



# 2025 *Annual Report*

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

Funding provided by:



**SASK LOTTERIES**

## Contents

INTRODUCTION .....	4
MEMBERSHIP .....	5
BOARD OF DIRECTORS.....	7
STAFF AND CONSULTANTS .....	9
PRESIDENT AND EXECUTIVE DIRECTOR’S ANNUAL REPORT .....	10
MEMBER’S ANNUAL REPORTS.....	13
1. Saskatchewan Academy of Sports Medicine .....	13
Saskatchewan Academy of Sports Medicine .....	13
2. Sport Physiotherapy Canada – Saskatchewan Division (SPC-Sask).....	14
3. Saskatchewan Athletic Therapists Association (SATA).....	16
4. University of Regina, Faculty of Kinesiology and Health Studies .....	17
5. University of Saskatchewan, College of Kinesiology.....	19
6. Sports Chiropractic Annual Report.....	21
7. Canadian Sport Massage Therapist Association (CSMTA)- West Chapter .....	23
SUMMARY OF PROGRAMS & SERVICES .....	24
OVERVIEW.....	24
All PROGRAMS AND SERVICES OR RELATED POLICY .....	26
A. Sport Science .....	27
B. Sport Medicine.....	29
GRASSROOTS DEVELOPMENTAL TEAM/ATHLETE PROGRAMMING .....	31
MAJOR MULTI-SPORT GAMES PROGRAMMING .....	32
CANADIAN SPORT CENTRE SASKATCHEWAN (CSCS) .....	32
MARKETING, PROMOTION, COMMUNICATION, SPONSORSHIP AND FUNDRAISING .....	35
CAPACITY AND INTERACTION (Organizational and Professional Development and Volunteer Recognition) .....	36
2025 “SERVICE” STATISTICAL SUMMARY and COMPARISON .....	38
2025 “PSO’s” vs “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON .....	39



# INTRODUCTION

The Sport Medicine and Science Council of Saskatchewan is pleased to present this report for the period of January 1 – December 31, 2025. 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 2025 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 2025/2026 fiscal year were as follows:

- Dr. Martin Heroux, President (Saskatchewan Academy of Sports Medicine Representative)
- Stephanie Pepler, Vice President (Sport Physiotherapy Canada - Sask Section Representative)
- Bart Arnold, Secretary/Treasurer (University of Saskatchewan, College of Kinesiology Representative)
- Daysha Shuya, Past President
- Dr. Amanda Kleisinger, Saskatchewan Academy of Sports Medicine Representative
- Kelsi Hilderman, Sport Physiotherapy Canada - Sask Section Representative
- Brooke Schaeffer, Saskatchewan Athletic Therapists Association Representative
- Barclay Dahlstrom, University of Regina, Faculty of Kinesiology & Health Studies Representative
- Thomas Hamilton, Director-at-Large
- Dr. Ryan Flett, Director-at-Large

In 2025, 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 2025 the committee members included;

- Dr. Martin Heroux, President (Saskatchewan Academy of Sports Medicine Representative)
- Stephanie Pepler, Vice President (Sport Physiotherapy Canada - Sask Section Representative)
- Bart Arnold, Secretary/Treasurer (University of Saskatchewan, College of Kinesiology Representative)
- Daysha Shuya, Past President
- 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 2025, committee members included; Barclay Dahlstrom, University of Regina, Faculty of Kinesiology and Health Studies; Bart Arnold, University of Saskatchewan, College of Kinesiology; Dr. Ryan Flett, Director-at-Large; Thomas Hamilton, Director-at-Large; Heather Hynes, Staff Dietitian; Travis Laycock, 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 2025, committee members included; Stephanie Pepler- Sport Physiotherapy Canada-Sask Section, Dr. Marty Heroux- Saskatchewan Academy of Sports Medicine; Brooke Schaeffer- Saskatchewan Athletic Therapists Association; Al Bodnarchuk- Canadian Sport Massage Therapists Association West 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 2025 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 2025 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 2025, the Committee was expanded to include the entire Board since the Council started a Strategic Planning Process for the future.

### **Marketing (Communications, Promotion and Sponsorship) Committee**

This Committee is charged with providing advice to the Board regarding promotion, sponsorship and communication issues. In 2025, 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 2025 committee members included; Chairperson-Daysya Shuya, Past President; and Travis Laycock, 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 2025, committee members include Chairperson-Marty Heroux, President, and Travis Laycock, Staff.

# STAFF AND CONSULTANTS

The 2025 day-to-day operations of the Council were the responsibility of the following staff:

- Travis Laycock, Executive Director
- Heather Hynes, Sport Dietitian Consultant
- Tyson Brinkworth, Programs Coordinator
- Stacey Silzer, Program Coordinator
- Krista Seto, Administrative Coordinator

The Council also had a part-time contracted IST Coordinator, Stephanie Mehlsen.

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

After a transition year throughout 2024, the Council had a successful year of consistent staffing and programming throughout 2025. The Council continued to offer its educational programs in person as well as virtually and its medical coverage program was busy as in past years. A renewed focus on Policy revisions, Consultant Development, Strategic Planning and Mental Wellness Programming were primary goals throughout the year.

## Programs and Services

From a service perspective, we received 900 requests for our sport science and sport medicine services. These requests resulted in 3579.25 contact hours (see statistics for further details) which were slightly lower than in 2024. 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 163, 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 2025. 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 2025, the Council received approximately \$300,939 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 agreement 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 Council offered quarterly evening PD sessions to consultants and members and hosted a Mental Health First Aid Course for the first time.

### **Strategic Planning**

The Council hosted a facilitated Strategic Planning session to discuss the future direction of the Council. In late 2025, the Board approved a new Strategic Plan that will start in April 2026 and go until December 2029.

### **Financial**

From a financial perspective, the Council had overall revenue of \$1,134,082 with expenses of \$1,055,594 resulting in an unexpected surplus. The Council's overall fiscal year would be considered a success even though a larger surplus occurred (see the 2025 audited statements for further details).

The financial situation for 2025 and beyond may be challenging since the Council continues to require significant resources (financial and human) in order to operate efficiently and is

also targeting a substantial amount of money on future strategic initiatives from the new strategic plan. It should be noted that 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 2025. 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 COVID. 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 increased slightly to approximately 30 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.

Several retired physicians were recognized as honorary SASM members in 2025. These physicians include Drs. Warren Dufour, Marlys Misfeldt, Paul Taillon and Rizqi Ibrahim.

### Executive

The Executive for 2025 was as follows:

- Dr. Marty Heroux - President
- Vice-President - Vacant
- Marty Heroux and Dr. Amanda Kleisinger were the representatives to the SMSCS
- Cary Brunett remains the administrator.
- Scott Jule has been hired as Director of Member Affairs

### Contributions to the SMSCS

The following are the service areas SASM was involved in in 2025

- 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. Omar Elgazzar in June 2025. He has started a practice in Winnipeg, MB. Dr. Alynne Edmondson 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 2025.
- 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 the Spring of 2026

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

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

2025 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	Nicole Ostertag
Student Representative - 2nd year	Jaden Gaja

CPA renewal occurs yearly in November. In 2025, 24 consultants did event coverage for the council and of that 17 of them were SPC-SK members. We also had 5 members who delivered courses on behalf of SMSCS.

Consultant and Service Providers Service Summary:

- The number of SPC-Sask members who were SMSCS members = 39 (2024 = 58)
- The number of SPC-Sask members who are SMSCS consultants = 20 (2024 = 21)
- The number of SPC-Sask members who are SMSCS service providers = 24 (2024 = 25)
- The number of consultants (physiotherapists) actively involved in providing SMSCS service in 2025 = 12 (2024=17)

Services provided:

- concussion education and planning - 2 sessions
- injury prevention education - 5 sessions
- Sport Injury Prevention and Care workshop – 1 session
- Sport Wrapping and Taping workshop – 6 sessions
- Self-Massage and the Athlete Education - 0 session
- Sport Taping Upgrade/In-service - 1 session

SPC-SK and the SMSCS have maintained a strong collaborative partnership throughout this year, working together on several key initiatives that advance sport physiotherapy in our province.

### Chris and Lindsay Facca Memorial Award

The administration of the Chris and Lindsay Facca Memorial Award has been successfully transferred to the SMSCS. Originally established by SPC-SK, this award continues to honor the legacy of Chris and Lindsay Facca while providing vital financial support to our credentialed members. We are grateful to the SMSCS for graciously taking on this responsibility and ensuring the award's continuation.

## **Student Mentorship Program**

We have established a formal mentorship program with the SMSCS that allows Master of Physical Therapy (MPT) students and residents to shadow experienced physiotherapists providing sideline event coverage during SMSCS covered events. This initiative supports the next generation of Sport Physiotherapists by providing early exposure to the Sport Medicine Consultant Program and encourages membership upon licensure.

## **Sport Legacy Program**

We are encouraged by the SMSCS's development of the Sport Legacy Program, which will provide funding to reimburse fees associated with obtaining national-level sport credentials. Sport physiotherapy examinations and credentialing processes represent a significant financial burden for many professionals. The Council's commitment to prioritizing accessibility to credentialing will better position us to serve Saskatchewan athletes.

This year marked significant administrative progress for SPC-SK. After facing persistent challenges retrieving updated membership lists from the national office, we received what appears to be our first complete and current membership list from SPC National. This has had a positive impact on our ability to communicate with members, promote events effectively, and coordinate with the SMSCS on shared initiatives.

Additionally, our membership fee structure with the SMSCS has been streamlined to a flat annual fee of \$50, replacing the previous per-member model. This change has simplified administration, reduced operating costs, and allowed us to reinvest resources in member support and programming.

SPC-SK continues its partnership with the Canadian Red Cross to deliver Sport First Responder courses throughout Saskatchewan. In 2025, two courses were successfully held:

- **January 2025** – Regina (9 attendees)
- **November 2025** – Saskatoon (11 attendees)

Both courses were hosted at SMSCS facilities and instructed by Rhonda Shishkin. With maximum capacity set at 12 attendees, both courses were well attended. We are grateful for the SMSCS's support in hosting these courses and promoting them to their membership.

Looking ahead, Saskatchewan will continue offering two courses annually. The first 2026 course is scheduled for March in Regina, with a second course planned for late fall in Saskatoon.

We are grateful for the SMSCS's ongoing support and partnership. Together, we continue to strengthen Saskatchewan's sports medicine community and remain committed to serving our province's athletes and sport organizations.

Respectfully submitted,

Stephanie Peppler 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**

The SATA ran a professional development session that took place in 2025. We were pleased to announce a MET course that took place in May in Regina.

We currently have 21 active SATA members in 2025 and was 32 in 2024

About a 50% decrease from last year

16 of these members are CATA members and not 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.

Member Brooke Schaeffer represented the SATA membership on the SMSCS Board of Directors

#### **Meetings**

The SATA AGM was held on May 26, 2025 over zoom.

New Board members are (still the same): 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 created a new website that explains more about who the SATA is, the award we offer and who Certified Athletic Therapists are. RadHouse Design

Talked about lowering fees to \$99-100 since we are a smaller membership

Respectfully submitted,  
Brooke Schaeffer SATA Treasurer

## 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.

The SMSCS funding to the AHPi 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 for a total of \$9100 from the SMSCS. However, due to planning cycle (Aug-July) overlaps with the SMSCS fiscal year (Jan-Dec), the amount of in-kind service provided by the SMSCS was actually in excess of \$11,200. 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:

Biomechanics:	Dr. John Barden
Strength/Conditioning:	Jon Silbernagel, Thomas Bresciani
Council Board:	Barclay Dahlstrom

### 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.

U of R 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.

Reporting period is Jan-Dec, 2025

Total \$ of services provided in 2025: \*\*\$11,289.12

Breakdown by Sport:

Volleyball (1 team)	Nutrition	\$582.50
Hockey (2 teams)	Strength & Conditioning	\$8775.00
	Nutrition	\$867.50
	Mental Performance	\$66.62
Soccer (1 team)	Nutrition	\$997.50
Basketball (2 teams)		***
Football (1 team)		***
Track & Field (2 teams)		***
Track & Field (XC) (2 teams)		***
Golf (1 team)		***
Swimming (2 teams)		***
Curling (1 team)		***

\*\*specific breakdown of Strength & Conditioning from January-December 2025 not available.

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

- Hockey (M)- 22 hours
- Hockey (W)- 24 hours
- Basketball (M)- 42 hours
- Soccer- 2.5 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. However, due to planning cycle (Aug-July) overlapping with the SMSCS fiscal year (Jan-Dec), the amount of service provided was actually in excess of \$11,700. 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, 2025 (Total \$ of services provided in 2025 =\*\*\$11,724.13)

Track & Field/TFCC	Mental Performance	\$565.00
	Nutrition	\$1386.25
Soccer (W)	Nutrition	\$461.25
Soccer (M)	Nutrition	\$130.00
Volleyball (M)	Nutrition	\$790.00
Volleyball (W)	Nutrition	\$428.75
Wrestling	Mental Performance	\$612.50
	Nutrition	\$1981.25
Basketball (M)	Nutrition	\$668.75
Basketball (W)	Nutrition	\$438.75
Hockey (M)	Nutrition	\$513.75
Hockey (W)	Mental Performance	\$520.00
	Nutrition	\$607.25
Football	Mental Performance	\$780.00
	Nutrition	\$170.00

Provided to multi sport	Injury Prevention	\$382.50
	Nutrition	\$483.75
	Strength & Conditioning	\$804.38

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

## **6. Sports Chiropractic Annual Report**

(Reporting Period: January 1 – December 31, 2025)

Submitted by:

Ryan Debusschere, B.Sc., DC, FRCCSS(C)

Sports Specialist Chiropractor

Sports Chiropractic Chair, SMSCS

### **Overview**

In 2025, sports chiropractic continued to play an important and collaborative role within the Sport Medicine and Science Council of Saskatchewan (SMSCS). As Sports Chiropractic Chair, my role focused on representing chiropractors within the interdisciplinary sport medicine model, supporting Council programming, and contributing to governance and professional development initiatives.

Chiropractors working within the SMSCS framework continue to support athletes across the performance spectrum, from grassroots and youth sport to university, junior, and provincial-level athletes. Emphasis remains on evidence-informed care, interprofessional collaboration, and alignment with SMSCS policies and Safe Sport principles.

### **Committee and Governance Involvement**

In 2025, I represented the Chiropractors Association of Saskatchewan – Sport Interest Group (CAS-SIG) in the following capacities:

- Member, Sport Medicine Programs Committee
- Member, Professional Development Committee
- Liaison and advocate for chiropractic integration within SMSCS sport medicine services

Through committee work, sports chiropractic contributed to discussions and planning related to sport medicine service delivery, event medical coverage standards, professional development programming, and interdisciplinary collaboration within integrated support teams (ISTs).

### **Service Delivery and Event Involvement**

Chiropractors affiliated with SMSCS continued to contribute to athlete care and event coverage throughout the province. In 2025:

- 37 chiropractors were members of the CAS-Sport Interest Group
- 2 chiropractors were active SMSCS service providers
- Chiropractors participated in event coverage and athlete support at local, regional, and provincial sport events
- Several chiropractors provided ongoing support to local club teams, junior-level hockey programs, and university athletes in collaboration with other SMSCS providers

Sports chiropractic services focused on injury assessment and management, injury prevention strategies, return-to-play decision support, and education for athletes and coaches regarding load management and resilience.

Education and Professional Development

Professional development remained a priority in 2025. Chiropractors were encouraged to pursue ongoing education aligned with sport-specific and evidence-based practice. Highlights included:

- Participation in Sport Med / Sport Sci Saturday hosted by SMSCS
- Engagement in hands-on, sport-focused continuing education opportunities within Saskatchewan
- Ongoing promotion of interdisciplinary learning and collaboration alongside physiotherapy, athletic therapy, sport medicine physicians, and other disciplines

Continued emphasis was placed on maintaining advanced sport credentials and aligning clinical practice with current best evidence.

### **Collaboration and Future Direction**

Sports chiropractic remains committed to strengthening its role within the SMSCS interdisciplinary model. Priorities moving forward include increasing chiropractor participation in SMSCS service delivery and event coverage, continued engagement in professional development and Safe Sport initiatives, supporting integrated, athlete-centred care, and enhancing visibility of sports chiropractic within high-performance and developmental sport environments.

### **Closing**

Sports chiropractic continues to be a valued contributor to the Sport Medicine and Science Council of Saskatchewan. I would like to thank the SMSCS Board, staff, committee members, and fellow service providers for their continued collaboration and commitment to athlete health and performance across the province.

Respectfully submitted,

Ryan Debusschere, B.Sc., DC, FRCCSS(C)  
Sports Specialist Chiropractor  
Sports Chiropractic Chair, SMSCS

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

### CSMTA-Sask Chapter Executive.

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

CSMTA has 7 SMSCS members. Two of these members are also Consultants & Service Providers for SMSCS.

### 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 2025.

- University of Saskatchewan Huskie teams: Tim, Al
- Saskatchewan Rattlers: Tim
- Regina Thunder Football: Gus
- Saskatoon Hilltops Football team: Lakyn
- Men's Gymnastics in Saskatoon: Lakyn
- Grand Slam of Curling (Saskatoon): Tim, Al

### International Teams:

Gus : Athletics Canada- Chila Vista (Botswana, Glasgow pending 2026)

Al: Athletics Canada- NACAC Freeport Bahamas (Poland, Stuttgart pending 2026)

Monty : CSMTA- FISU Rhine-Ruhr Germany (Glasgow pending 2026)

### Professional Development

Our group held a PD day for our members in June of 2025. Rhonda S. presented on Kinesio Taping and Heather H. presented on Hydration and Performance. Thank you to the SMSCS for allowing this day to occur. Thank you for your support.

A few of our members attended the Canadian Massage Conference in Saskatoon in September.

Monty taught a massage course in Melbourne, Australia in 2025

In 2026 we will be holding an Advanced Sport Massage Course in Saskatoon May 2-3. More information to come. All therapists are welcome.

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, clubs, private business, and the general public.

The SMSCS Tier Service chart for 2025 was as follows:

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

## **All PROGRAMS AND SERVICES OR RELATED POLICY**

### 2025 Summary/Highlights

#### **Clients**

- Signed a new Canadian Sport Centre service agreement
- IST Planner was contracted to work with PSOs that received Enhanced Service Funding from the CSCS, to assist them in developing a holistic service plan.
- The Council sent a Medical Liaison and Mental Performance Consultants on behalf of the SMSCS for Team Sask at the 2025 Canada Summer Games. The SMSCS was represented by; (Medical Liaison – Kelsi Hildeman, Sport Physiotherapist, Sport Dietitian – Heather Hynes, Mental Performance Consultants – Kyle MacDonald, week 1 & Lisa Hoffart, week 2).
- The Council hosted a province wide Concussion Education session in conjunction with Sask Sport for September's Concussion Week. Sport Physio Therapist, Kelsi Hildeman presented to over 70 participants via Zoom.

#### **Consultants/Members**

- Evening Professional Development sessions for Sport Medicine & Science Members/Consultants as well as Coaches were offered 3 times
- Continued Emphasis was placed on promoting the \$1,500 Member/Consultant Group Grant. CSMTA-West accessed the grant in 2025.
- 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 SMSCS continued to offer the First Responder Subsidy grant which reimburses the cost to those that also provide Event Coverage on behalf of the Council.
- The Council presented its Mental Wellness & Performance Presentation to Members and Consultants
- The Sport Legacy Policy was finalized which offers reimbursement of cost for consultants that achieve the required necessary professional sport credentials
- The Facca Bursary was finalized and awarded to a Sport Physiotherapist who successfully achieved the necessary advanced sport credentials for the profession
- The Council launched the SPC Mentorship Shadowing Program which offers mentorship opportunities to physio students or recent graduates,
- The Council Hosted a Mental Health First Aid Course
- Conducted a Strength Conditioning certification review and updated the necessary credentials required to become an S&C Consultant for new applicants

#### **Policy**

- Developed and finalized an Executive Director Succession Plan
- Organized a facilitated Strategic Planning Day and finalized the plan for 2026-2029
- The Articles of Incorporation & Bylaws were updated
- The Board Policy Manual was updated
- The Programs & Service Policy Manual was updated
- The Staff Policy Manual was updated

## **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 3<sup>rd</sup> 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 VO<sub>2</sub>, 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 1<sup>st</sup> 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, 1<sup>st</sup> 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

#### **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 sensors 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
- 1<sup>st</sup> 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 1<sup>st</sup> 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 DEVELOPMENTAL TEAM/ATHLETE PROGRAMMING**

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**

The Council sent a Medical Liaison and Mental Performance Consultants on behalf of the SMSCS for Team Sask at the 2025 Canada Summer Games that were held in St. Johns, NFLD & Labrador. The SMSCS was represented by; (Medical Liaison – Kelsi Hildeman, Sport Physiotherapist, Sport Dietitian – Heather Hynes, Mental Performance Consultants – Kyle MacDonald, week 1 & Lisa Hoffart, week 2).

## **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

### 2025 Summary/Highlights

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in April 2025 for one (1) year. The Council received approximately \$300,939 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 increase in the individual sport science service hours compared to the previous few years (see chart below).

It should be noted that the Council is no longer manages the Medical Reimbursement program on behalf of the Centre.

*Individual Athlete Service Usage -*

CSCS	Science		Medical Reimburse
	Requests	Hours	Requests
<b>Year 2025</b>	86	596.75	0
<b>Year 2024</b>	75	392.25	55
<b>Year 2023</b>	90	713.25	81
<b>Year 2022</b>	90	607	72
<b>Year 2021</b>	70	479.75	51
<b>Year 2020</b>	77	415.75	58

***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 2025, 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. The CSCS and the SMSCS partnered together 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 (25) targeted PSO's were approved for the additional funding in 2025.

The Council received approximately \$160,624 from the CSCS for this program in 2025. 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.

#### *CSCS – Council Staff & Board Support Services -*

The Council received approximately \$40,000 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. Tyson Brinkworth participated in the Canadian Sport Centre Saskatchewan monthly staff meetings and Stephanie Mehlsen attends 1/4-year High Performance Coordinating Committee meetings.

The SMSCS consulting staff are also involved nationally representing the SMSCS and CSCS and received approximately \$15,750 for the following:

*Nutrition Lead with Wrestling Canada Lutte (WCL) -* 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. (Note: Council was paid by the CSCS separately for these services).

*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 collaborate 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 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 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 2025, the fund is holding \$19,767. The Board and Staff finalized 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.

## **2. Web Page, Newsletter & Social Media**

- a. These 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. The Council's web address is **smscs.ca** The website was revamped and 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 and is mainly for our clientele.
- d. The Council's Instagram is **sportmedscisk** and promotes ongoing programs specific to out Consultants and Members. This may include PD opportunities, bursaries, grants and other happenings within the Council.

## **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 are also used in regards to Medical Coverage as well as First Aid Supply Sales.

## **4. Other**

- a) The Council staff is currently determining the value of other social media (eg. TikTok, X, Facebook, 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 in early 2026**

#### **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 in 2025 totaled 198. In 2024 it was 242. The breakdown was as follows: Sport Physicians (SASM) = 16; Sport Physiotherapists (SPC-Sask) = 40; Athletic Therapists (SATA) = 20; University of Regina, Faculty of Kinesiology & Health = 36; University of Saskatchewan, College of Kinesiology = 42; Chiropractors Assoc of Sask-Sport Interest Group = 37 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 an event in June for Saskatoon but had to cancel it due to lack of registration.

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

- CSMTA (West Section – SK) – brought in Rhonda Shishkin and Heather Hynes to provide some development for its members.

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
- Concussion Awareness Week – The Council hosted a province wide Concussion Education session in conjunction with Sask Sport for September's Concussion Week. Kelsi Hilderman presented to over 70 participants via Zoom.
- Quarterly evening Professional Development sessions for Sport Medicine & Science Members/Consultants as well as Coaches were offered throughout the year
- First Responder Subsidy Grants – The Council continues to offer grants for Members who met the guidelines of the subsidy program.
- Mental Health First Aid Course – The Council hosted its first ever course for members, consultants and staff.

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

The Council held a Strategic Planning workshop facilitated by an external planner. Numerous Board members and consultants were in attendance to discuss the future direction for the Council. The Board approved a Strategic Plan which will take effect April 2026 – December 2029.

# 2025 “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.

	2025	Contact Hrs.	2024	Contact Hrs.	2023	Contact Hrs.	2022	Contact Hrs.	2021	Contact Hrs.
SM - SWaT (Sport Taping) workshops (7-hr)	9	45.25	5	19	8	56	7	49	1	7
SM - SIPAC (Sport 1st Aid) workshop (7-hr)	1	5.25	0	0	4	28	4	28	4	28
SM - Injury Assessments/Prevention consults	1	4.5	1	0.5	1	1	0	0	3	3
SM - Injury Prevention & Management Sessions	20	40	6	6	25	29.75	34	34	18	22.5
<del>SM - Drug Education Workshops/Sessions</del>			*	*	*	*	*	*	2	2.5
SM - Concussion Education Sessions	3	4.25	6	7	9	10	13	13	20	20
SM - Concussion Plan Reviews	0	0	0	0	0	0	1	1	3	3.75
SM - Self Massage and the Athlete sessions	4	7.75	7	8	15	15.25	23	23	13	13
SM - Referrals	17	*	7	*	1	*	3	*	*	*
SS – Nutrition	219	278.25	179	254.75	182	289	176	259.25	148	263.25
SS - Mental Performance	220	418.5	176	397	184	429	274	611.75	225	467.75
SS – Strength (EP included in 2019-2022)	164	1883.75	120	2023.25	134	2118.5	169	2134.5	144	1937.5
SS – Exercise Physiology	0	0	4	3.75	5	21.75	*	*	*	*
SS – Biomechanics	4	5.5	9	101.75	1	23	3	7	0	0
SS - Referrals	4	*	1	*	5	*	3	*	*	*
Sleep and Performance sessions	9	14.5	17	19	9	9.25	21	21	19	19
OTH (SM) - Event Coverage – Medical Personnel	97	871.75	36	849.5	28	814.75	31	517.5	10	88
OTH (SM) - Event Coverage – Medical Personnel (referral)	0	0	0	*	1	*	6	*	5	*
OTH (SM) - 1 <sup>st</sup> Aid Supplies & Kit Sales	91	*	57	*	77	*	71	*	46	*
OTH (SM) - Equipment Rental & Loans requests	32	*	25	*	22	*	33	*	23	*
OTH (SS) - Fitness Testing	5	*	4	*	0	*	8	*	2	*
<del>OTH – Insurance Reimbursement Program CSCS</del>			55	*	81	*	72	*	51	*
OTH - Resource Material	0	0	0	0	5		2	*	1	*
OTH - Display	0	0	0	*	1	*	0	*	0	*
<b>TOTAL</b>	<b>900</b>	<b>3579.25</b>	<b>715</b>	<b>3689.5</b>	<b>797</b>	<b>3845.25</b>	<b>954</b>	<b>3699</b>	<b>738</b>	<b>2875.25</b>

# 2025 “PSO’s” vs “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

<b>PSGB (Sask Sport's 65 provincial sport bodies)</b>									
<b>Consulting Services</b>									<b>Other</b>
<b>Science</b>		<b>Medicine</b>		<b>Sleep</b>		<b>Med. Cov. (SMSCS)</b>			
requests	hours	requests	hours	requests	hours	requests	hours	requests	
<b>2025 (Jan-Dec)</b>	<b>419</b>	<b>1687</b>	<b>35</b>	<b>76.95</b>	<b>9</b>	<b>14.5</b>	<b>72</b>	<b>745.25</b>	<b>62</b>
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

<b>NON - PSGB (Fee for Service, CSCS, SHSAA, SGC, Univ, Businesses, SRC Districts, Other etc.)</b>									
<b>Consulting Services</b>									<b>Other</b>
<b>Science</b>		<b>Medicine</b>		<b>Sleep</b>		<b>Med. Cov. (SMSCS)</b>			
requests	hours	requests	hours	requests	hours	requests	hours	requests	
<b>2025 (Jan-Dec)</b>	<b>188</b>	<b>898.95</b>	<b>20</b>	<b>30.3</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>126.25</b>	<b>70</b>
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