



# Sport Med/Sci Saturday

*Weekend  
Warrior &  
THE MASTERS  
ATHLETE*

Date: June 21, 2025

Time: 10:00 - 5:00

Location: U of S (PAC 246)  
Saskatoon, SK

306-780-9446

**REMINDER**

# ITINERARY

9:15am - 9:50am

Arrival/Registration

9:50am - 10am

Welcome Remarks from SMSCS &  
Professional Development Committee

10 am - 12 pm

CASE STUDY with Panel



**Panel Presenters:**

Thomas Hamilton - Dietitian  
Stephanie Mehlsen - Exercise Physiologist  
Jessica Pawlik - Physiotherapist  
Jared Stuckel - Chiropractor

12pm - 1pm

Lunch/Networking **Any dietary restrictions,  
please let us know.**

1pm - 4:30pm

- **1:00-1:45**  
Osteoarthritis & the Masters Athlete (including Mitacs research)  
Presenter: Nikole Watson (Physiotherapist)
- **1:45-2:30**  
Analysis & Correction of Movement Patterns  
Presenter: Kelsi Hilderman (Physiotherapist -  
Strength & Conditioning)



- **2:45-3:30**  
The Masters Athlete Returning to Competition  
Presenter: Ryan Flett (Mental Performance)
- **3:30-4:15**  
Nutritional Considerations on an Individual's  
Compositional Changes in Aging/Masters Athletes  
Presenter: Darian Kotchorek (Dietitian)

4:15pm - 4:30pm

• Closing Remarks/Evaluations

# Sport Med/Sci Saturday

1

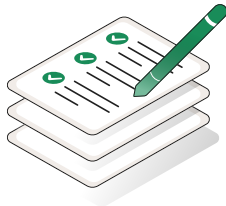


**Date: June 21st, 2025**

Location: U of S (Saskatoon, SK)

Room: PAC 246 Lecture Theatre

2



**Must register by June 13th, 2025**

**[Click here to register:](#)**

**<https://SportMedSciSaturdayJune21.eventbrite.ca>**

**Fees: Member: \$55 Non-Member: \$75 Student: \$25**

**Space is limited & paid registrations are non refundable!**

3



## Hotel Information:

Holiday Inn Express & Suites East - University

**Address: 1838 College Drive (Bldg #2)**

**Phone: 306-954-1250 or 1-800-465-4329**

**Group Name: Sports Medicine & Science SK**

**Quote Block Code: SMS**

"Reduced Booking Room Rate" **before May 19<sup>th</sup>, 2025**

\$149 plus applicable taxes and fees

**Group Booking Link:** [Click here to be directed to hotel site](#)

4



## Parking

There are metered parking spots, or free lots, but you may have to walk a bit. Map provided next page.

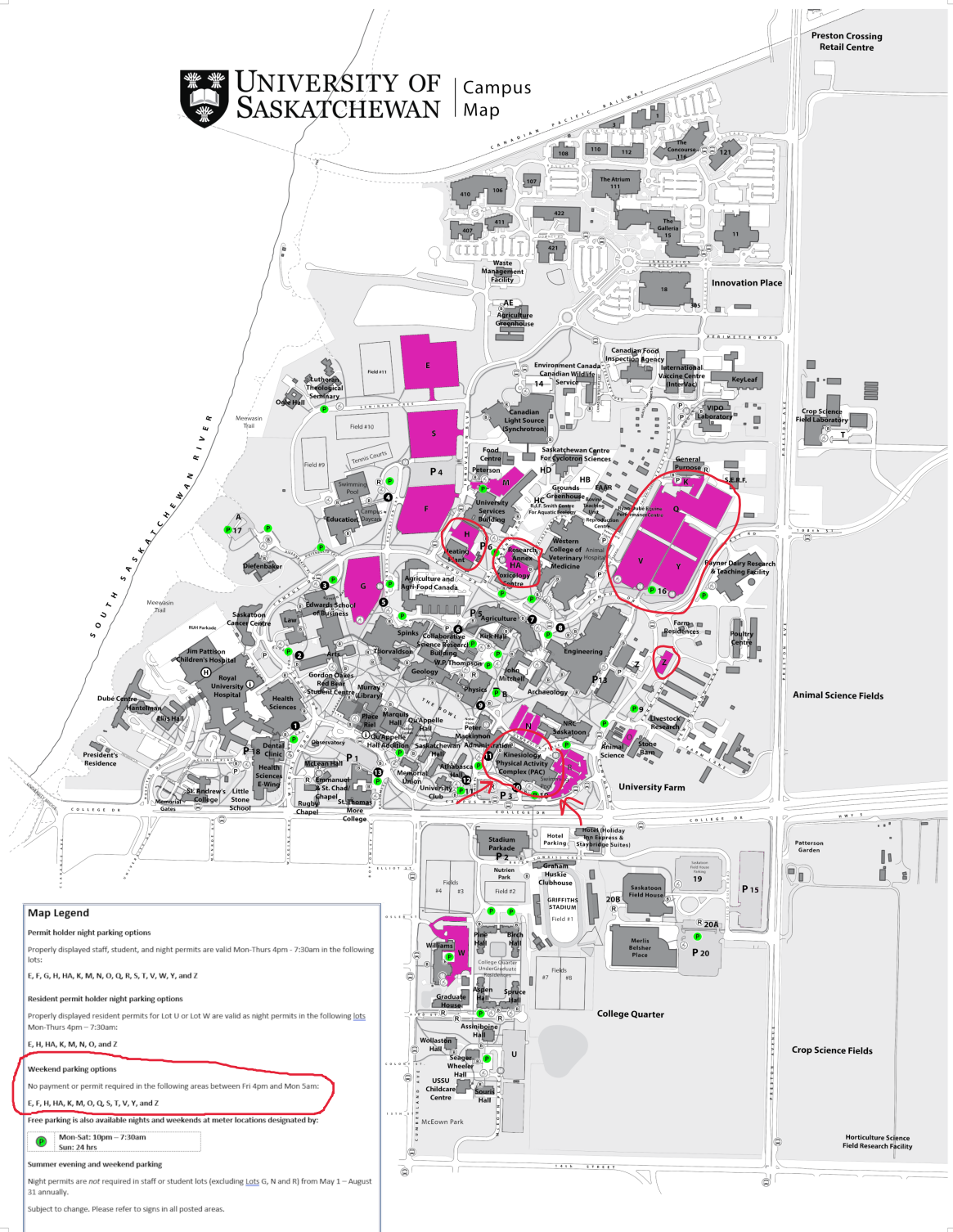


# UNIVERSITY OF SASKATCHEWAN

Campus Map

SOUTH SASKATCHEWAN RIVER

Preston Crossing Retail Centre



### Map Legend

Permit holder night parking options

Properly displayed staff, student, and night permits are valid Mon-Thurs 4pm - 7:30am in the following lots:

E, F, G, H, HA, K, M, N, O, Q, R, S, T, V, W, Y, and Z

Resident permit holder night parking options

Properly displayed resident permits for Lot U or Lot W are valid as night permits in the following lots Mon-Thurs 4pm - 7:30am:

E, H, HA, K, M, N, O, and Z

Weekend parking options

No payment or permit required in the following areas between Fri 4pm and Mon 5am:

E, F, H, HA, K, M, O, Q, S, T, V, Y, and Z

Free parking is also available nights and weekends at meter locations designated by:

● Mon Sat: 10pm - 7:30am  
Sun: 24 hrs

Summer evening and weekend parking

Night permits are not required in staff or student lots (excluding Lots G, N and R) from May 1 - August 31 annually.

Subject to change. Please refer to signs in all posted areas.