, the Rush are hoping to defend their title as the NLL playoffs get underway and we welcome our newest pro team – the Saskatchewan Rattlers of the Canadian Elite Basketball League (CEBL.)

The change in season makes me think of the issue of 'Early Sports Specialization' and the importance of recognizing actual seasons in sport. It is now common that training and competition schedules are year-round. Traditionally winter sports can be played in the summer and vice versa and there are endless opportunities for extra camps, skills or fitness sessions. In the world of Sport Medicine and Science issues of overtraining, overuse injuries, the importance of periodization and load monitoring are nothing new. However there is a trend towards early/single sport specialization at younger ages which evidence shows is detrimental to long-term athlete development. It is incumbent upon all of us to educate young athletes, parents, coaches and sport administrators to resist this temptation to avoid injuries, burnout and the risk of turning young athletes away from sport and active lifestyles in adulthood.

Finally, I would draw your attention to the SMSCS.ca site for the latest Council information and programming. Please watch for calls for workshop instructors and medical coverage, in particular the upcoming Western Canada Summer Games in Swift Current from August 9 to 18.

All the best!

Cole

CONGRATULATIONS TO SCOTT JULÉ ON 25 YEARS OF SERVICE!

-submitted by Mark Henry, SMSCS Executive Director

Scott Julé, the Council's Manager of Sport Medicine Programs and Services, recently completed 25 years (1993 – 2018) of outstanding and dedicated service to the Council, its clients, the athletes, and coaches of Saskatchewan.

Scott started his career within the Sask Sport Inc system in 1988, and was hired in 1993 as the Sport Medicine Council's first Programs Coordinator, on a part-time basis. That year he established our first promotional program/display, as well as managing the Event Coverage Program and the Sport Safety Program. We then hired him on a full-time basis in 1994.

Throughout the past 25 years, Scott has been the driving force behind the development, implementation, and eventual expansion of numerous projects, programs, and services the Council has offered and in most cases is still offering today. To list all of his accomplishments and achievements would be impossible but I do want to touch on just a few that have left a lasting mark on the Council and amateur sport in Saskatchewan.

He campaigned hard to encourage provincial sport governing bodies to have proper sport first aid training as well as 1st aid kits and supplies for the safety of their athletes. This resulted in the establishment of our Sport 1st Aid Kit and Supply Sales program as well as the development of the Sport Safety Program. He continues to be the provincial 'go-to-guy' when it comes to the medical policies and requirements for multi-sport games. He also acts as a consultant to Host Medical Committees for various provincial, regional, and national championships. It was Scott who oversaw the development of our multi-sport games medical coverage policy manual that is still used today by Games medical host committees.

One of his major and long-lasting achievements has been the establishment and continued management of our Drug Education and Awareness Program which initially started in the mid-1990's. One of his early accomplishments with this program was the



Mark Henry (left) and Scott Julé (right)

development of an award-winning educational Body-Image video and lesson plans that became part of the Saskatchewan Education grade 6 – 9 curriculum. Scott's involvement in drug education initiatives didn't end there. He was the lead person in the development of the Lebreton Eagles Drug Education and Testing Program, and was recognized by the SJHL at a media conference for his efforts. Scott chaired the Sask Health SCN Drugs and Sport Training Workshop that was televised to 27 sites across Saskatchewan. To this day, Scott continues to manage this program for the Council and is also one of our workshop facilitators who provides education on this topic to provincial sport governing body provincial teams, high performance athletes, and other organizations across the province. I would think that over the last 15 years he has spoken to over 3,000 amateur athletes about competing 'drug-free'.

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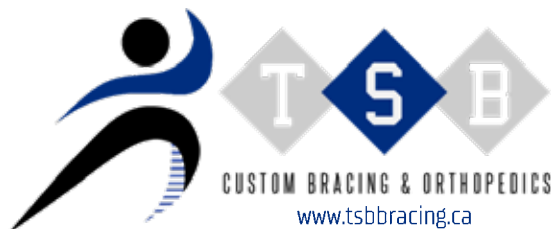
CONGRATULATIONS TO SCOTT JULÉ ON 25 YEARS OF SERVICE *CONTINUED...*

Another area where Scott has left his mark on the Council is our Professional Development Program. He initiated a review of this area with our membership which resulted in the establishment of our current Professional Development Committee and Program. For many years Scott managed our Sport Med Rounds professional development program which later evolved into our Sport Med Saturday's professional development program. Scott has also always played a lead role in all the professional development conferences we have hosted. This was never more evident than in 2013 when he essentially organized our 25th Anniversary two-day conference on his own.

To list Scott's major committee involvement would take an entire page, but a few must be noted. He was instrumental in organizing the Luncheon and Silent Auction featuring Donovan Bailey that raised \$4,500 for KidSport and the SMCS. He was the Assistant Vice-President for the Medical Services Division with the 2005 Canada Summer Games Medical Coordinating

Committee. He was also involved with the 2014 North American Indigenous Games (NAIG) as part of the Management Committee and was a consultant and project manager for the games medical committee. Scott also continues to represent the Council on the Provincial Government's Concussion in Sport Committee in an advisory and resource provision role. Recently, he has taken on the lead role in the development of the Council's Concussion Education resources, workshops, program promotion, and working with the PSGBs to ensure they all have concussion management plans in place.

As you can see Scott has been a major contributor to the Council you see today. Please join me in congratulating Scott on this significant achievement (He can be reached at s.jule@sasktel.net).



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DRUG EDUCATION AND AWARENESS WORKSHOPS

Schedule Your Workshop Today!

This is just a reminder to all PSGB's, with special emphasis on the those participating in the 2019 Western Canada Summer Games, to book your Drug Education and Awareness Workshop as

soon as possible. We can arrange to have a consultant attend a training camp or competition in order to 'fit in' to your training and competition plans.

CALL 1-888-350-5558 EXT 2 to schedule your workshop

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.

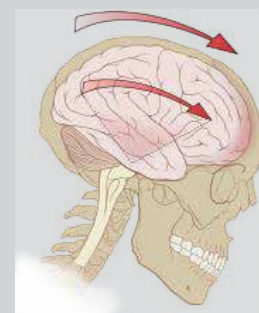
The SMSCS is your resource in developing a Concussion Management Plan.

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

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- Self-talk & thinking patterns
- Goal setting
- Routines
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- 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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ZSP: GORDIE HOWE Location: Spring 2019!

Gordie Howe Sports Complex – Indoor Facility
1303 Ave P South Saskatoon SK

306.477.ZONE (9663)

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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

Who are the SMSCS's 'Medicine' Provider Groups/Members/Consultants?

The Sport Medicine and Science Council of Saskatchewan (SMSCS) is made up of groups and individuals who provide medicine and science programs and services to athletes and coaches across the province. Five of these groups, which include individual consultants the SMSCS uses, are 'medicine' related and are absolutely essential for the SMSCS's success in providing the medicine related programs and services that we offer. These include the Saskatchewan Academy of Sports Medicine (SASM), Sport Physiotherapy Canada-Saskatchewan Division (SPC-SK), Saskatchewan Athletic Therapists Association (SATA), Canadian Sport Massage Therapists Association- Saskatchewan Chapter (CSMTA-SK), and the Chiropractors Association of Saskatchewan-Sport Interest Group (CAS-S). These groups and individuals provide consulting and educational expertise for the following SMSCS's programs/services:

- Sport First Aid Workshops
- Sport Taping Workshops
- Sport Medicine Education Sessions
 - o Injury Prevention (Warm up/Cool down, Stretching, Flexibility)
 - o Emergency Action Plan development
 - o Injury Care of Common Injuries
 - o Injury Prevention & Care of Life-Threatening Injuries
 - o Return to Sport Rehab/Programming
- Initial Injury Assessments Program
- Medical Screening (Injuries)
- Drug Education and Awareness Program
- Medical Coverage at Sporting Events (Personnel and Equipment/Supplies)
- Concussion Education and Management Program
 - o Education Sessions
 - o Consulting Services to Develop Concussion Management Plans
- Sleep & Performance Education Sessions

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, Promotion)	Canadian Sport Centre-Sask (Service Contract)
Sleep & Performance Education Sessions	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://smscsqx.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
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CONCUSSION EDUCATION INFO (new)

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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
5. Self Massage & Recovery

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:

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Saskatchewan Academy of Sports Medicine
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Sport 1st Aid & Sport Taping Workshops

- Are you a team trainer, parent or coach involved with a sports team?
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- 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.

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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 PSGB, Sport District, University team, 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
- 7) Sleep and Performance Sessions

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



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