



2024 *Annual Report*

*-Membership-
-Programs and Services-
-Statistics-*

Funding provided by:



SASK LOTTERIES

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INTRODUCTION

The Sport Medicine and Science Council of Saskatchewan is pleased to present this report for the period of January 1 – December 31, 2024. This year's annual report provides comprehensive information on the program and services offered to our clients as well as statistical summaries. Please note for financial information see our 2024 Audited Financial Statements.

The Sport Medicine and Science Council of Saskatchewan is a non-profit multi-sport organization that receives the majority of its funding from Sask Sport Inc via the Saskatchewan Lotteries Trust Fund.

Our Mission - To support and optimize competitive sport performance through the delivery of high quality and evidence-based sport medicine and science services to athletes, coaches, and officials in Saskatchewan with a priority on the Sask Sport Inc. membership.

Our Vision - To be recognized in the Sask Sport Inc community as experts and leaders in the development and delivery of quality sport medicine and science services and to contribute to the optimal performance and enhanced health and safety of all designated Sask Sport Inc. members.

Our Fundamental Principles:

- The SMSCS believes in being an expert and leader in sport medicine and science services.
- The SMSCS believes in providing the highest quality, evidence-based sport medicine and science services.
- The SMSCS believes in services being provided by the most qualified professionals (consultants, service providers, and staff) available.
- The SMSCS believes in continuous learning for all its professional members, consultants and staff.
- The SMSCS believes in “True Sport” the national ethics strategy for sport.
- The SMSCS believes in governance, management and operation that is consistent with democratic principles.
- The SMSCS believes in providing accessibility to all programs and services it offers to designated Sask Sport Inc. members.
- The SMSCS believes participation in sport contributes to a healthy lifestyle and improves the quality of life.

MEMBERSHIP

The members of the Sport Medicine and Science Council of Saskatchewan (SMSCS) are as follows:

Charter Members

Charter Members shall consist of representatives of the two service provider group organizations who founded the Sport Medicine and Science Council of Saskatchewan:

- Saskatchewan Academy of Sports Medicine
- Sport Physiotherapy Canada-Saskatchewan Section.

Each Charter Member group/association must be a founding member organization of the Sport Medicine and Science Council of Saskatchewan. They must have a nationally registered body and provincial chapters in Ontario, Quebec, B.C. and three other provinces/territories, one of which must be Saskatchewan. They must have a code of ethics and an endorsement or certification of members. They must have qualified sport medicine and science professionals that meet the SMSCS's educational standards for their profession. They must contribute to the development of the field of sport medicine and science and actively participate in providing the services of the SMSCS.

Each Charter Member shall have the right to two votes at the Annual, Semi-Annual or any other General Meetings of the Sport Medicine and Science Council of Saskatchewan.

Active Members

Each Active Member must be either be: (1) an Active User Group/Organization of the Sport Medicine and Science Council of Saskatchewan's services or (2) an Active Provider Group/Organization that; (1) has a nationally registered body and provincial chapters in Ontario, Quebec, B.C. and three other provinces/territories, one of which must be Saskatchewan; (2) has a code of ethics and an endorsement or certification of a minimum of 5 members who are qualified sport medicine or science professionals that meet the SMSCS's educational standards for their profession; and (4) contribute to the development of the field of sport medicine and science and actively participate in providing the services of the SMSCS.

Each Active Member group/association shall have the right to one vote at Annual, Semi-Annual or any other General Meetings of the SMSCS.

Active Members shall consist of:

- Saskatchewan Athletic Therapists Association
- University of Saskatchewan, College of Kinesiology
- University of Regina, Faculty of Kinesiology and Health Studies

Affiliate Members

Affiliate members shall consist of organizations/groups who have the potential to be an Active Provider group/organization member. They must have a registered national body and provincial chapters in Ontario, Quebec and B.C. and three (3) other provinces/territories, one of which must be Saskatchewan. Their provincial organization must have a code of ethics and an endorsement or certification of 6 members. They must contribute to the development of the field of sport medicine and science.

Each Affiliate Member group/organization shall have no votes but will have a voice at the Annual, Semi-Annual or any other General Meetings of the SMSCS.

Affiliate members shall consist of:

- Chiropractors Association of Saskatchewan-Sport Interest Group
- Canadian Sport Massage Therapists Association – West Chapter (Saskatchewan section)

BOARD OF DIRECTORS

The Council operates under the direction of a volunteer Board of Directors. The Board of Directors manages the property and business of the SMSCS, develops policy and provides leadership, direction and guidance to the Management Committee and Staff in order to fulfill the mission and strategic goals of the SMSCS.

The **SMSCS Board of Directors** for our 2024/2025 fiscal year were as follows:

- Dr. Martin Heroux, President (Saskatchewan Academy of Sports Medicine Representative)
- Courtney Schell, Vice President (Saskatchewan Athletic Therapy Association Representative)
- Dr. Kim Dorsch, Secretary/Treasurer (University of Regina, Faculty of Kinesiology and Health Studies Representative)
- Daysha Shuya, Past President
- Dr. Wendy Chrusch, Saskatchewan Academy of Sports Medicine Representative
- Kelsi Hilderman, Sport Physiotherapy Canada - Sask Section Representative
- Stephanie Pepler, Sport Physiotherapy Canada - Sask Section Representative
- Bart Arnold, University of Saskatchewan, College of Kinesiology Representative
- Dr. Brad Waddell, Director-at-Large
- Dr. Ryan Flett, Director-at-Large

In 2024, the following Committees provided advice and guidance to the Board of Directors.

Management Committee

This Committee serves as the operational component of the Board of Directors on all matters between Board meetings. In 2024 the committee members included; Dr. Mary Heroux-President; Courtney Schell-Vice President; Dr. Kim Dorsch-Secretary/Treasurer; Daysha Shuya-Past President; Mark Henry, Staff (retired August 31) and Travis Laycock, Staff.

Sport Science Programs Committee

This Committee is charged with providing direction to the Board regarding all related sport science programs and services the Council offers. In 2024, committee members included; Chairperson-Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies; Bart Arnold, University of Saskatchewan, College of Kinesiology; Dr. Ryan Flett, Director-at-Large; Heather Hynes, Staff Dietitian; Travis Laycock and Mark Henry (retired August 31), Staff.

Sport Medicine Programs Committee

This Committee is charged with providing direction to the Board regarding all related sport medicine programs and services the Council offers. In 2024, committee members included; Stephanie Pepler-Sport Physiotherapy Canada-Sask Section, Dr. Marty Heroux-Saskatchewan Academy of Sports Medicine; Courtney Schell-Saskatchewan Athletic Therapists Association; Al Bodnarchuk-Canadian Sport Massage Therapists Association Sask Chapter; Dr. Ryan Debusschere-Chiropractors Association of Saskatchewan Sport Interest Group; Travis Laycock, Tyson Brinkworth, & Stacey Silzer, Staff.

Professional Development Committee

This Committee is charged with developing a strategic and operational plan for the provision of professional development opportunities for our members and consultants. In 2024 committee members included; Chairperson - Scott Anderson, Sport Physiotherapy Canada-Sask Section, Emmarie Racine-Hallin, Saskatchewan Athletic Therapists Association; Bart Arnold, University of Saskatchewan, College of Kinesiology; Megan Dash, Saskatchewan Academy of Sports Medicine; Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Thomas Hamilton, Sport Nutrition; Ryan Flett, Mental Performance; Dr. Ryan Debusschere, Chiropractors Association of Saskatchewan - Sport Interest Group; Travis Laycock & Stacey Silzer, Staff.

Constitution Committee

This Committee is charged with providing advice to the Board regarding the SMSCS's Articles of Incorporation and Bylaws. In 2024 committee members included; Chairperson Marty Heroux, President; and Travis Laycock, Staff.

Organizational Development (strategic and forward planning) Committee

This Committee is charged with developing and updating the Council's strategic and forward plans for presentation and approval by the Board. In 2024 committee members included Dr. Brad Waddell, Chairperson; Marty Heroux, President; Daysha Shuya, Past President; and Travis Laycock, Staff.

Marketing (Communications, Promotion and Sponsorship) Committee

This Committee is charged with providing advice to the Board regarding promotion, sponsorship and communication issues. In 2024, Staff members; Travis Laycock, Tyson Brinkworth, Stacey Silzer and Krista Seto handled the duties of the Committee.

Nominations Committee

This Committee is charged with soliciting nominations for positions open on the Board of Directors. In 2024 committee members included; Chairperson-Daysha Shuya, Past President; and Mark Henry (retired August), Staff.

Dispute Resolution and Harassment Committee (Safe Sport)

This Committee is charged with handling any complaints that may be brought forward by or against any director, officer, volunteer, member or staff of the SMSCS. In 2024, committee members include Chairperson-Marty Heroux, President, and Travis Laycock, Staff.

STAFF AND CONSULTANTS

The 2024 day-to-day operations of the Council were the responsibility of the following staff:

- Mark Henry, Executive Director (retired August)
- Travis Laycock, Executive Director (effective September)
- Travis Laycock, Manager, Sport Science Programs and Services (until September)
- Scott Julé, Manager, Sport Medicine Programs and Services (retired February)
- Heather Hynes, Sport Dietitian Consultant
- Tyson Brinkworth, Programs Coordinator
- Stacey Silzer, Program Coordinator (effective April)
- Krista Seto, Administrative Coordinator (effective June)

In addition to the above staff, qualified approved consultants and service providers representing all sport medicine and science areas assisted the Council by providing science and medicine consulting services on a “fee for service” basis.

PRESIDENT AND EXECUTIVE DIRECTOR'S ANNUAL REPORT

Overview

The Council had a year of transition throughout 2024. Longtime Executive Director Mark Henry retired after 33 years and longtime Manager of Sport Medicine Scott Jule retired after 30 years with the Council. As a result, the Council reorganized its staffing structure. This resulted in Tyson Brinkworth transitioning to the Educational Coordinator and two new Coordinators being hired. Stacey Silzer was hired as the Safety and Professional Development Coordinator and Krista Seto was hired as the Administrative Coordinator. In addition, Travis Laycock was hired from within the Council to fill the role as the new Executive Director. Throughout the staffing transition, we continued to offer a combination of in-person and online educational and consulting services for our clients. The flexibility of doing so helped ease new staff into their respective roles but also offered an opportunity for Council staff to get acquainted to Consultants, Service Providers and key Clientele.

Programs and Services

From a service perspective, we received 708 requests for our sport science and sport medicine services. These requests resulted in 3689.50 contact hours (see statistics for further details). Requests for service and contact hours were slightly lower than in 2023 due to the fact that 2024 was a transition year for Sport's preparing for Canada Games. The contact service hours were provided through a combination of our staff, Heather Hynes (Sport Dietitian) and our approved casual consultants and service providers, which number around 150, throughout the province.

We continued to offer our sport medicine & science programs and services to our priority clients. These clients include the Provincial Sport Organizations (PSO's) designated high-performance athletes, coaches and officials (eg. Canada Games Teams). PSO's receive a certain number of in-kind services from the Council based on an established tier system. The tier system was developed by the Council and Sask Sport Inc. several years ago. It is based on certain important performance criteria previously established where Sports are put into a Tier from 1-4 depending on their evaluation score. Sports that score high in their evaluation are categorized as Tier 1. They receive more in-kind service funding than a sport categorized into a Tier 4.

In addition, our other designated clients, university, Indigenous athletes and coaches (eg. North American Indigenous Games), provincial sport districts, Coaches Association of Saskatchewan and the Saskatchewan High Schools Athletic Association were also offered a limited amount of in-kind service as well.

Finally, other athletes, coaches, schools and community groups across Saskatchewan continued to use our programs and services on a limited "fee for service" basis.

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2024. The Council is contracted to provide sport medicine and science services to all the Saskatchewan athletes and coaches who are registered (carded) with the CSCS. These athletes and coaches are members of Canada's national, international and Olympic teams.

In addition to the services to the CSCS registered athletes, the Council also provided enhanced services to targeted provincial sport organizations high performance athletes through the CSCS's PSO Enhanced Service Program. The objective of this program is to increase the number and success of Saskatchewan athletes, coaches, officials and teams who compete at regional, national (eg. Canada Games) and international competitions. Sports must develop a comprehensive, or holistic, sport medicine and science plan which includes strength and conditioning (including physiological and lab tests), sport nutrition, mental performance, sport medicine, (including concussion education) and biomechanical analysis (including video and skill analysis) in order to receive funding. It should be noted that the Council and the CSCS combine funds to provide services for the PSO Enhanced Program.

For 2024, the Council received approximately \$312,383 in grant funds from the CSCS and national organizations (e.g., Own the Podium) for the above-mentioned targeted athletes. The Council Staff also provide administrative support to the Centre participation in Centre Staff and Management Committee meetings as well as developing reports and filling requests for Centre athletes. Our association with the CSCS continues to be very beneficial for the Council and our dedicated consultants and service providers.

The Council will continue to look for new ways to encourage all targeted athletes and coaches to access our programs and services. We strive to assist them as they reach their sport performance goals. We also hope to educate them (and society) that sport is more than just a game. Sport is an important component to living a healthy and active lifestyle and reducing health care costs. The Council will also continue to look for ways to expand and enhance the programs and services available to our clients.

Professional Development

The Council offered the professional development annual grant for our member and consultant groups. We also offered the program to provide assistance to our service providers with the costs associated with maintenance of their required credentials. The first installment of quarterly evening PD sessions was provided to consultants and members. Finally, the Council organized and hosted a very successful Sport Med Sci Saturday event during October in Regina.

Strategic and Staff Succession Planning

The Council completed the final year of our current three-year strategic plan (2022-2024) in 2024. One of the top strategic priorities was staff succession planning. Two long serving staff members retired in 2024, with a new Executive Director hired from within and two new Coordinators hired in 2024.

Financial

From a financial perspective, the Council had overall revenue of \$1,146,659 with expenses of \$1,168,842 resulting in an expected deficit. The Council's overall fiscal year would be considered a success considering there were so many staffing changes that occurred throughout the year. (see the 2024 audited statements for further details).

The financial situation for 2024 and beyond will continue to be challenging since the Council continues to require significant resources (financial and human) in order to operate efficiently. The Council does have savings (surplus funds) to assist our budget if our financial situation requires it.

Thank you

In closing, we would like to take this opportunity to thank Saskatchewan Lotteries for their continued financial support. We would also like to thank the board, committee members, consultants, service providers and staff for all their hard work and dedication to the athletes and coaches of Saskatchewan in 2024. A special thank you goes out to the board of directors. In addition to their regular volunteer board meeting commitments, they also provided guidance throughout the staffing transitions. Thanks to everyone mentioned above, we have an organization that is one of the leading sport medicine and science service providers in Canada.

Respectfully submitted,

Marty Heroux, President

Travis Laycock, Executive Director

MEMBER'S ANNUAL REPORTS

1. Saskatchewan Academy of Sports Medicine

Membership and Meetings

SASM has adopted a hybrid model consisting of virtual and in-person meetings since the COVID – 19 pandemic. This model has allowed significant flexibility for our members. We now have an open invitation for a representative from the SMSCS to attend our meetings (usually Travis Laycock) to give updates and answer questions. Membership numbers have remained stable at approximately 25 members (physicians, residents, students). We continue to work on strategies to increase student membership including advertising SASM to medical students and residents across the province. Student memberships are free of charge.

Executive

The Executive for 2024 was as follows:

- Dr. Marty Heroux - President
- Dr. Patrick Ling - Vice-President
- Marty Heroux and Wendy Chrusch were the representatives to the SMSCS
- Cary Brunett remains the administrator.

Contributions to the SMSCS

The following are the service areas SASM was involved in in 2024

- Board Members
- Sport Medicine Programs Committee Members
- Event Coverage
- Injury care and prevention sessions
- Concussion education
- Injury assessments

Education and Professional Development

- The FMR3 Sports Medicine fellowship program in Regina saw the successful graduation of Dr. Hilary Noble in June 2024. She is now working at Prairie Sports and Orthopedics in Regina. Omar Elgazzar is the current Sport and Exercise Medicine resident.
- The members of SASM were fortunate to have educational presentations hosted by the Sport and Exercise medicine resident as part of their training in 2024.
- In addition to academic and research endeavors, SASM members continue to provide high quality Sports Medicine care to the people of Saskatchewan from the recreational to elite level.
- SASM continues to offer research grants (2) up to a maximum of \$1500 per application.
- The next SASM meeting will be held in May 2025.

Respectfully submitted,
Marty Heroux
President, Saskatchewan Academy of Sports Medicine.

2. Sport Physiotherapy Canada – Saskatchewan Division (SPC-Sask)

2024 SPC - SK Section Annual Report
Report submitted by Stephanie Peppler and Kelsi Hilderman

Role Name	SPC Current Board Members
Executive Chair	Michelle Keene Albers
Past Chair	Stephanie Peppler
Secretary/Treasurer	Kevin Laurence
Education Coordinator	Melinda Ardagh
Communications and Marketing Coordinator	Jaelyse Gorgchuck
Membership and Events Coordinator	Jannalee Edgar
Mentorship Coordinator	Adrienne Stinson
Member at Large	Scott Anderson and Kelsey Neill
SMSCS Liaison	Stephanie Peppler
SMSCS Liaison	Kelsi Hilderman
Student Representative - 1st year	Jaden Gaja
Student Representative - 2nd year	Samantha Skaar

CPA renewal occurs yearly in November. In 2024, 25 consultants did event coverage for the council and of that 17 of them were SPC-SK members. We also had 4 members who delivered courses on behalf of SMSCS.

Consultant and Service Providers Service Summary:

- The number of SPC-Sask members who were SMSCS members = 58 (2023 = 58)
- The number of SPC-Sask members who are SMSCS consultants = 21 (2023 = 21)
- The number of SPC-Sask members who are SMSCS service providers = 25 (2023 = 25)
- The number of consultants (physiotherapists) actively involved in providing SMSCS service in 2024 = 17 (2023=11)

Services provided:

- concussion education and planning - 5 sessions
- injury prevention education - 2 sessions
- Sport Injury Prevention and Care workshop - 0
- Sport Wrapping and Taping workshop - 4
- Self-Massage and the Athlete Education - 4 session
- Sport Taping Upgrade/In-service - 0 sessions

The SPC-SK and the SMSCS continue to work together on addressing some outstanding items from the 2023/24 year. These include transferring the administration of the Chris and Lindsay Facca Memorial Award and finalizing the processes for student mentorship in event coverage.

SPC-SK continues to face challenges in retrieving updated membership lists from the national office. Contributing factors include changes in SPC National's operations coordinator position, an outdated mailing list from the CPA, and ongoing difficulty navigating of privacy legislation. These issues have made it consistently difficult to pay SMSCS membership fees. SPC-SK, the SPC national office, and SMSCS are collaborating to develop a workaround processes.

SPC-SK hosted three Sport First Responder Courses in 2024. The attendance was as following:

- January 2024 (Regina) - 9 participants
- November 2024 (Saskatoon) - 12 participants
- December 2024 (Saskatoon) - 12 participants

SPC-Sk will continue to host 2 first responder courses per year.

SPC-SK continues to participate the national webinar program. Carolyn Emery presented in June 2024 on Sport Related Concussion Prevention and Performance. The next webinar will be in April 2025. Our own Kelsi Hilderman will present on Optimizing the Female Athlete: injury Prevention, Performance and Rehab.

The SPC-Sask board deeply values the partnership we have with the SMSCS. Through our collaborative efforts, we continue to positively impact the sports community in Saskatchewan. We are confident this partnership will continue to foster innovation, growth, and shared success as we work together toward future goals.

Respectfully submitted,

Stephanie Pepler and Kelsi Hilderman
SMSCS Liaisons for SPC-SK and SMSCS

3. Saskatchewan Athletic Therapists Association (SATA)

Over the past year, SATA members have continued their professional association with the SMSCS. We encourage all our members across the province to become involved. Please find below a brief summary of the highlights of last year.

Members/Consultants

- In 2024, the SATA was pleased to offer continuing education opportunities to our members, including a presentation on Labral injuries and Femoral Acetabular Impingement.
- We currently have 19 active SATA members.
- 13 of SATA members are working as consultants or service providers for the SMSCS and continue to provide services when the opportunity arises. • SATA members continued their contribution to the SMSCS via a number of different service areas, including the event coverage program, injury care and prevention sessions, concussion education, and SWaT and SIPaC workshops.
- Members Courtney Leavins represented the SATA as members on the SMSCS Board of Directors.

Meetings

- The SATA AGM was held on June 6, 2024 at the SMSCS Office in Saskatoon and was streamed to out-of-town members via video conference call. • At the AGM Adam O'Neill stepped down as President completing his term. We wish him all the best with his future endeavors and thank him for his time with the SATA Board.
- New Board members are: President – Blair Niekamp, Vice-President – Erica O'Neill, Secretary – Emmarie Racine Hallin, Treasurer – Brooke Schaeffer, Registrar – Alistair Wilson

Awards and Recognition

- The Dayna Brons Memorial Scholarship will be awarded in the upcoming year to first year University student pursuing Athletic Therapy.

Other Information

- The SATA has begun planning a professional development session that will take place in 2025. We are pleased to announce a MET course taking place in May in Regina.

Respectfully submitted,

Blair Niekamp
SATA President

4. University of Regina, Faculty of Kinesiology and Health Studies

Facilities

The Faculty of Kinesiology and Health Studies continues to support the Council's professional development workshops. The University of Regina fitness facility is a recognized SportFit Gym with the Canadian Sport Centre Saskatchewan (CSCS), which allows CSCS athletes to work out with no charge. The Center for Health Wellness and Performance is also a recognized lab for exercise physiology testing. The Athlete Health and Performance initiative (AHPi) is a multi-disciplinary approach to providing integrated development, training and testing services, and advising to University of Regina student-athletes. These services are provided by undergraduate and graduate students as well as post-graduate interns led by a team of practitioner instructors.

The Cognitive Athletic Training Laboratory (CAT lab) has two Neurotracker systems. This system is useful in training various types of attention and multiple object tracking. A Dynaboard D2 which is useful in training peripheral awareness complements the SPL. Any interested athletes and/or teams may contact the CAT Lab (Dr. Kim Dorsch) for information regarding training packages. A Fitlight system, used to train concentration, reaction and movement time is also available.

Over the past couple years Consultants with the council have been engaged in discussions on how to improve the number of services to U of R athletes through the University of Regina's Athlete Health and Performance initiative (AHPi). The SMSCS funding is now "pooled" so that the majority of service requests are on a "first-come-first-need" basis; therefore, some teams may have accessed a larger number of services than others. Currently the U of R varsity sport teams are offered limited free service (\$650/team for a total of \$9750) from the SMSCS. A description of use is provided below.

Faculty/Staff Consultants

The following individuals affiliated with the Faculty of Kinesiology and Health Studies are involved with the Council as consultants and/or board members:

Mental Training:	Dr. Kim Dorsch
Biomechanics:	Dr. John Barden
Strength/Conditioning:	Jon Silbernagel
Thomas Bresciani	

Council Board:	Barclay Dahlstrom
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Cougar Athletics

During the season, the University of Regina teams used the services of the Council. See the table below for the breakdown of services. Some of the consulting services were provided to individual athlete's vs in a team setting. It also needs to be noted that these figures do not include; (a) consulting as a volunteer consultant, (b) sport science service received through a different tier (e.g., Canadian Sport Centre, provincial team, Canada Games Team), (c) fitness testing as that is provided directly by the Centre for Health, Wellness, and Performance or (d) staff consulting over and above the given allocation.

Reporting period is Jan-Dec, 2024

Total \$ of services provided in 2024: \$9704.25

Breakdown by Sport:

Football	Strength & Conditioning	\$2860.00
Hockey (M)	Strength & Conditioning	\$1040.00
	Mental Performance	\$174.25
Hockey (F)	Strength & Conditioning	\$1040.00
Soccer (F)	Strength & Conditioning	\$1040.00
	Nutrition	\$257.50
Basketball (M)	Strength & Conditioning	\$1040.00
Athletics	Nutrition	\$130.00

The following teams/sports also took advantage of event medical coverage services provided by the SMSCS on a fee for service basis:

- Hockey (M)- 9 hours
- Hockey (W)- 12 hours
- Basketball (M)- 2 hours
- Volleyball (W)- 3 hours

Respectfully submitted on behalf of the Faculty of Kinesiology and Health Studies by Barclay Dahlstrom, Associate Dean Hands-On and Service Learning

c.c. Dr. Harold Riemer, Dean

Lisa Robertson, Director of Sport, Community Engagement, and Athlete Development

5. University of Saskatchewan, College of Kinesiology

Faculty/Staff Consultants and Board Members

Several College of Kinesiology faculty and staff support the activities of the Council through their work as consultants and service to the Board. In the past year the following Faculty/Staff provided consulting services or supported testing services:

Strength & Conditioning	Jason Weber
Mental Training	Dr. Kevin Spink Dr. Leah Ferguson
Sport Medicine	Jessical Pawlik Ainsley Oliver Stephanie Peppler
Board Member	Bart Arnold Stephanie Peppler (as SPC Rep)

Sport Science Services

- U of S Varsity sport teams were offered limited in-kind services from the Council.
- In-kind services were valued at \$9750 based upon a formula of \$650/team x 15 teams.
- Huskie Athletics have allowed for services to be planned for on an August – July planning period. As a result, their planning period overlaps two different years of the Council. However, stats below are still reported on the calendar year.
- Council funding was “pooled” so that all service requests came through Huskie Athletics on a “first-come-first need” basis and reviewed by the IST. As a result, some sports may have accessed a larger number of services while others have not.
- Services the Council provided were in the areas of Nutrition & Mental Performance.

Reporting period is Jan-Dec, 2024 (Total \$ of services provided in 2024 =\$9,750)

Athletics	Mental Performance	\$1406.25
	Nutrition	\$2222.50
Soccer (W)	Mental Performance	\$915.00
	Nutrition	\$540.00
Volleyball (M)	Mental Performance	\$85.00
	Nutrition	\$127.50
Volleyball (W)	Mental Performance	\$536.25
	Nutrition	\$382.50
Wrestling	Mental Performance	\$1257.50
	Nutrition	\$1128.75
Basketball (M)	Nutrition	\$140.00
Basketball (W)	Nutrition	\$297.50
Hockey (M)	Nutrition	\$418.75
Hockey (W)	Nutrition	\$292.50

Respectfully Submitted,
Bart Arnold, Associate Professor
Dr. Dani Brittain, Dean

6. Chiropractors Association of Saskatchewan-Sport interest Group

The Chiropractors' Association of Saskatchewan-Sport Interest Group (CAS-SIG) had 29 active members in 2024 and 4 of them were active SMSCS Service Providers.

Event Coverage and Education

The CAS re-established the Chiropractors' Association of Saskatchewan – Sports Interest Group (CAS-SIG) in 2019. The first meeting of the CAS-SIG took place at the CAS Annual General Meeting in September 2019 in Saskatoon.

There will be many opportunities for event coverage moving forward, and members are encouraged to do so. Chiropractors were represented at the Saskatchewan Summer Games in Lloydminster this past summer. Several chiropractors help out with local sports teams ranging from recreational sports up to junior-level hockey and university sports.

Members are encouraged to use all tools available for personal education to support our athletes. Many “hands-on” seminars are being offered again, and it would be great to see members attending much like the one held in Regina this past September.

*Respectfully Submitted,
Ryan Debusschere B.Sc. DC FRCCSS(C)
Sports Specialist Chiropractor*

7. Canadian Sport Massage Therapist Association (CSMTA)- West Chapter

CSMTA-Sask Chapter Executive.

President: Vacant

Vice President: Vacant

Secretary: Al Bodnarchuk

CSMTA Rep: Lakyn Biberdorf

SMSCS – CSMTA Rep : Al Bodnarchuk

Monty Churchman - (West Region Co Rep CSMTA Liasson to HPAC (High Performance Advisory Council)

Organizational Development

The CSMTA has restructured its division of chapters into five chapters.

1. West Chapter: BC, Alberta, Sk. 2. Central Chapter: Man 3. Ont. 4. Quebec Chapter
5. Atlantic Chapter: NB, NS, PEI, NFL & Labrador

Event Coverage / International Games Involvement

As in the past, most of our members continue to work with different sports organizations. The following is a list of teams or events the CSMTA Sask. Chapter worked with in 2024.

- University of Saskatchewan Huskie teams: Tim, Al
- Saskatchewan Rattlers: Tim
- Athletics Canada competitions Gus, Al
- Valkyries Saskatoon Woman's Football team: Lakyn
- Local Sports Teams: Rhianna

International Teams: Gus(Belgrade, Serbia), Al(Paris, France)

Professional Development

The 2024 Sports Med Saturday was held in Regina and a few of our members were able to attend and Monty was part of the panel. We look forward the June 21st Sports Med Saturday in Saskatoon. Our group is looking at doing a PD day for our members in June of 2025.

I would like to thank all our members and the provider groups for their support and cooperation this year. Our group is very happy to be working with the other health care providers of the Sport Medicine and Science Council of Saskatchewan.

Thank you for your continued co-operation and support.

Respectfully submitted, Al Bodnarchuk-RMT, CSMTA(SF)

SUMMARY OF PROGRAMS & SERVICES

OVERVIEW

The Sport Medicine and Science Council of Saskatchewan (SMSCS) offers a unique service to Saskatchewan amateur sport by providing high quality evidence-based sport medicine and science services and programs. These programs and services are available to all levels and caliber of amateur athletes, coaches and officials throughout Saskatchewan with a specific priority on the Sask Sport membership.

This membership (clients) includes:

- Provincial Sport Organizations (65)
- Saskatchewan Games Council
- Indigenous Sport Enhancement Program (ie. North American Indigenous Games)
- Coaches Association of Saskatchewan
- Provincial Districts for Sport, Culture and Recreation (7)
- Saskatchewan High School Athletics Association
- University of Regina Athletic Teams
- University of Saskatchewan Athletic Teams
- Canadian Sport Centre Saskatchewan

Services and programs offered to these groups are mainly “free” via in-kind funding allocated to each group, or in some instances at a “subsidized cost” thus enabling all designated Sask Sport member’s affordable access.

Provincial Sport Organizations (PSO’s) receive the largest amount of service from the SMSCS depending on which tier (1-4) they fall into. The tier system was developed by Sask Sport Inc and the SMSCS based, in most part, on the PSO’s “excellence grade” determined by the sport’s most recent 4-year performance review conducted by Sask Sport Inc. During this process, the PSO’s are evaluated on certain important performance criteria established by Sask Sport Inc. The PSO’s are then put into a Tier from 1-4 based on their Sask Sport excellence grade, past SMSCS consulting service usage, and whether they are a Canada Games sport. PSO’s that are categorized as Tier 1 receive more in-kind (free) service than a sport categorized into a Tier 4.

Other clients noted above also receive some “free service”. The amounts are based on our annual budget and by using the Tier system as a reference.

Some other groups that utilize our services on a “fee for service” basis include schools, recreations boards, private business, and the general public.

The SMSCS Tier Service chart for 2024 was as follows:

TIER	ELIGIBILITY	SERVICES
PSO (Tier 1)	<p>*See notes below in regards to SMSCS services.</p> <p>*In addition to the SMSCS “service eligibility” may also be eligible for “enhanced services” through the CSCS (see CSCS eligibility above)</p>	<ul style="list-style-type: none"> ● \$4750 of “in-kind” service funding for Sport Science and Sport Medicine planning
PSO (Tier 2)	<p>*See notes below in regards to SMSCS services.</p> <p>*In addition to the SMSCS “service eligibility” may also be eligible for “enhanced services” through the CSCS (see CSCS eligibility above)</p>	<ul style="list-style-type: none"> ● \$3950 of “in-kind” service funding for Sport Science and Sport Medicine planning
PSO (Tier 3)	<p>*See notes below in regards to SMSCS services.</p>	<ul style="list-style-type: none"> ● \$3150 of “in-kind” service funding for Sport Science and Sport Medicine planning
PSO (Tier 4)	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> ● \$1200 of “in-kind” service funding for Sport Science and Sport Medicine planning
Saskatchewan High School Athletic Assoc Coaches Association of Sask Districts for Sport, Culture and Rec. Sask Games Council	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> ● \$1450 of “in-kind” service funding for Sport Science and Sport Medicine planning
UNIVERSITY TEAM & INDIVIDUAL (University)	<ul style="list-style-type: none"> ● Huskie athletes/teams ● Cougar/Rams athletes/teams <p>*See notes below in regards to SMSCS services.</p>	<ul style="list-style-type: none"> ● Each Saskatchewan University is allocated a specific dollar allocation, with each team receiving an equal amount of service. (currently \$650per University team per year) ● Requests must be made through the Coach or IST Lead.
SSI Indigenous Sport Enhancement Program	<ul style="list-style-type: none"> ● Sport Teams preparing for North American Indigenous Games ● Other Elite Teams attending Nationals 	<ul style="list-style-type: none"> ● \$3950 of “in-kind” service funding for Sport Science and Sport Medicine planning ● Other reasonable expenses (i.e.: travel) will also be provided on a case per case basis.
GRASS ROOTS aka “FEE-for-SERVICE”	<ul style="list-style-type: none"> ● Grassroots Athletes, Schools, Club Teams, Rec. Boards, Health Districts, Recreational Athletes, Non-Profits ● Corporate, Retail, and for-profit Businesses 	<ul style="list-style-type: none"> ● Cost of \$130/hr. (+GST) for Group/Team & Individual ● Consulting will be provided as per the SMSCS Policy.

All PROGRAMS AND SERVICES

2024 Summary/Highlights

Clients

- The SMSCS revamped and launched its application to incorporate the Safe Sport Policy
- IST Planner was contracted to work with 21 PSOs that received Enhanced Service Funding from the CSCS, to assist them in developing a holistic service plan.
- Worked with the Sask Sport Indigenous Sport Enhancement Program in offering services at 5 Camps throughout the province. The camps were called 'Futures' camps for Indigenous athletes aged 11-15 years and were held in La Ronge, Prince Albert, Saskatoon, North Battleford and Meadow Lake. The camps were targeting future athletes that may attend the North American Indigenous Games (NAIG)
- Sask Games Council - At the recommendation of Dale Pitura and the Sport Medicine Committee, the SMSCS Medical Coverage for Multi-Sport Guidelines manual had been discontinued due to each Games now having its own unique guideline document. SMSCS worked with the Medical Lead for the Host 2024 Sask Games to ensure SMSCS equipment and volunteers were available for the July Games.
- The PSO Medical/1st Aid Rules & Requirements document was finalized to guide staff for the Medical Coverage at Events Program
- The PSO concussion management protocol plan (CMPP) was updated.
- The Council hosted a province wide Concussion Education session in conjunction with Sask Sport for September's Concussion Week. Dr. Jordan Anderson presented to over 70 participants via Zoom.
- The Council updated and launch a new website

Consultants

- All Consultants and Service Providers were contacted to complete the Consultant Application paperwork which now also includes signing off on the Council's Safe Sport Policy.
- The "application process" for selecting Mission Staff for Team Sask Canada games was revised – Notice for applications were sent for Medical Liaison and Mental Performance Consultant on behalf of the SMSCS for Team Sask at the 2025 Canada Summer Games. The SMSCS will be represented by the following Consultants while at the Games. (Medical Liaison – Kelsi Hildeman, Sport Physiotherapist, Sport Dietitian – Heather Hynes, Mental Performance Consultants – Kyle MacDonald, week 1 & Lisa Hoffart, week 2).
- 3 New Sport Dietitians challenged the SMSCS Sport Nutrition Competency exam and passed.
- A Mental Health Strategy was developed and presented to the Board which allowed for the 'go-ahead' of developing a working committee.
- The EDIA Strategy was developed and presented to the Board.
- A Sport Med/Sci Saturday was held on October 19 in Regina.

- A Lunch & Learn Professional Development session for Sport Medicine & Science Members/Consultants as well as Coaches was offered in November.
- Increased Emphasis was placed on promoting the \$1,500 Member/Consultant Group Grant. Strength & Conditioning, Exercise Physiology and SATA utilized the grant in 2024.
- The SMSCS worked with SPC-SK Section in hosting 2 First Responder Sport and Health-Care Professionals courses which is an educational requirement to provide sport first aid and emergency services for our Medical Coverage of Events Program
- The Council requires all medical personnel that are part of the Medical Coverage of Events Program and who are providing emergency care, including immediate on-site assessment and management of injuries, to have current First Responder certification (FRc), or equivalent. The objective of this grant/subsidy program is to provide various levels of financial reimbursement based on hours/events covered over a specific period of time for medical personnel involved with the Medical Coverage of Events Program. We provided 3- First Responder Subsidy grants awarded (Total \$1213.00)

A. Sport Science

The Council offers the following **SPORT SCIENCE** programs and services:

1. Mental Performance

Workshops & consulting sessions are available in the areas of:

- Mental Performance Goals – this session will focus on goal setting, setting realistic short term & long-term goals, monitoring goals.
- Mental Performance Thinking Patterns - this session will focus on educating on Self-Talk and Negative thought.
- Mental Performance Stress and Relaxation – this session will focus on educating on stress, managing energy, and using coping strategies.
- Mental Performance Visualization – this session will focus on educating on how to use mental imagery & visualization effectively.
- Mental Performance Routines – this session will focus on educating on how to use routines & practices effectively.
- Mental Performance Ideal Performance State - this session will focus on educating on the factors and barriers in achieving one's IPS.
- Mental Performance Teams & Culture - this session will focus on educating on cohesion, trust, and team dynamics.

2. Sport Nutrition

Workshops & consulting sessions are available in the areas of:

- Optimal Sports Nutrition - Sport Nutrition workshop focusing on fuel requirements for sport performance (carbohydrates, proteins and fats), timing of intake (pre, during and recovery) and hydration planning.
- Protein Timing-this session focuses on the importance of optimal protein dosage, timing and type of dietary proteins. Education will be focused on maximizing the training response.
- Recovery snack preparation-this hands-on session will provide the participants with an opportunity to build the ideal recovery snack (based on their personal recovery

nutrition needs). * There would be an additional cost for food ingredients (*in-person only*)

- Training camp planning-this session will focus on the training camp schedule and ensuring that foods and fluids are organized to meet the energy needs for each athlete. The athletes in attendance will have an opportunity to plan out their training camp with optimal meals and snacks.
- Cooking for Performance- this session will provide the athletes with a hands-on cooking experience and will encourage them to learn new skills in the kitchen. Recipes will be provided. * There would be an additional cost for the food ingredients (*in-person only*)
- Competition planning-this session will focus on nutrition planning in the week leading into a competition, travel foods to pack, grocery list development and planning a competition day (in relation to competition schedule)
- Grocery Store Tours-this session can be done in a local grocery store (max. of 12 participants/tour) or it can be held on a virtual platform (Zoom). The tour will focus on label reading and making informed food choices that can support the training demands of the sport.
- Sport Supplements - A workshop educating about the risks, research and possible benefits of sport supplements, review of the 3rd party certification programs that exist regarding supplements (NSF Certified for Sport, Informed Sport, Informed Choice, etc.).

3. Strength & Conditioning

Workshops & consulting sessions are available in the areas of:

- Core strength
- Concepts in warm-up/cool-down
- Weight training
- Resistance training
- Foot speed & agility
- Plyometric training
- Exercise program design
- Supervised training
- Field physiological tests (eg. physical assessment, Léger, vertical jump, sit-ups)

4. Biomechanics

Services are available in:

- Technical Skill Analysis by looking at the muscular, joint, and skeletal actions while performing a given task.

Can be accomplished through:

- Qualitative research in order to understand a problem (i.e.: injury, skill flaw) and possibly develop potential quantitative research.
- Quantitative research in order to generate numerical data in order to use statistics (eg. angles, speed, distances, etc.)
- May use: (Video, GPS, Accelerometry, Motion Sensors, Force Plates, Gyroscopes, Radar)

5. Exercise Physiology

Services available in:

- Metabolic Conditioning: Training the Aerobic and Anaerobic Systems
- Physiological Program Planning & Design
- Physiological Testing-Lab
 - testing includes: Max VO₂, flexibility, lactate, lean body mass, fat mass, and capacities, aerobic/anaerobic power etc.
- Physiological Testing-Field
 - testing includes: leger, vertical jump, sit-ups, etc.)

B. Sport Medicine

The Council offers the following **SPORT MEDICINE** programs and services:

1. Sport Safety Program -

This program consists of two 7-hour workshops used primarily by:

- Sask Sport Inc. Sport Districts
- PSO's.

Sport Injury Prevention and Care (SIPaC) Workshop

- role of the sport first-aider
- liability concerns
- fitness & injury prevention (warm up, cool down, stretching, strength training, energy systems, and nutrition)
- facility checklist
- protective equipment
- sport 1st aid kit and supplies
- E.A.P.'s (emergency protocols, pre-season medical, medical history)
- medical kit
- life threatening injuries
- injury recognition
- common sport injuries – prevention and care

Sport Wrapping and Taping (SWaT) Workshop

- types of soft tissue injuries
- cycle and mechanism of injuries
- stages of healing
- assessing and return to sport guidelines
- knowing when to tape vs. not to tape
- types of tapes/wraps and their purpose
- practical hands-on taping and tensoring of:
 - ankle, wrist, thumb, finger and hip

2. Sport Medicine Education Sessions

Sessions are generally one hour in length and can be on one topic or a combination of many. Suggested topics include:

- Injury Prevention and Management Session – prevention and management of common and sport specific injuries (warm up/cool down, stretching, common injuries, 1st aid treatments, overuse, body part specific, how to prevent and deal with them)
- Self-Massage and the Athlete session
- Taping and Wrapping session (1 to 2 hrs.) – Individual one-on-one sessions

3. Concussion Education and Management Program

This program consists of two primary components:

Education: - Two separate one-hour education sessions are available:

- Athlete focused
- Coaches/parents/administrators focused

Concussion Plan and Policy Development: - Consulting with the development and review of sport organizations' Concussion Management Plans

The entire program is overseen by an 'on-going' Concussion Education "Working" Committee who is charged with fulfilling the following objectives:

- To develop the Council's Concussion Education and Management Program policies and procedures, including but not limited to:
 - The development, review, and updating of the SMSCS's concussion related educational/promotional resources.
 - Reviewing any/all new concussion education, policies, protocols, etc., that may come forward as a result of new research.
 - Recommendations on consultant requirements.
 - Recommendations on program development and initiatives.
- To recommend policy to the SMSCS's Sport Medicine and Sport Science Programs Committee for approval by our Board of Directors.

4. Initial Injury Assessments Program

This Program consists of personalized initial injury assessments that are administered through the SMSCS only:

- for specific high-performance athletes
- if the athlete does not have access/funding to their own/parents insurance program (i.e. benefits plan at work).
- If approved by the PSO in order to use part of their SMSCS annual in-kind funding to pay for the assessment.

It should be noted this program is only for an 'initial' assessment, not for continued treatment.

5. Sport First Aid Kits & Supplies

The SMSCS continued to provide the availability for clients to purchase sport first aid kits and supplies. Items for purchase are wide ranging including everything from tensors and tape to ointments and finger splints. Consultation on developing sport specific kits is also available.

6. Medical Coverage Program

The **Medical Coverage Program** is made up of three main components:

- Event Coverage Program - this program's main focus is to provide first aid services for provincial, western, Canadian and international events and teams. Priority is on events hosted by the Sask Sport Inc. membership (i.e. Hockey Sask, Ringette Saskatchewan, Sask Judo Associations, etc.)
- Equipment Rental and Loan Program
- Consultative Services – this service's focus is to provide guidance on the development of medical protocol plans (set-up, personnel and equipment requirements, MOU's, EAP's, etc.) to client groups.

Event Coverage Program - On a request basis we will make every attempt to assist PSO's with adequate and agreed-upon medical coverage for their athletes, teams, and host agencies during events. Program areas:

- medical personnel (consultants & service providers)
- medical equipment
- 1st aid supplies
- personal protective equipment (PPE)
- administrative services (scheduling, MOU, etc.)

The Medical Personnel (consultants and service providers) for this program come from the five SMSCS member groups. Each of these groups has a specialized sport medicine/therapy division/chapter that is a member of the SMSCS. Those that have obtained their sport designation are considered consultants and those that have not are classified as service providers. Only those that have obtained a 'first responder' certification (or equivalent) can provide actual 1st aid/emergency services).

Medical Equipment Loaner & Rental Program

Medical equipment and supplies are available for rent or loan on a first come-first serve basis. Some restrictions apply. See below for list:

- Trainers Kits
- Treatment Tables
- Spine Boards
- B-Splint Kits
- CASM Medisac's (physician trauma kit)
- Muscle Stimulator Units
- Tens Units
- Ultrasound Unit
- Interferential/Ultrasound Unit
- Metal Scoop Stretchers

- FMS Testing Kit
- Vertec Jump Stand
- Sit and Reach Tester
- AED

7. Medicine Resource Material

The SMSCS offers a variety of educational handouts:

- Sport First Aid Rules Regarding Blood and Other Body Fluids
- Concussion Action Plan Flowchart
- Ankle Wrapping
- SiPAC Course Manual
- SWaT Course Manual

GRASSROOTS PROGRAM

The purpose of this program is to establish a partnership with the seven Sask Sport Districts for Sport, Culture, and Recreation to provide introductory/basic sport medicine and science programming and services to grassroots and rural athletes and coaches across Saskatchewan.

The three areas of focus are:

- Sport Medicine and Science Educational Sessions directly to the Districts
- Allocation of Club service on request through the Districts
- Sask Games Preparations for the Districts

MAJOR MULTI-SPORT GAMES PROGRAMMING

No major Games occurred in 2024

CANADIAN SPORT CENTRE SASKATCHEWAN (CSCS)

The SMSCS continued its partnership and contract with the CSCS (operated by Sask Sport Inc.) to deliver sport medicine and science services as follows:

- To CSCS individual registered athletes
- To CSCS High Performance ‘Enhanced’ Sport Science and Sport Medicine Service Program identified Provincial Sport Governing Bodies (PSO’s)
- To CSCS National Training Groups funded by Own the Podium (OTP) and National Sport Organizations (NSO’s)

The SMSCS provides the following science and medicine services to Centre athletes:

- Administration of Services and Financial Management
- Sport Nutrition
- Exercise Physiology
- Strength and Conditioning
- Mental Training
- Biomechanical Analysis
- Fitness Testing/Athlete Monitoring
- Athlete Medical Reimbursement Program (*only Jan-Mar*)

2024 Summary/Highlights

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in April 2024 for one (1) year. The Council received approximately \$312,383 in grants and national funds (national fund amounts can vary significantly from year to year) for our fiscal year. These funds were used to provide services to targeted athletes and coaches in Saskatchewan. It should be noted that funds received based on the CSCS’s fiscal year (April-March) which is different from the Council’s fiscal year (January-December). This fact makes it difficult to compare the Council’s CSCS financial numbers from year to year as the CSCS’s funds are utilized over two different fiscal years of the Council’s. The specific areas of service are summarized below.

CSCS Individual Registered Athletes-Science Services - This program had a decrease in the individual sport science service hours compared to the previous few years (see chart below) . The reasoning for this was because the Centre implemented a change by providing regular training sessions at a few contracted training facilities. These services did not run through the Council and it was directly billed to the Canadian Sport Centre by the training facilities.

CSCS Individual Registered Athletes Sport Medicine Services - Athlete Medical Reimbursement Program - This program only ran from January-March since the Centre decided to go to an external medical insurance program known as the ‘Canadian Athlete Insurance Program (CAIP). As a results stats were only for the 3 months for the Council. (see chart below) .

Individual Athlete Service Usage -

CSCS	Science		Medical Reimburse
	Requests	Hours	Requests
<i>Year 2024</i>	68	392.25	55
<i>Year 2023</i>	90	713.25	81
<i>Year 2022</i>	90	607	72
<i>Year 2021</i>	70	479.75	51

<i>Year 2020</i>	77	415.75	58
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CSCS Own the Podium and Nationally Funded Provincial Training Groups/Athletes – The Council was actively involved in setting up services for nationally recognized athletes and training groups in Saskatchewan. In 2024, no funding was actually received from Sport Canada through the Own The Podium (OTP) Program or national sport organizations (NSO). However, services were provided to these athletes as regular Registered CSCS athletes.

CSCS and the Council's PSO Enhanced Sport Science and Sport Medicine Program – The main purpose of the enhanced sport science and sport medicine service program is to increase and support the holistic development of athletes in the identified sports. This will include development, implementation, monitoring and supervision of a comprehensive strength and conditioning program (core strength, weight training, stretching, etc.). However, services and education should occur in all areas as identified by the CSCS and SMSCS below:

- Nutrition
- Mental Performance
- Fitness Testing (eg. A pre activity physical assessment such as FMS or other sport related tests either through a University laboratory or consultant field testing)
- Sport Medicine (eg. sessions on injury care and prevention education, concussion education, self-massage education, sport injury prevention and care workshops, sport wrapping & taping workshops)
- Sleep & Performance
- Biomechanical Analysis (e.g., video & technical skill analysis)

This program is led by the network of consultants (experts) currently available to our sports through the Council. The increased service access comes with an increased accountability for the identified sports through the requirement of clearly outlined plans incorporating all the services mentioned above. The plan should include other important components including monitoring and key expected outcomes. In September, the CSCS and the SMSCS partnered together to start a “pilot project” to contract an Integrative Service Team (IST) Planner” to ensure ‘holistic’ service provision is occurring. Strength Conditioning consultant, Stephanie Mehlsen was contracted on a part-time contract to work with the PSOs.

Twenty-One (21) targeted PSO’s were approved for the additional funding in 2024.

The Council received approximately \$172,870 (yr 2023 =\$178,864 , yr 2022 =\$186,247) from the CSCS for this program in 2024. These funds are based on the CSCS’s fiscal year (April-March) which is different from the Council’s fiscal year (January-December). This fact makes it difficult to compare the Council’s CSCS financial numbers from year to year as the CSCS’s funds are utilized over two different fiscal years of the Council’s. This funding is in addition to the yearly SMSCS in-kind funding that is also provided to these PSO’s through the SMSCS budget. The Council and the CSCS combine funds to provide the PSO Enhanced Program. The targeted sports utilized approximately \$217,185 of combined CSCS funding + SMSCS funding in 2024. (yr 2023 =\$235,546, yr 2022 =\$221,171).

CSCS – Council Staff & Board Support Services -

The Council received \$34,289 in funding from the CSCS for staff services provided to the CSCS as summarized below.

The Council's administrative staff organize all requests for service and record and compile all service statistics. They also contribute to strategic and program planning for the CSCS. Travis Laycock participated in the Canadian Sport Centre Saskatchewan monthly staff meetings and ¼-year High Performance Coordinating Committee meetings until July, whereby Tyson Brinkworth had taken over participating in the Canadian Sport Centre Saskatchewan monthly meetings.

The SMSCS consulting staff are also involved nationally representing the SMSCS and CSCS with the following:

Nutrition Lead with Wrestling Canada Lutte (WCL) - On April 1st, 2024 Heather Hynes continued as the nutrition lead position with WCL. She provided individual and group support to senior national team athletes and coaches as well as providing individual and group education to NextGen athletes that are identified by their coaches or the NextGen coaches. Heather participated in IST virtual meetings a couple times per month.

High Performance Advisory Council (HPAC) - Performance Sciences Council-Nutrition (previously called-National Sport Science and Medicine Advisory Committee – Nutrition Working Group). Heather Hynes, Staff Dietitian represented the CSCS and SMSCS on this national committee. This HPAC nutrition working group is comprised of sport dietitians (RD) located at all the Canadian Sport Centre's and Institutes plus some additional consulting sport RDs (who are working directly with national team athletes) from across the country. The nutrition group has ongoing communications using the web platform Basecamp and discusses best practices, reviews latest research and works on a variety of projects.

Sport Scientist Canada Management Group. Formerly - Performance Sciences, Research and Innovation National Steering Group. Heather Hynes, Staff Dietitian represents the CSCS and SMSCS on this national steering group. This steering group includes representation from each Centre and Institute, Canadian Olympic Committee and the Canadian Paralympic Committee. The group reports/collaborates with Own The Podium. The goal of the group is to meet face to face 3 times per year to work on a variety of national initiatives.

ParaSport Working Group-Nutrition Representation – Heather Hynes sat on the ParaSport Working group which has a representative from each science and medicine discipline and they work together to provide education and support for other service providers and coaches working in ParaSport. They hosted monthly webinars to review key topics in high performance (HP) Parasport.

Sport Scientist Canada (SSC) High Performance Certification Reviewer – Heather Hynes, Staff Dietitian was a reviewer for the SSC High Performance Certification process for new members. She conducted reviews, as required, and also met with the other reviewers, usually once per month, to hear any program updates or to share any questions or concerns that we have come across during our interviews. (Note: Council was paid by the CSCS separately for these services)

Para Sport Nutrition Lead for Canadian Paralympic Committee (CPC). - Heather Hynes, Staff Dietitian continued a contract (April 1 to December 31st, 2024) with the CPC to help them plan nutrition support Major International Games. (Note: Council was paid by the CSCS separately for these services).

MARKETING, PROMOTION, COMMUNICATION, SPONSORSHIP AND FUNDRAISING

1. Sport Medicine and Science Council of Saskatchewan Legacy Fund

The Sport Medicine and Science Council of Saskatchewan Legacy Fund was established in 2015. This program was developed by Sask Sport Inc. to assist their member organizations in implementing a gift giving/fundraising campaign. The program encourages individuals who have benefited from sport or those who believe in the value of sport to give something back for current and future generations. Cash, monthly or annual contributions, gifts in kind or planned gifts are all eligible donations. A complementary “donor incentive program” has also been developed to assist Provincial Sport Organizations in attracting donors. Donor recognition and significant tax savings further add to the attractiveness of contributing to the Fund. The Council received its first donation in December 2015 from Dr. Jack and Cheryl Alexander. Dr. Jack Alexander is one of the founders of the Council and its first President. The fund receives interest payments each year on all donations. At the completion of 2024, the fund is holding \$18,805. The Board and Staff will be developing a Professional Development program whereby new Consultants can apply to receive some reimbursement on obtaining the specific Sport Medicine or Sport Science credentials that the SMSCS requires to be a consultant. The plan is to role out this program in 2025.

2. Web Page & Newsletter

- a. These two communication tools are used to promote our programs services to our members, consultants, service providers, athletes, coaches, sport districts, etc.
- b. Two separate Newsletters are published three times per year via email (constant contact). One is distributed exclusively to our clients, and another edition to our members and consultants.
- c. Advertisement revenue from the Newsletter and website was ended in 2020 due to the pandemic, and has not been undertaken again since then.
- d. The Council’s web address is **www.smscs.ca**. The website was revamped and launched in December 2024. The website provides information on our organization and promotes our programs and services, as well as providing some limited educational resource information. It also lists all of the SMSCS’s Consultants.

3. Promotional Brochure/Hand-Out

The Council continues to utilize a 1-page (two sided) hand-out that outlines our programs and services. Additional promotion brochures were developed and circulated in 2024 in regards to Medical Coverage as well as First Aid Supply Sales.

4. Other

- a) On a request basis the SMSCS will attend events with our promotional display or provide informational handouts to clients to promote the Council and our many

programs and services. The Council applied for the Jeux Canada Games Grant in November 2024 with the hopes of receiving some funding so that the Council can update the promotional displays in 2025. The Council will find out in 2025 on the success of the application.

- b) The Council staff is currently determining the value of social media (eg. Twitter, Facebook, Instagram, YouTube etc.) as it relates to the Council and our marketing and promotional program.

CAPACITY AND INTERACTION (Organizational and Professional Development and Volunteer Recognition)

1. Volunteer Recognition – STILL PENDING and will know by end of 2025

Dr. Marlys Misfeldt, Saskatchewan Sports Hall of Fame Nomination – Sport Medicine Builder

In 2020, the Council completed the application process to nominate Dr. Marlys Misfeldt (SASM member and a Past President) as a builder in sport medicine and submitted it to the Saskatchewan Sports Hall of Fame. The application review and approval process has been backlogged since the pandemic).

Highlights of her service with the Council is as follows:

- Saskatchewan Academy of Sports Medicine Rep./Vice-President for 4 years (1992-1993 and 2008-2009)
- President for 12 years (1994-2002 & 2010-2012)
- Past President for 6 years
- Instrumental in the amalgamation of the Sport Medicine Council of Saskatchewan and the University of Saskatchewan-Sport Science Program back in 2000
- Council Representative to the Canadian Sport Centre Saskatchewan Management Committee
- Chairperson, Provincial Drug Education Advisory Committee
- Oversaw the development of our award-winning Body Image Video
- Member of the Sport Medicine Programs Committee

Marlys is the longest serving Board member in the Council's history. From 1991 – 2014 she served on the Board in some capacity in all but 2 years. Her leadership and vision are responsible for the development of many of our programs, policies and procedures.

2. Membership

The Council membership totaled 242. In 2023 it was (241). The breakdown was as follows: Sport Physicians (SASM) = 23; Sport Physiotherapists (SPC-Sask) = 78; Athletic Therapists (SATA) = 27; University of Regina, Faculty of Kinesiology & Health = 36; University of Saskatchewan, College of Kinesiology = 41; Chiropractors Assoc of Sask-Sport Interest Group = 30 and Sport Massage Therapists (CSMTA) = 7.

3. Professional Development Program

The overall program goal is to provide a wide variety of multi-disciplinary professional development opportunities for active consultants, service providers, and members of the Council. These opportunities are divided in three service/programming streams:

Stream #1 - Member and Consultant Multidisciplinary Conferences

- Sport Med/Sci Saturday - The SMSCS organized and hosted a very successful event on Saturday, October 26 in Regina.

Stream #2 - Member Provider Group or Consultant Group Educational Upgrading - \$1,500/yr.

- SATA – hosted an in-house educational session (with Zoom availability for those that could not attend) with a guest speaker.
- Exercise Physiology & Strength Conditioning – partnered in hosting a multi-discipline conference in conjunction with the NSCA Saskatchewan Chapter.

Stream #3 - Other SMSCS Hosted/Subsidized or Partnered Events

- SPC Sport First Responder Courses – The SMSCS assisted Sport physio in hosting 2 weekend courses in the province
- Sport Taping Refresher – The SMSCS organized a Taping Refresher for interested Members
- Concussion Awareness Week – The Council hosted a province wide Concussion Education session in conjunction with Sask Sport for September's Concussion Week. Dr. Jordan Anderson presented to over 70 participants via Zoom.
- A quarterly evening Professional Development session for Sport Medicine & Science Members/Consultants as well as Coaches was offered in November on the topic of RED's
- First Responder Subsidy Grants – The Council awarded 3 grants for Members who met the guidelines of the subsidy program.

4. Organizational Development Committee & Strategic and Long-Range Planning

The Council completed the 3rd year of our current three-year strategic plan (2022-2024) in 2024. The top priorities for the next plan (2025-2027) are listed below:

- undertake staff succession planning
- review of the strength and conditioning program
- enhanced consultant development
- develop position statement on Council's role in mental health
- provide more service/education to grassroots athletes and coaches
- provide more education to coaches and officials
- should explore enhancing relationships with universities
- consider exploring alternate revenue streams
- enhance communication, promotion and sponsorship
- determine our role in fee-for-service

The board and staff will be looking at possibly hosting a Facilitator led planning retreat in 2025 whereby key stakeholders, staff and Board members can plan out the direction of the Council for the future.

2024 “SERVICE” STATISTICAL SUMMARY and COMPARISON

The following table provides a summary of the **Total number of requests provided for each service area with the amount of contact hours** for each service.

	2024		2023		2022		2021		2020	
	Contact Hrs.	Contact Hrs.	Contact Hrs.	Contact Hrs.	Contact Hrs.	Contact Hrs.	Contact Hrs.	Contact Hrs.	Contact Hrs.	Contact Hrs.
SM - SWaT (Sport Taping) workshops (7-hr)	5	19	8	56	7	49	1	7	2	14
SM - SIPAC (Sport 1st Aid) workshop (7-hr)	0	0	4	28	4	28	4	28	0	0
SM - Injury Assessments/Prevention consults	1	0.5	1	1	0	0	3	3	0	0
SM - Injury Prevention & Management Sessions	6	6	25	29.75	34	34	18	22.5	5	5.5
SM - Drug Education Workshops/Sessions	*	*	*	*	*	*	2	2.5	4	6
SM - Concussion Education Sessions	6	7	9	10	13	13	20	20	10	11
SM - Concussion Plan Reviews	0	0	0	0	1	1	3	3.75	2	2.5
SM - Self Massage and the Athlete sessions	7	8	15	15.25	23	23	13	13	*	*
SM - Referrals	0	0	1	*	3	*	*	*	*	*
SS – Nutrition	179	254.75	182	289	176	259.25	148	263.25	130	195.75
SS - Mental Training	176	397	184	429	274	611.75	225	467.75	224	529.5
SS – Strength (EP included in 2019-2022)	120	2023.25	134	2118.5	169	2134.5	144	1937.5	135	2024.75
SS – Exercise Physiology	4	3.75	5	21.75	*	*	*	*	*	*
SS – Biomechanics	9	101.75	1	23	3	7	0	0	3	19.75
SS - Referrals	1	*	5	*	3	*	*	*	*	*
Sleep and Performance sessions	17	19	9	9.25	21	21	19	19	17	17.75
OTH (SM) - Event Coverage – Medical Personnel	36	849.5	28	814.75	31	517.5	10	88	3	35.5
OTH (SM) - Event Coverage – Medical Personnel (referral)	0	*	1	*	6	*	5	*	*	*
OTH (SM) - 1 st Aid Supplies & Kit Sales	57	*	77	*	71	*	46	*	37	*
OTH (SM) - Equipment Rental & Loans requests	25	*	22	*	33	*	23	*	5	*
OTH (SS) - Fitness Testing	4	*	0	*	8	*	2	*	0	*
OTH - Insurance Reimbursement Program CSCS	55	*	81	*	72	*	51	*	58	*
OTH - Resource Material	0	0	5		2	*	1	*	0	*
OTH - Display	0	*	1	*	0	*	0	*	0	*
TOTAL	708	3689.5	797	3845.25	954	3699	738	2875.25	635	2862

2024 “PSO’s” vs “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

PSGB (Sask Sport's 65 provincial sport bodies)									
Consulting Services									Other
Science		Medicine		Sleep		Med. Cov. (SMSCS)			
requests	hours	requests	hours	requests	hours	requests	hours	requests	
2024 (Jan-Dec)	286	2045.75	21	29.8	16	18	27	759.25	46
2023 (Jan-Dec)	314	1923	57	112	9	9.25	27	809.25	67
2022 (Jan-Dec)	427	2111.5	70	106.25	20	20	25	422	80
2021 (Jan-Dec)	357	1802.75	63	98.75	16	16	5	72.5	25
2020 (Jan-Dec)	341	2021	21	31	16	16.25	0	0	3

NON - PSGB (Fee for Service, CSCS, SHSAA, SGC, Univ, Businesses, SRC Districts, Other etc.)									
Consulting Services									Other
Science		Medicine		Sleep		Med. Cov. (SMSCS)			
requests	hours	requests	hours	requests	hours	requests	hours	requests	
2024 (Jan-Dec)	202	734.75	4	11	1	1	9	90.5	96
2023 (Jan-Dec)	192	958.25	6	28	0	0	1	5.5	119
2022 (Jan-Dec)	195	901	12	41.75	1	1	14	95.5	118
2021 (Jan-Dec)	160	865.75	1	1	3	3	5	13.5	103
2020 (Jan-Dec)	151	748.75	2	8	1	1.5	3	35.5	97

Science = (S&C, Nut, Mt, Bio, ExPhy)

Medicine = (Injury Prevent, SWaT, SIPaC, Conc Ed., Self-Mass educ

Other = (sales, equip. rent/loan, testing, etc