



# 2019 *Annual Report*

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

Funding provided by:



**SASK LOTTERIES**

# TABLE OF CONTENTS

	<u>Page</u>
<b>Table of Contents .....</b>	<b>2</b>
<b>Introduction .....</b>	<b>3</b>
<b>Membership.....</b>	<b>4</b>
<b>Board of Directors .....</b>	<b>6</b>
<b>Staff and Consultants.....</b>	<b>9</b>
<b>President and Executive Director’s Report.....</b>	<b>10</b>
<b>Member’s Annual Reports.....</b>	<b>13</b>
<b>Program and Services.....</b>	<b>23</b>
A. Overview – Page 24	
B. Sport Science Programs & Services – Page 26	
C. Sport Medicine Programs & Services – Page 28	
D. Major Multi-Sport Games Programming – Page 33	
E. Canadian Sport Centre Saskatchewan – Page 34	
F. Marketing, Promotion, Communication, Sponsorship and Fundraising) - Page 37	
G. Capacity and Interaction (Organizational and Professional Development and Volunteer Recognition) – Page 38	
H. Other Committees – Page 39	
<b>Statistical Summary of Service Requests.....</b>	<b>40</b>
• 2019 PSGB’s Statistical Summary and Comparison (2018) – Page 40	
• 2019 Other Groups Statistical Summary and Comparison (2018) – Page 41	
• 2019 PSGB’s vs Other Groups Statistical Summary and Comparison – Page 42	
• 2019 SERVICE Statistical Summary and Comparison (previous years) - Page 43	

# INTRODUCTION

The Sport Medicine and Science Council of Saskatchewan is pleased to present this report for the period of January 1 – December 31, 2019. 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 2019 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 and coaches 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 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
- Sask Sport Inc.

## **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 – Saskatchewan Chapter

# 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 2019 fiscal year were as follows:

- Dr. Cole Beavis, President (Saskatchewan Academy of Sports Medicine Representative)
- Ms. Courtney Leavins (nee Schell), Vice President (Saskatchewan Athletic Therapists Association Representative)
- Dr. Kim Dorsch, Secretary/Treasurer (University of Regina, Faculty of Kinesiology and Health Studies Representative)
- Ms. Louise Ashcroft, Past President
- Dr. Wendy Chrusch, Saskatchewan Academy of Sports Medicine Representative
- Ms. Jill Apshkrum, Sport Physiotherapy Canada - Sask Section Representative
- Dr. Daysha Shuya, Sport Physiotherapy Canada - Sask Section Representative
- Mr. Doug Hillis, University of Saskatchewan, College of Kinesiology Representative
- Dr. Brad Waddell, Director-at-Large
- Mr. Al Bodnarchuk, Director-at-Large

The following Committees provide 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 2019 the committee members included; Dr. Cole Beavis, President, Ms. Courtney Leavins (nee Schell), Vice-President Dr. Kim Dorsch, Secretary/Treasurer, Ms. Louise Ashcroft, Past President and Mark Henry, 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 2019, committee members included; Chairperson Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies; Doug Hillis, University of Saskatchewan, College of Kinesiology; Heather Hynes, Staff Dietitian; Lisa Hoffart, Staff Mental Performance Consultant, Travis Laycock and Mark Henry, 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 2019, committee members included; Chairperson, Louise Ashcroft, Sport Physiotherapy Canada-Sask Section, Dr. Cole Beavis, Saskatchewan Academy of Sports Medicine, Dale Pitura, Saskatchewan Athletic Therapists Association, Jill Apshkrum, Sport Physiotherapy Canada-Sask Section, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Dr. Garth LaPlante,

Chiropractors Association of Saskatchewan (sport interest group), Scott Julé and Mark Henry, Staff.

**Sub (working) Committees of the Sport Medicine Program Committee included the following:**

**Event Coverage Sub Committee**

This Committee is responsible to review the current policies and procedures governing the Council's medical personnel who provide injury care and prevention services at members sporting events. In 2019, committee members included; Louise Ashcroft, Sport Physiotherapy Canada-Sask Section, Dale Pitura, Saskatchewan Athletic Therapists Association, Jill Apshkrum, Sport Physiotherapy Canada-Sask Section, Dr. Garth LaPlante, Chiropractors Association of Saskatchewan-Sport Interest Group, Scott Julé and Mark Henry, Staff.

**Concussion Education Sub Committee**

This Committee was established as a temporary committee of the Sport Medicine Programs Committee. It is charged with developing the Council's Concussion Education Policy and related resources. In 2018, committee members included: Rhonda Shishkin, Sport Physiotherapy Canada-Sask, Dr. Kate Thompson, Saskatchewan Academy of Sports Medicine, Trevor Len, Saskatchewan Athletic Therapists Association, Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies and Scott Julé and Travis Laycock, Staff Members.

**Sport First Aid Program Sub Committee**

This Committee is responsible to review and update the Council's Sport First Aid Workshops. In 2019, committee members included; Chairperson, Dr. Daysha Shuya, Sport Physiotherapy Canada-Sask Section Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Kristie Mueller, Sport Physiotherapy Canada-Sask Section, Adrienne Stinson, Sport Physiotherapy Canada-Sask Section, Scott Julé and Mark Henry, 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 2019 committee members included; Chairperson, Dale Pitura, Saskatchewan Athletic Therapists Association, Louise Ashcroft, Past President, Doug Hillis, University of Saskatchewan, College of Kinesiology, Scott Anderson, Sport Physiotherapy Sask Section, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies and Scott Julé, Travis Laycock and Mark Henry, Staff.

**Constitution Committee**

This Committee is charged with providing advice to the Board regarding the SMSCS's Articles of Incorporation and Bylaws. In 2019 committee members included; Chairperson Louise Ashcroft and Mark Henry, 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 2019 committee members included Dr. Brad Waddell, Chairperson and Mark Henry, Staff.

### **Communications, Promotion and Sponsorship Committee**

This Committee is charged with providing advice to the Board regarding promotion, sponsorship and communication issues. In 2019 Scott Julé and Mark Henry handled the duties of the Committee.

### **Nominations Committee**

This Committee is charged with soliciting nominations for positions open on the Board of Directors. In 2019, committee members included; Chairperson, Louise Ashcroft, Past President and Mark Henry, Staff.

### **Dispute Resolution and Harassment Committee**

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 2019, committee members include Chairperson, Dr. Cole Beavis, President and Mark Henry, Staff.

### **Canadian Sport Centre Saskatchewan Management and Staff Committees**

These Committees are charged with determining the day to day operations of the Canadian Sport Centre Saskatchewan. In 2019, CSCS Management Committee members included Dr. Kim Dorsch and Travis Laycock. CSCS Staff Committee Members were Travis Laycock and Mark Henry, Staff.

# STAFF AND CONSULTANTS

The 2019 day-to-day operations of the Council were the responsibility of the following staff:

- Mr. Mark Henry, Executive Director
- Mr. Scott Julé, Manager, Sport Medicine Programs and Services
- Mr. Travis Laycock, Manager, Sport Science Programs and Services
- Ms. Heather Hynes, Sport Dietitian Consultant
- Ms. Lisa Hoffart, Mental Performance Consultant
- Ms. Robyn Klein, Program Coordinator/Administrative Assistant (part-time)

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

# PRESIDENT AND EXECUTIVE DIRECTOR'S ANNUAL REPORT

The Sport Medicine and Science Council of Saskatchewan had a productive and successful year in 2019. The highlights are listed below.

We completed the first year of our current three year (2019-2021) strategic plan in 2019. The overall general goal and objective for this plan is to increase service provision to our clients. Please see our 2019-2021 Forward Plan report for further details.

We received 999 requests for our sport science and sport medicine services which resulted in 4311 contact hours (see statistics for further details). Both of these numbers were an increase from the previous three-year average of 988 requests and 3247 contact hours. These services were provided by a combination of our staff and approved consultants. Approved Consultants consisted of approximately 85 sport science consultants and 140 sport medicine consultants (number includes event coverage personnel) across Saskatchewan. In addition, day to day operations were fulfilled by the Council Staff consisting of Heather Hynes, Sport Dietitian Consultant (Saskatoon), Lisa Hoffart, Mental Performance Consultant (Regina), Travis Laycock (Manager-Saskatoon) and Scott Julé, (Manager-Regina).

We continued to offer our sport medicine and science high performance programs and our educational and sport safety programs to our priority clients, the Provincial Sport Governing Bodies (PSGB's) designated athletes and coaches. Sports (PSGB's) receive a certain amount of free service from the Council depending on which tier (1-4) they fall into. The tier system was developed by the Council and Sask Sport Inc. It is based on certain important performance criteria established by Sask Sport Inc. Sports are then put into a Tier from 1-4 depending on their evaluation score. Sports that score high in their evaluation are categorized as Tier 1 and receive more free service than a sport categorized into a Tier 4. Sports requests for service were steady across all sport science and sport medicine categories in 2019. In addition, University athletes, Coaches Association of Saskatchewan, Provincial Sport Districts and the Saskatchewan High School Athletic Association continue to receive a limited amount of free service as well. Finally, grassroots athletes and coaches and schools and community groups across Saskatchewan continued to access our programs on a "fee for service" basis.

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2019. The Council is contracted to provide sport medicine and science services to all the Saskatchewan athletes and coaches who were registered with the CSCS. These athletes and coaches are members of Canada's national, international and Olympic teams. The Council received \$280,555.06 in grant funds from the CSCS and national groups (e.g. Own the Podium) for the above-mentioned targeted athletes in Saskatchewan in 2019.

The Council also provides enhanced services to targeted provincial sport governing bodies (psgb's) high performance athletes through the CSCS's PSGB Enhanced Service Program. The objective of this program is to increase the pool of Saskatchewan athletes, coaches,

officials and teams who are consistently achieving success at regional, national and international competitions. The main purpose of the program is to increase the strength and conditioning activity of the sports targeted by the program. This includes development, implementation, monitoring and supervision of a comprehensive strength and conditioning program (core strength, weight training, stretching, etc.). Physiological field and/or lab testing are also components of the program. Although, strength and conditioning is the primary focus for this initiative, sports are encouraged to develop and overall sport science and medicine plan for their high-performance athletes which includes; nutrition, mental training, sport medicine, drug education, injury prevention, and biomechanical analysis consulting services. It should be noted that the Council and the CSCS combine funds to provide for the PSGB Enhanced Program.

The Council Staff also provide administrative support to the Centre by assisting with medical treatment reimbursements and participation in Centre Staff and Management Committee meetings.

Our association with the CSCS has proven very beneficial to the Council, our members, and our dedicated consultants.

The Council also continued to work with aboriginal groups and organizations to promote and provide sport science and medicine services to aboriginal athletes and coaches in 2019. The purpose of the service is; (1) to raise the performance level of aboriginal athletes, coaches and officials and (2) to increase participation in mainstream sport, aboriginal competitions, and multi-sport games.

From a financial perspective, the Council had a small surplus of \$9,972.89 in 2019. Total revenue was at \$1,008,563.23 which was up over \$40,000 when compared with 2018 (\$960,567.65). The revenue increase was due to; (1) increase in the funds received from the CSCS contract for service provision; (2) an annual funding increase from the Sask Lotteries Trust Fund of approximately \$17,000 and (3) an increase in our staff consulting fees. Total expenditures were \$998,590.34 which was an increase of approximately \$10,000 when compared with 2018 (\$979,118). The increase in expenditures was mainly due to an increase in the consulting provided to our targeted athletes.

The financial situation for 2019 and beyond will be challenging. However, the Province recently renewed the lottery license agreement with Sask Sport Inc. The new agreement is for 5 years with no increase in the license fee so funding will be stable. In addition, the Council does have savings (surplus funds) to assist our budget if our financial situation requires it.

In closing, we will continue to look for new ways to encourage athletes to access our programs and services so we can assist them in reaching their sport performance goals and educate them (and society) on the fact that sport is more than “just a game” but is an important component to living a healthy and active lifestyle. We will also continue to look for ways to expand and enhance the programs and services available to our clients where appropriate.

Finally, we would like to take this opportunity to thank Saskatchewan Lotteries for their continued financial support. We would also like to thank the Members, Board, Executive, Committee's, Consultants and Staff for all your hard work and dedication to the athletes and coaches of Saskatchewan in 2019. It is because of you we have an organization that is one of the leading sport medicine and science service providers in Canada.

Respectfully Submitted;



Dr. Cole Beavis, President



Mark Henry, Executive Director

# MEMBER'S ANNUAL REPORTS

## 1. Saskatchewan Academy of Sports Medicine

### Membership and Meetings

The Saskatchewan Academy of Sports Medicine (SASM) met in May and November 2019 in Regina. Membership numbers have remained stable at approximately 50 physician members. A 5-year prepaid dues structure is now in place to facilitate member retention and minimize the need for yearly renewal.

### Executive

The Executive for 2019 and was as follows:

- Dr. Kate Thompson as President
- Dr. Marty Heroux as Vice-President
- Cole Beavis 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 2019

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

The number of SASM members who were consultants in 2019 = 16

The number of SASM members who have their CASEM Diploma in Sport Medicine = 12

### Education and Professional Development

SASM members are exploring the possibilities of expanding the available post-graduate training opportunities in Sports Medicine. Currently there is a FMR3 Sports Medicine fellowship program in Regina which is intermittently filled. Either developing a second program in Saskatoon or blending the program to incorporate both sites is being considered.

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 up to a maximum of \$1500 per application.

The next SASM meeting will be held in May 2020.

Respectfully submitted,

Cole Beavis

Immediate Past-President, Saskatchewan Academy of Sports Medicine.

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

### **SPC Current Board Members**

- Leah White – Executive Chair
- Stephanie Pepler – Past Chair
- Michelle Keene – Secretary/Treasurer
- Kristie Mueller – Education Coordinator
- Vacant – Communications and Marketing Coordinator
- Sarah Langevin – Membership and Events Coordinator
- Jill Apshkrum – Sport Medicine and Science Council of Saskatchewan (SMSCS) Liaison
- Daysha Shuya – Sport Medicine and Science Council of Saskatchewan (SMSCS) Liaison
- Danielle Drury – Student Representative

### **List of Sport Events that SPS-SK had members at providing Medical Coverage 2019**

- University of Regina Women’s Volleyball, Regina-January/February
- Regina High School Athletics Association–Wrestling City Championships-Regina March
- Sask High School Athletics Association-Prov. Wrestling Championships, Regina, March
- Saskatchewan Cheerleading Provincials, Regina, March
- Western Canadian Artistic Gymnastics Championships, Saskatoon, April
- Gymnastics Sask Provincial Championships, Saskatoon, May
- Sask Volleyball Provincials (1), Saskatoon/Warman, May
- Sask Volleyball Provincials (2), Saskatoon/Warman, April
- Sask Volleyball Provincials (3), Saskatoon/Warman, April
- Sask Volleyball Provincials (4), Saskatoon/Warman, April
- Volleyball Canada Nat’l Youth Championships, Regina, May
- West Central Track and Field Meet, Saskatoon, June
- Saskatoon Catholic Elementary School Track & Field Championships, Saskatoon, June
- Sask High School Athletics Assoc.-Prov. Track & Field Championships, Moose Jaw, June
- Can Am Football Bowl, Wakaw, July
- Football Sask (U!6 and U18)-Flag Football Nat’ls, Regina, July
- Sask Rugby U18 Westerns, Saskatoon, July
- University of Regina, Women’s Hockey, Regina, September-November
- University of Regina, Women’s Volleyball, Regina, October
- Canadian Prairies Ultimate Frisbee Championships (University of Regina), Regina, October
- Judo Sask – Sask Open, Regina, October
- Regina High School Football Season and Playoffs, September-November
- Sask High School Athletics Association-Provincial Football Playoffs, Regina, November

## **Other Services Provided**

- The following are the service areas SPC-Sask was involved in in 2019:
  - Board Members
  - Sport Medicine Programs Committee Members
  - Event Coverage
  - Injury care and prevention sessions
  - Concussion Education
  - Drug Education Program
  - Injury assessments

## **Updates**

- The number of SPC-Sask members who were consultants in 2019 = 58
- The number of SPC-Sask members who have their Sport Diploma (Level 3) = 13
- The number of SPC-Sask members who have their Sport Certificate (Level 2) = 13
- The number of consultants (physiotherapists) actively Involved in providing service 2019 = 19
- We will be hosting a Sport First Responder Course in Regina April 24-26, 2020.

Respectfully submitted,  
Jill Apshkrum, SMSCS Liaison

### **3. Saskatchewan Athletic Therapists Association (SATA)**

As 2019 has passed us by, it's always nice to reflect back on the contributions of our members and our association. Over the past year, our members continued to provide their services to the SMSCS in a number of ways. We encourage all of our members to become involved across the province. Please find below a brief summary of the highlights from the past year.

#### **Members/Consultants**

- We currently have 35 members who are all certified athletic therapists.
- 26 of our members are listed as consultants with the SMSCS. 11 of them actively provided services via the SMSCS in 2019.
- Courtney Leavins is the incoming SMSCS president and will remain as the SATA representative to the SMSCS Board of Directors for her two-year term.
- 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, performing injury assessments as well as delivering concussion education workshops.
- Other members were involved in a number of SMSCS committees.

#### **Meetings**

- The SATA AGM was held on May 13, 2019 via a conference call. Trevor Len assumed the president role on a 2-year term. Adam O'Neill moved into the vice-president position and Alistair Wilson remained as the association's registrar. The vacant treasurer position was filled by Kacey Moffat and Courtney Leavins has filled the secretary role.
- The membership voted to remove the \$5 per hour administrative fee for SMSCS event coverage that was being retained by the association.
- The membership voted to institute a Temporary Registration Fee for those athletic therapists who will be temporarily working in the province of Saskatchewan while registered with another province.

#### **Awards and Recognition**

- In cooperation with the HumboldtStrong Community Foundation and the Lions Club of Saskatchewan, the SATA received a cheque in the amount of \$25,000 to setup and administer an endowed entrance scholarship in memory of Dayna Brons. The scholarship is currently under development and we hope to roll it out in the near future.
- The Sandy Archer Scholarship is under review as the University of Regina has discontinued its affiliation with Mount Royal University. There was no award presented in 2019.

## Other Information

- The SATA is working in conjunction with the other regional chapters in realigning the structure of the national-provincial relationship with the CATA. Trevor Len is the appointed member from the SATA working on this project.
- The SATA is working on a marketing campaign to be rolled out in 2020. Keep your eyes open!

Respectfully submitted,



Trevor Len, Trevor Len, MSc, CAT(C), CSCS, C.Ac, sEMR, GTS  
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 Sport Fit Gym with the Canadian Sport Centre Saskatchewan (CSCS), which allows CSCS athletes to work out with no charge. The Dr. Paul Schwan Centre (DPSC) is also a recognized lab for exercise physiology testing.

The Sport Psychology Laboratory (SPL) 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 SPL (Dr. Kim Dorsch) for information regarding training packages. A Fit light system, used to train concentration, reaction and movement time is also available.

Consultants with the Council have been engaged in discussions on how to enhance services to University of Regina athletes through the University of Regina's Athlete Health and Performance initiative (AHPi). Currently the 13 University of Regina varsity sport teams are offered limited free service (\$575/team for a total of \$7475) from the SMSCS. This year, because not all teams take advantage of the services offered, the SMSCS allowed for some flexibility in services providing more funding for teams that had a need for more. 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/board members:

Mental Training:	Dr. Kim Dorsch
Biomechanics:	Dr. John Barden
Strength/Conditioning:	Jon Silbernagel, Carmen Agar
Council Board:	Dr. Kim Dorsch (Secretary/Treasurer)

### Cougar Athletics (sport science services provided by the Council)

During the season, nine of the thirteen University of Regina teams used the services of the Council. See the table below for the breakdown of services. This usage is a decrease from the previous year by 35.8%. Some of the consulting services were provided to individual athletes 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 Dr. Paul Schwann Centre, or (d) staff consulting over and above the given allocation.

Volleyball - f	\$0 / \$575	0% used
Football - m	\$460 / \$575	80% used for Nutrition
Hockey - f	\$761.25 / \$575	132% used for Mental and Nutrition
Soccer – f	\$575 / \$575	100% used for Mental
Swimming – m/f	\$645 / \$1150	56% used for Mental and Nutrition
Basketball - f	\$0 / \$575	0% used
Track and Field – m/f	\$227.50 / \$2,300	10% used for Mental and Nutrition
X Country Running – m/f		
Hockey - m	\$0 / \$575	0% used
Basketball - m	\$0 / \$575	0% used

Other services that were provided by the SMSCS on a fee-for-service basis were:

- Medical coverage was provided to Cougar teams for 49.5 hours for various teams
- Equipment rental was provided to Cougar teams on 5 occasions
- First Aid Sales were provided to Cougar teams on 5 occasions

Respectfully submitted on behalf of the Faculty of Kinesiology and Health Studies by Kim D. Dorsch, Ph.D., Professor

c.c. Dr. Harold Riemer, Dean  
 Lisa Robertson, Director of Sport, Community Engagement, and Athlete Development

## 5. University of Saskatchewan, College of Kinesiology

### Sport Science Testing

The College continued to provide support in athlete testing services for the Council during the 2019 year.

### Sport Medicine Programs

The College of Kinesiology contributed to the Sport Medicine programs when requested by providing classroom space and audiovisual equipment.

### 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:

### Faculty/Staff Consultants and Board Members

#### Strength Conditioning

Jason Weber  
Gray Ferguson  
Shane Schwanbeck  
Bart Arnold  
Peter LeMessurier  
Dr. John Farthing

#### Mental Training

Dr. Kent Kowalski  
Dr. Kevin Spink  
Dr. Leah Ferguson

#### Board Member

Doug Hillis

### Huskie Athletics (sport science services provided by the Council)

- 15 U of S Varsity sport teams are offered limited free services.
- In kind services valuing \$8625 is offered to the program based upon a formula of \$575/team x 15 teams.
- This year the Huskie Training Staff made changes effective August by developing an Integrated Support Team (IST).
- SMSCS funding was “pooled” so that all service requests came through Huskie Athletics on a “first-come-first need” basis and reviewed by the IST.
- Services the SMSCS provided were in the areas of Nutrition or Mental Performance.
- Certain sports were targeted as priority sports, and the IST worked directly with coaches to address the needs of those sports’ athletes.
- In addition, “in-house” free service was provided by Graduate students in the area of Mental Performance so that these students could acquire practical experience under the supervision of faculty.

Track and Field – m/f X Country Running – m/f	\$3614	Nutrition & Mental Performance
Soccer – f	\$1621	Nutrition & Mental Performance
Hockey - f	\$1576	Nutrition & Mental Performance
Wrestling – m/f	\$753	Nutrition & Mental Performance
Football - m	\$560	Nutrition
Volleyball - m	\$386.25	Mental Performance
Basketball - f	\$115	Nutrition
Hockey - m		
Volleyball - f		
Basketball - m		
Soccer – m		

Respectfully Submitted,  
 Doug Hillis, Assistant Professor  
 c.c. Dr. Chad London, Dean

## **6. Chiropractors Association of Saskatchewan-Sport interest Group**

The Chiropractors' Association of Saskatchewan-Sport Interest Group (CAS-SIG) had forty-two active members in 2019.

### **Event Coverage and Education**

The CAS had a number of members active throughout the year in medical coverage and the continuing education programs delivered through the Sport Medicine and Science Council of Saskatchewan (SMSCS). Chiropractors also participated in the Western Canada Summer Games that occurred on August 9<sup>th</sup>-18<sup>th</sup> in Swift Current.

During 2019, the SMSCS took steps to ensure that all of the member organizations are in accordance with their bylaws. As such, the CAS moved to re-establish the Chiropractors' Association of Saskatchewan - Sport Interest Group (CAS-SIG). The purpose of this group is to support members in professional development, sharing of information and best practices, and to contribute to the field of sport medicine and science. Many thanks go to Tracy Bertram, Executive Director and Denise Gerein, Registrar for putting together the CAS-SIG Terms of Reference and Code of Conduct.

The first meeting of the CAS - SIG took place at the CAS Annual General Meeting in September 2019 in Saskatoon. The CAS - SIG looks forward to continued participation within the SMSCS.

Respectively Submitted,  
Dr. Garth LaPlante

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

### **CSMTA Sk. Chapter Executive.**

President: Geraldine Barrett  
Vice President: Lindsey Bean  
Secretary: Al Bodnarchuk  
Treasurer: Tim Rutley  
CSMTA Rep: Lakyn Biberdorf  
SMSCS – CSMTA Rep: Al Bodnarchuk

### **Organizational Development and Meetings**

The CSMTA AGM was held in Saskatoon in October 2019. At the AGM we were able to re-establish our Sask Chapter. The Chapter has approximately 10 members. The 2020 CSMTA AGM will be held in Quebec City in October of 2020.

### **Event Coverage**

In 2019 some of our therapists worked at the “Grand Slam of Curling” held in Saskatoon. and the Gymnastics Sask Provincial Championships, in Saskatoon in May. Members continue to work with the University of Saskatchewan Huskie teams.

### **Professional Development**

Early in 2020 we will have a review of Sport Massage Techniques which will be put on by Geraldine Barrett at the University of Saskatchewan.

CSMTA has developed a one (1) day Sport Massage Course for physical therapists and chiropractors.

I would like to thank all 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 (SMT©, RMT)

# SUMMARY OF PROGRAMS & SERVICES

## A. 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 athletes, coaches and officials throughout Saskatchewan with a specific priority on the Sask Sport Inc. membership.

This membership includes:

- 1) Provincial Sport Governing Bodies (65)
- 2) Saskatchewan Games Council
- 3) Coaches Association of Saskatchewan
- 4) Provincial Districts for Sport, Culture and Recreation (9)
- 5) Saskatchewan High School Athletics Association
- 6) University of Regina Athletic Teams
- 7) University of Saskatchewan Athletic Teams
- 8) Canadian Sport Centre Saskatchewan Recognized Athletes & Training Groups
- 9) Aboriginal Excellence Programs (eg. North American Indigenous Games)

Services and programs offered to these groups are mainly “free” or in some instances at a “subsidized cost” thus enabling all designated Sask Sport Inc. members affordable access.

Provincial Sport Governing Bodies (PSGB’s) receive a certain amount of free service from the Council depending on which tier (1-4) they fall into. The tier system was developed by Sask Sport Inc and the Council based in part on the PSGB’s “excellence grade” in the sports 3-year performance review to Sask Sport Inc. During this process, the sports are evaluated on certain important performance criteria established by Sask Sport Inc. The PSGB’s are then put into a Tier from 1-4 depending on their excellence grade, past SMSCS consulting service usage, and whether they are a Canada Games sport. Sports that are categorized as Tier 1 receive more free service than a sport categorized into a Tier 4.

Other clients above also receive some “free service” as well. 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” include schools, recreations boards, private business and the general public.

The SMSCS Tier Service chart for 2019 was as follows:

TIER	ELIGIBILITY	SERVICES
<b>PSGB (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>● \$3000 Science Services</li> <li>● \$1200 Medicine Services</li> </ul>
<b>PSGB (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>● \$2500 Science Services</li> <li>● \$1000 Medicine Services</li> </ul>
<b>PSGB (Tier 3)</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>● \$2000 Science Services</li> <li>● \$800 Medicine Services</li> </ul>
<b>PSGB (Tier 4)</b>	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> <li>● \$1000 for Science and/or Medicine Services</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>● \$1200 for Science and/or Medicine Services</li> </ul>
<b>UNIVERSITY TEAM &amp; INDIVIDUAL (University)</b>	<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 \$575 per University team per year)</li> <li>● Requests must be made through the Coach.</li> </ul>
<b>ABORIGINAL EXCELLENCE</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>● Each identified PSGB has access to \$345 per year</li> <li>● Other reasonable expenses (i.e.: travel) will also be provided on a case per case basis.</li> </ul>
<b>GRASS ROOTS 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 \$115/hr (+GST) for Group/Team &amp; Individual</li> <li>● Consulting will be provided as per the SMSCS Policy.</li> </ul>

## **B. SPORT SCIENCE PROGRAMS AND SERVICES**

The Council offers the following sport science programs and services;

### ***1. Mental Performance***

Workshops & progressive consulting are available in the areas of:

1. Team building and group dynamics
2. Attention, emotional, and arousal control
3. Self-awareness
4. Mental imagery
5. Self-talk
6. Goal setting
7. Routines
8. Ideal performance state
9. Mental toughness
10. Practice effectiveness

### ***2. Sport Nutrition***

Workshops and services are available in:

1. Basic sport nutrition
2. Fluids
3. Weight issues
4. Pre/post event nutrition
5. Nutrition on the road
6. Tournament & multi-event nutrition
7. Supplements & herbal products

### ***3. Strength & Conditioning***

Workshops and services are available in:

1. Core strength
2. Concepts in warm-up/cool-down
3. Weight training
4. Resistance training
5. Foot speed & agility
6. Plyometric training
7. Exercise program design
8. Exercise ball training
9. Field physiological tests (eg. physical assessment, Léger, vertical jump, sit-ups)

In addition to the above the Council continued to sell a limited amount of exercise and rehabilitation training equipment and supplies in 2019. Products the Council sold were purchased from Diamond Athletics Medical Supplies as well as Thera-Gear Fitness. We receive a discount on all products which allowed the resale to occur at reasonable prices. The products sold included: Pro Gym Balls, Fit Tubing, Medicine Balls, and Therapy Bands. This program is slowly being phased out as clients can access this equipment from numerous other sources.

#### **4. Biomechanics**

Services are available in:

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

#### **5. Exercise Physiology**

Services available in:

1. Metabolic Conditioning: Training the Aerobic and Anaerobic Systems
2. Physiological Program Planning & Design
3. Physiological Testing-Lab
  - Testing includes: Max VO<sub>2</sub>, flexibility, lactate, lean body mass, fat mass, and capacities, aerobic/anaerobic power etc.
4. Physiological Testing-Field
  - Testing includes: leger, vertical jump, sit-ups, etc.)

#### 2019 Summary/Highlights

February – The Council was actively involved in the Canada Winter Games that occurred in Red Deer, Alberta. The following staff and consultants were part of the Team Saskatchewan Mission Staff; Staff Mental Performance Consultant - Lisa Hoffart, Staff Sport Dietitian - Heather Hynes, Sport Physiotherapist Consultant – Dr. Daysha Shuya as Medical Liaison, Mental Performance Consultant – Kyle McDonald.

April – The Council officially launched its presentation on “Rest, Sleep, and Performance”.

July – The Council met with University of Saskatchewan Huskie Athletics and started piloting a new service process whereby they pool the Council funding and all requests to the SMSCS originate from their internal Integrated Service Team (IST) with certain sports given priority. Service was provided on a first-need first-serve basis.

August – The Council was actively involved in the Western Canada Summer Games that took place in Swift Current, Sask. The following staff and consultants were part of the Team Saskatchewan Mission Staff: Staff Mental Performance Consultant - Lisa Hoffart, Staff Sport Dietitian - Heather Hynes, Chiropractor - Dr. Julie Brandt as Medical Liaison

October - Staff met with the North American Indigenous Games (NAIG) Chef de Mission and other staff regarding services available for the 2020 NAIG games. A menu of services was provided to the NAIG Sport Coordinators to plan for at their upcoming camps.

November – Staff met with other members of Sask Sport to discuss the possibility of hosting a large scale Sask Sport Conference which would include the PSGB's, Coaches and the SMSCS consultants.

- Eleven (11) new Strength Consultants and one (1) new Sport Dietitian Consultant were “approved” to be SMSCS Consultants during 2019.
- It should be noted that even though the Council operates on a calendar year, we have allowed the PSGB’s to plan to use services over any 12-month period that they deem necessary. As a result, these PSGB’s may utilize services at different times of the year which will either positively or negatively affect the overall usage from year to year based upon each sport’s need.
- In 2019, we received 649 total requests for sport science services. This accounted for 65% of the total service requests received. In comparison to 2018, we received 682 total requests for sport science services that accounted for 61% of the total service requests received.
- In 2019, we provided 3140 total sport science service hours. This accounted for 73% of the total amount of service hours provided. In comparison to 2018, we provided 2813 total sport science consulting hours. This also accounted for 73% of the total amount of consulting hours provided. It should be noted that ‘total’ SMSCS service hours also include “medical coverage at events personnel hours” so fluctuations in the overall total can occur.
- In summary, sport science requests slightly decreased when compared to 2018. This was due to an overall decrease with our Non-PSGB clients. Ironically, overall sport science consulting hours had increased and this was due to an overall increase in strength and conditioning requests mainly with our Non-PSGB clients and in specific the Canadian Sport Centre.

## **C. SPORT MEDICINE PROGRAMS AND SERVICES**

The Council provides the following sport medicine programs and services;

### **1. Sport Safety Program**

- 1a. Sport 1<sup>st</sup> Aid Workshop – 7-hour workshop with content consisting of:
  - 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

1b. Sport Taping Workshop – 7-hour workshop with content consisting of:

- 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
- ankle wrapping & taping, wrist taping, thumb & finger taping, hip wrap, and tensor bandaging.

### 2019 Summary/Highlights

In total 13 Workshops were held in 2019 (6 – Sport 1<sup>st</sup> Aid and 7 Sport Taping). This program is used primarily by the Sask Sport Inc Sport Districts, schools, and PSGB's.

A committee has been established to review and update the Sport 1<sup>st</sup> Aid Workshop. The Committee is hoping to have a final draft of all of the workshop completed by the summer of 2020.

### **2. Sport Medicine Education Sessions**

Sessions range from one to three hours in length and can be on one topic or a combination of many. Suggested topics include:

- Injury prevention (warm up/cool down, stretching, self-massage)
- Recognition & care of common injuries
- Life threatening injuries – how to prevent and deal with them
- Development of emergency action plans

### 2019 Summary/Highlights

Overall, we provided 21 requests for all types of the Sport Medicine Education sessions in 2019.

### **3. Concussion Education and Management Program**

This program consists of two primary components:

1. Education:
  - a. 1-hour education session
  - b. Website resources
  - c. Other 'hand-out' materials
  
2. Assisting with the development and review of sport organizations Concussion Management Plans

The program is overseen by the Concussion Education "Working" Committee who is charged with fulfilling the following objectives;

1. To develop the Council's Concussion Education Program policies and procedures, including but not limited to:
  - a. The development, review, and updating of the SMSCS's concussion related educational/promotional resources.

- b. Reviewing any/all new concussion education, policies, protocols, etc, that may come forward as a result of new research.
  - c. Recommendations on consultant requirements.
  - d. Recommendations on program development and initiatives.
2. To recommend policy to the SMSCS's Sport Medicine and Sport Science Programs Committee for approval by our Board of Directors.

#### 2019 Summary/Highlights

A total of 11 Concussion Education sessions were provided in 2019. Two PSGB's requested consulting services in developing their Concussion Management Plans. Over the last four years, 12 PSGBs have now used had their Concussion Management Plans developed.

#### **4. Initial Injury Assessments Program**

Personalized initial injury assessments are administered through the SMSCS only for specific high-performance athletes and only if the athlete does not have access/funding to their own/parents insurance program (ie. benefits plan at work). Each assessment must also be approved by the PSGB in order to use part of their SMSCS annual funding to pay for the assessment. It should be noted this program is only for an 'initial' assessment, not for continued treatment.

#### 2019 Summary/Highlights

One was funded in 2019.

#### **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.

#### 2019 Summary/Highlights

This program continued to provide a valuable service to various user groups and organizations across the province in 2019 with 112 individual sales transactions.

#### **6. Medical Coverage of Events Program**

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

1. Event Coverage
  - a) Personnel (notification, scheduling, invoicing)
  - b) Equipment loan/usage
2. Equipment Rental and Supplies Sales
3. Consultative Services - administrative in nature relating to the overall development of the medical protocol (set-up, personnel and equipment requirements, EAP's, etc).

On a request basis the SMSCS will make every attempt to provide the above components to ensure sport and recreation groups provide adequate medical coverage for their athletes, teams and host agencies.

*Personnel* - The SMSCS utilizes five primary medical groups to cover events. They include: medical doctors, physiotherapists, athletic therapists, chiropractors and massage therapists.

Each of these medical disciplines has a specialized sport medicine/therapy division. These specialized sport divisions are in essence the primary medical provider groups of the SMSCS.

*Equipment* - The equipment we have available includes: Trainers Kits, Treatment Tables, Spine Boards, Air Splint Kits, B Splint Kits, CASM Medisac's (physician trauma kit), Muscle Stimulator Units, Tens Units, Ultrasound Unit, Interferential/Ultrasound Unit, and Metal Scoop Stretchers

There are established guidelines to ensure there is continuity for all events, user groups, as well as for those providing coverage at the events. It should be noted, that on rare occasions, variations from these guidelines might occur. Every effort is made to provide all sport groups with the coverage they require, however, there may be times when a request cannot be filled or only partially filled. The SMSCS makes every attempt to provide the requesting agency adequate time to make alternative arrangements for event coverage should this problem arise.

### 2019 Summary/Highlights

2019 saw the Council involved with many events, 27 of which required personnel coverage for a total of 981 hours covered throughout the year. This was the highest number of hours covered in the past four years.

Events (27) covered that involved SMSCS Personnel:

1. University of Regina Women's Volleyball, Regina-January/February
2. Regina High School Athletics Association--Wrestling City Championships-Regina March
3. Sask High School Athletics Assoc.-Prov. Wrestling Championships, Regina, March
4. Saskatchewan Cheerleading Provincials, Regina, March
5. Western Canadian Artistic Gymnastics Championships, Saskatoon, April
6. Gymnastics Sask Provincial Championships, Saskatoon, May
7. Sask Volleyball Provincials (1), Saskatoon/Warman, May
8. Sask Volleyball Provincials (2), Saskatoon/Warman, April
9. Sask Volleyball Provincials (3), Saskatoon/Warman, April
10. Sask Volleyball Provincials (4), Saskatoon/Warman, April
11. Volleyball Canada Nat'l Youth Championships, Regina, May
12. West Central Track and Field Meet, Saskatoon, June
13. Saskatoon Catholic Elementary School Track & Field Championships, Saskatoon, June
14. Sask High School Athletics Assoc-Provincial Track & Field Championships, Moose Jaw, June
15. Can Am Football Bowl, Wakaw, July
16. Football Sask (U16 and U18)-Flag Football Nationals, Regina, July
17. Sask Rugby U18 Westerns, Saskatoon, July
18. Regina High School Football Playoffs, Regina, September
19. University of Regina, Women's Hockey, Regina, September
20. University of Regina, Women's Volleyball, Regina, October
21. University of Regina, Women's Soccer, Regina, October

22. Canadian Prairies Ultimate Frisbee Championships (University of Regina), Regina, October
23. Judo Sask – Sask Open, Regina, October
24. Sask High School Athletics Association-Provincial Football Playoffs, Regina, November
25. Sask High School Athletics Association-Provincial Football Final (6A), Regina, November
26. University of Regina, Women’s Hockey, Regina, November
27. Regina Speedskating Club, Regina, November

2019 saw the development of an Event Coverage “Working” Committee to review the SMSCS’s entire Event Coverage Program. The committee was tasked to review and update this program with specific emphasis on:

1. Developing a Host Coverage Agreement/Contract
2. Review the Scope of the SMSCS coverage responsibilities
3. Review of all liability and risk factors associated with the Program
4. Ensuring communication ‘flow’ is developed for reporting injuries and care
5. Recommendations on Consultant requirements

The committee hopes to have all updates and resources completed by the summer of 2020.

### ***7. Medical Equipment Loaner/Rental Program***

Medical equipment and supplies such as ultrasound machines, sport 1<sup>st</sup> aid ‘trainers’ kits, splint kits, and portable treatment tables are available for rent or loan on a first come-first serve basis. Some restrictions apply.

### ***2019 Summary/Highlights***

Thirty-nine (39) requests were filled in 2019 for the loan/rent of the Council’s equipment. Last year there were 32 requests.

### ***8. Drug Education & Awareness Program***

The SMSCS’s Drug and Awareness Program is designed to enable the Council to:

- 1) provide workshops to Western Canada and Canada Games athletes and coaches as well as other high-performance groups such as University teams, provincial teams, clubs, and nationally ranked athletes and coaches.
- 2) provide information and in some cases presentations to PSGB’s & Sask Games teams.
- 3) act as a resource for all amateur athletes & coaches on drug education issues (i.e. prohibited substances, testing procedures, sanctions, supplement use, fair play and ethics in sport, alternatives to doping, etc).
- 4) assist all sport clients in the education and promotion of drug free sport and if requested, the development of sport specific educational programming and policy development.

The SMSCS can also assist organizations in developing drug education policies and programming.

Workshops consist of information on:

1. Banned substances and methods
2. Doping Control Procedures
3. Exemption procedures/forms
4. Athlete rights and responsibilities
5. Alternatives to doping
6. Fair play & ethics.

### 2019 Summary/Highlights

The SMSCS provided 23 workshops/sessions in 2019.

It should be noted that going forward the number of workshops we provide for Saskatchewan teams attending major games may be reduced significantly. Reasons for this are explained below:

1. The status of the Western Canada Summer Games is unknown and may not continue past the Games that were held in Swift Current in 2019.
2. The Saskatchewan Games Council (SGC) and the Provincial Government Sport branch have had to make it mandatory for all athletes attending a Canada Summer or Winter Games to take the Canadian Centre for Ethics in Sport's (CCES) On-Line Drug Education Course. The CCES signed a "contract for service" agreement with the Canada Games Council to have every athlete from every province (including Sask) complete their on-line course prior to attending a Canada Games. Saskatchewan was the lone province to 'hold-out' on this agreement as the SGC and Provincial Government - Sport Branch believe that the Council's face-to-face workshop was better than the 'on-line' course and provides the exact same information. Their plan was to continue to use our workshops but in the end the Canada Games Council decided that all provinces (athletes) would be required to take the CCES On-Line Education Course. However, the Council will continue to recommend that all athletes attending a Canada Summer or Winter Games should participate in the Council's face-to-face drug education and doping control workshop. The SGC and Provincial Government-Sport Branch will continue to support us in our recommendation as well. However, there is no guarantee of athlete/team uptake.

## **D. MAJOR MULTI-SPORT GAMES PROGRAMMING**

### ***1. 2019 Canada Winter Games***

The Council provided services to the athletes and coaches in their preparation for the Games that took place in February 2019 in Red Deer, Alberta.

The Council and Sask Games Council reached an agreement to enhance the sport science and sport medicine support team that attended the Games as part of the Team Sask Mission Staff. The Sask Games Council agreed to allocate four dedicated sport medicine and science positions to the Council on the Saskatchewan Mission Staff Team. These positions are in the areas of sport medicine (medical liaison) and 3 sport science (2 mental performance consultants & 1 nutrition consultant). Council member, Daysha Shuya (sport physiotherapist) attended as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission

Staff Science Liaisons were; Lisa Hoffart, Staff Mental Performance Consultant, Kyle McDonald (Regina), Casual Mental Performance Consultant, and Heather Hynes, Staff Sport Dietitian Consultant.

It should be noted that the decision to send 3 sport science representatives is a “pilot project” to determine if there is the need to have more of an Integrated Science and Medicine Support Team (IST) presence at major games.

The recommendations following the conclusion of the Games and the “pilot project” was that the complement of sport medicine and science personnel that should be part of the Sask Games Teams Mission Staff will be determined prior to each Games taking into consideration Games location and set-up, budget and Sask team requirements.

## **2. 2019 Western Canada Summer Games**

The Council provided services to some of the athletes and coaches who were preparing for the Games that took place in August 2019 in Swift Current, Saskatchewan. The Council and Sask Games Council reached an agreement to send 1 sport science and 1 sport medicine consultant to the Games as part of the Team Sask Mission Staff. The positions were occupied by Council member, Julie Brandt (chiropractor) who attended as the Saskatchewan Mission Staff Medical Liaison and Lisa Hoffart who attended as the Saskatchewan Mission Staff Science Liaison. Heather Hynes, Staff Sport Dietitian also attended the Games for a brief period to provide sport nutrition advice to the Sask Team and Host Committee.

## **E. 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 to the following;

- CSCS individual registered athletes
- CSCS High Performance Enhanced Sport Science and Sport Medicine Service Program for Identified Provincial Sport Governing Bodies (PSGB's)
- 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 and Financial Management of the Medical Services/Treatment Reimbursement Program
- Sport Nutrition
- Exercise Physiology
- Strength and Conditioning
- Mental Training
- Biomechanical Analysis
- Sport Medicine (injury assessment and rehabilitation)
- Fitness Testing/Athlete Monitoring
- Drug/Supplement and Doping Control Education

2019 Summary/Highlights

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2019. The Council received approximately \$280,555.00 in grant funds and national funds for targeted athletes in Saskatchewan (national fund amounts vary from year to year). These funds are 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 Council provides services to all the recognized (targeted) athletes under the contract for service with the CSCS. The areas of service are summarized below.

*CSCS Individual Registered Athletes-Science Services* - - This program had an increase in requests in 2019 when compared with 2018. This was reflected in the individual sport science service hours which had an increase in 2019 (762 hours) when compared to 2018 (461 hours). This increase in service hours resulted in an increase in funding utilized as well (2019 = 53,388 versus 2018 = \$31,252)

*CSCS Individual Registered Athletes Sport Medicine Services - Athlete Medical Reimbursement Program* - This program had a decrease in requests in 2019 when compared with 2018. Ironically though there was an increase in funding utilized (2019 = \$24,655 versus 2018 = \$16,883). The explanation is that there were larger reimbursements per athlete claim.

Program usage varies from year to year depending on the number of athletes registered with the CSCS. The Council administers this program on behalf of the CSCS. The program operates like an insurance program whereby athletes pay for medical services and then submit receipts to be reimbursed. The program is to be a secondary program to assist athletes once they have utilized all additional insurance programs that they may have through work, school, or parents.

*Individual Athlete Service Usage -*

CSCS	Science		Medicine		Medical Reimburse	Athlete Service Manager Intake Interviews & Product Distr.
	Requests	Hours	Requests	Hours	Requests	Requests
<b>Year 2019</b>	109	762	n/a	n/a	54	n/a
<b>Year 2018</b>	89	461.75	0	0	73	6
<b>Year 2017</b>	83	404.75	0	0	96	9
<b>Year 2016</b>	71	645.5	0	0	88	1

*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 2019, funding from Sport Canada through the Own The Podium (OTP) Program and national sport organizations was approved for the following sports; Para Cycling = \$2,500.00; Sask Para Fencing = \$2,000.00 and Sask Diving = \$14,000.00. This approved funding is for the CSCS's fiscal year (April-March).

*CSCS and the Council's PSGB Enhanced Sport Science and Sport Medicine Program –*

This program's main objective is to increase the pool of Saskatchewan athletes, coaches, officials and teams who are consistently achieving success at regional, national and international competitions. The main purpose of the program is to increase the strength and conditioning activity of the sports targeted by the program. This includes development, implementation, monitoring and supervision of a comprehensive strength and conditioning program (core strength, weight training, stretching, etc.). Physiological Field and/or Lab Testing are also components of the program. This program was led by the network of strength and conditioning experts currently available to our sports through the Council. Although, strength and conditioning was the primary focus for this new initiative, other service areas also include: nutrition, mental training, sport medicine and biomechanical analysis.

Twenty-two (22) targeted PSGB's were approved for 2019/20. The Council receives approximately \$135,000 from the CSCS for this program in addition to the SMSCS funding that is also provided to these PSGB's. 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. It should also be noted that the Council and the CSCS combine funds to provide the PSGB Enhanced Program. The targeted sports utilized approximately \$191,000 of combined CSCS funding + SMSCS funding in 2019.

*CSCS – Council Staff & Board Support Services -*

The Council received \$45,000 in funding (part of the \$240,000 annual grant) from the CSCS for staff services provided to the CSCS as summarized below.

The Council administrative Staff (Laycock, Henry, Jule) organize all requests for service and record and compile all service statistics. They also manage the athlete medical reimbursement program and contribute to strategic and program planning for the CSCS. In addition, Staff also participated in the Canadian Sport Centre Saskatchewan Staff meetings which were held on a monthly basis. Travis Laycock and Mark Henry represented the SMSCS. As well, Kim Dorsch represented the Council Board on the CSCS Management Committee while Travis Laycock represented the Council Staff on the CSCS Management Committee.

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

*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 represents 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 Centres and Institutes plus some additional consulting sport RDs (who are working directly with national team athletes) from across the country. Our Nutrition group has ongoing communications using the web platform Basecamp and discusses best practices, review 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 for each Centre and Institute, Canadian Olympic Committee and Canadian Paralympic Committee representation and reports/collaborates with Andy Van Neutegem with Own The Podium. The goal of the group is to meet face to face 3 times per year and is working on a variety of national initiatives.

*GAME PLAN – Athlete Career Transition Program - Lisa Hoffart (nee Benz), Staff Mental Performance Consultant is contracted by the CSCS to implement the National Game Plan Program in Saskatchewan. The program supports high performance athletes in their pursuit of excellence during and beyond their sporting careers. This initiative takes a proactive approach to athlete wellness. It is designed to alleviate life’s common stressors and distracters, allowing athletes to focus on performing when it matters most. The Game Plan program is supported by the Canadian Olympic Committee (COC), the Canadian Paralympic Committee (CPC), Canadian Olympic and Paralympic Sport Institute Network (COPSI Network) and has a goal to provide Canadian athletes with resources for life beyond sport.*

## **F. 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 donations.

### ***2. Web Page & Newsletter***

- a. These two communication tools are used to promote our services to athletes, coaches, schools, rec. boards, etc. They also act as a great resource for the SMSCS’s members and consultants.
- b. The Newsletter is published 3 times per year and is distributed via email and posted on our website.

- c. Advertisement revenue from the Newsletter and website in 2019 was \$3,725.00 which was an increase when compared to 2018 (\$3,075.00).
- d. The Council's web address is [www.smscs.ca](http://www.smscs.ca). Staff update the site content numerous times throughout the year.

### **3. Promotional Brochure/Hand-Out**

The Council continues to utilize a 1-page (two sided) hand-out that outlines our programs and services.

### **4. Blood and Body Fluids Rules Hand-Out**

The Council utilizes this resource as part of the Sport 1<sup>st</sup> Aid seven-hour workshop, as well as distributing it to all PSGB's.

### **5. SASM Concussion Info Page**

The SMSCS utilizes this resource as part of the Concussion Education Program.

### **6. Display/Promotional Opportunities**

- a) The SMSCS attends a select number of events each year to promote the Council and our many programs and services. On other occasions when a staff member cannot attend, we provide the hosting agency with information handouts and our stand-up display that can be included in registration packages.
- b) Annually, the SMSCS also purchases promotional opportunities (eg. promotional flyer inserts in AGM packages) with selected organizations that have similar clientele to the Council. Examples include the Saskatchewan Physical Education Association and the Saskatchewan High Schools Athletic Association.

## **G. CAPACITY AND INTERACTION (Organizational and Professional Development and Volunteer Recognition)**

### **1. Membership**

In 2019 – Council membership totaled 277 which was similar to the previous three-year average of 279: Sport Physicians (SASM) = 44; Sport Physiotherapists (SPC-Sask) = 68; Athletic Therapists = 35; University of Regina, Faculty of Kinesiology & Health = 38; University of Saskatchewan, College of Kinesiology = 40; Chiropractors Assoc of Sask-Sport Interest = 42 and Sport Massage Therapists (CSMTA) = 10. Note: Membership numbers do fluctuate throughout the year.

### **2. Professional Development Committee**

This Committee is responsible to oversee the development, implementation and evaluation of all current professional development programs and initiatives. This includes: (1) member/consultant professional development grant funding program; (2) ensuring a wide variety of multi-disciplinary professional development opportunities are available for consultants and members of the Council and; (3) developing partnerships with member provider and user groups and other organizations which will assist all parties involved in the development and delivery of professional development opportunities..

In 2019, the Council continued to provide professional development grants to our members and consultants. Maximum funding remains at \$1,000.00 per request. Five (5) professional development grants were approved (sport medicine-3; strength-1; mental performance-1). A total of \$2,816.96 in funds were granted to the recipients. This was less than in previous years.

In addition to individual PD grants, the Council did provide some assistance to a member group as well. During 2019, the Canadian Sport Massage Therapists Association -Sask Chapter hosted their National Conference in Saskatoon. The Council provided \$462.20 of support of the conference

### ***3. Organizational Development Committee (strategic and long-range planning)***

The Council completed the first year of our current three-year Forward Plan (2019-2021) in 2019. The overall general goal and objective for the plan is to increase service provision to our clients. An important secondary goal is to develop a five-year staffing plan that will include staff succession planning. Please see our 2019-2021 Forward Plan report for further details

## **H. OTHER COMMITTEES**

The Council is involved in the following Other Committees:

### ***1. Sask Sport Inc. Administration Centre Advisory Committee***

The role of this Sask Sport Committee is to oversee the operational policies, plans, procedures and budgets of the Sask Sport Inc office buildings. The 'Administration Centers' exist to provide convenient quality office space, administrative services and other common support services at competitive service rates to assist in increasing the efficiency and effectiveness of volunteer non-profit organizations in sport, culture and recreation. Staff member Scott Julé is a member of this Committee.

### ***2 Provincial Government-Sport Department – Concussion in Sport Committee***

Scott Julé sits on the Provincial Governments Concussion in Sport Committee. It is an advisory and resource provision role.

## 2019 PROVINCIAL SPORT GOVERNING BODIES (PSGB'S) STATISTICAL SUMMARY and COMPARISON

- Enhanced Sports had \$191,968 in total dollars used compared to last year.
  - This information is used as a measurement of the total amount of service used as per the SMSCS's Forward Plan
  - The 2019 usage was higher than in 2018 and was higher than the past 3-year average
  - Rationale for the increase in 2019 is that a lot of meetings occur with the sports resulting in constant uptake of services.
  - Note: The total amount of available funds is calculated by 16 Tier 1 sports @ \$3000 + 6 Tier 2 sports @ \$2500 + CSC contribution \$135000 = \$198,000 available yearly funds

$$\frac{\text{YR 2016}}{\$205857} + \frac{\text{YR 2017}}{\$154708} + \frac{\text{YR 2018}}{\$186315} = \$182,293 \text{ average}$$

- TIER 2 Sports had \$8,081 in total dollars used compared to last year.
  - This information is used as a measurement of the total amount of service used as per the SMSCS's Forward Plan
  - The 2019 usage was lower than in 2018 and was lower than the past 3-year average
  - Rationale for the decrease in 2019 is that Canada Winter Games occurred in February resulting in not much service occurring afterwards for the winter sports.
  - Note: The total amount of available funds is calculated by 9 Tier 2 sports @ \$2500 = \$22,500 available yearly funds

$$\frac{\text{YR 2016}}{\$4341} + \frac{\text{YR 2017}}{\$11298} + \frac{\text{YR 2018}}{\$17422} = \$11,020 \text{ average}$$

- TIER 3 Sports had \$8,055 in total dollars used compared to last year.
  - This information is used as a measurement of the total amount of service used as per the SMSCS's Forward Plan
  - The 2019 usage was lower than in 2018 and was lower than the past 3-year average
  - Rationale for the decrease in 2019 is that Canada Winter Games occurred in February resulting in not much service occurring afterwards for the winter sports.
  - Note: The total amount of available funds is calculated by 13 Tier 2 sports @ \$2000 = \$26,000 available yearly funds

$$\frac{\text{YR 2016}}{\$14892} + \frac{\text{YR 2017}}{\$8912} + \frac{\text{YR 2018}}{\$10321} = \$11,375 \text{ average}$$

- TIER 4 Sports had \$3,252 in total dollars used compared to last year.
  - This information is used as a measurement of the total amount of service used as per the SMSCS's Forward Plan
  - The 2019 usage was lower than in 2018 and was lower than the past 3-year average
  - Note: The total amount of available funds is calculated by 20 Tier 4 sports @ \$1000 = \$20,000 available yearly funds and this usage is a combined sport medicine & science service dollar used based on the SMSCS free allocation.

$$\frac{\text{YR 2016}}{\$1427} + \frac{\text{YR 2017}}{\$3939} + \frac{\text{YR 2018}}{\$6784} = \$4,050 \text{ average}$$

## 2019 “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

- OTHER major user group requests such as SHSAA, Schools, Districts, Universities, etc
  - An overall decrease in all areas

	<u>Science</u>		<u>Medicine</u>		<u>“Non-Consulting”</u>
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>
<i>Year 2019</i>	112	156	19	140	21
<i>Year 2018</i>	129	246	30	368	79
<i>Year 2017</i>	95	272	18	198.25	83
<i>Year 2016</i>	72	175	38	284.25	90

- Canadian Sport Centre Saskatchewan requests and hours:
  - Science requests and service hour usage increased.
  - Medicine requests and consulting hours are no longer applicable since the service of “Injury Assessment/ Treatment/Prevention” for the CSCS now go through the Medical Reimbursement.
  - Medical Reimbursements requests decreased.
  - Athlete Service Manager Stat is no longer applicable since the Council no longer provides this service

<b>CSCS</b>	<b>Science</b>		<b>Medicine</b>		<b>Medical Reimburse</b>	<b>Athlete Service Manager Intake Interviews &amp; Product Distr.</b>
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>	<i>Requests</i>
<i>Year 2019</i>	109	762	n/a	n/a	54	n/a
<i>Year 2018</i>	89	461.75	0	0	73	6
<i>Year 2017</i>	83	404.75	0	0	96	9
<i>Year 2016</i>	71	645.5	0	0	88	1

## 2019 “PSGB” vs “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

### PSGB Consulting Services

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Sleep Perf</u>		<u>Other requests</u>
	<u>requests</u>	<u>hours</u>	<u>requests</u>	<u>requests</u>	<u>requests</u>	<u>hours</u>	<u>req</u>	<u>hours</u>	
<b>2019 (Jan-Dec)</b>	447	1998.75	65	153.5	20	523.75	18	24	96
<b>2018 (Jan-Dec)</b>	431	2056.25	114	198.5	12	442.25	*		87
<b>2017 (Jan-Dec)</b>	365	1680.5	78	156.75	12	668	*		110
<b>2016 (Jan-Dec)</b>	417	2042.25	67	150	10	512.25	*		105
<b>2015 (Jan-Dec)</b>	329	1116.5	79	190	4	89	*		61

### NON – PSGB Consulting Services

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Sleep Perf</u>		<u>Other requests</u>
	<u>requests</u>	<u>hours</u>	<u>requests</u>	<u>hours</u>	<u>requests</u>	<u>hours</u>	<u>req</u>	<u>hours</u>	
<b>2019 (Jan-Dec)</b>	202	1141.25	6	12.5	7	457.25	1	1	136
<b>2018 (Jan-Dec)</b>	251	756.75	16	91	11	280.5	*		188
<b>2017 (Jan-Dec)</b>	208	740.25	9	47	7	269	*		191
<b>2016 (Jan-Dec)</b>	154	802.75	7	43	6	208.25	*		196
<b>2015 (Jan-Dec)</b>	201	815.5	10	46	18	165	*		209

Science = (Strength & Conditioning, Nutrition, Mental Performance, Biomechanics, Exercise Physiology)

Sport Medicine = (Injury Prevent, Taping, 1st Aider, Concuss., Drug Ed)

Other = (Sales, Equipment, Testing, etc)

## 2019 “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.

	2019	Contact Hrs	2018	Contact Hrs	2017	Contact Hrs	2016	Contact Hrs	2015	Contact Hrs
SM - Sport Taping	7	49	15	102	12	84	12	84	14	98
SM - Sport 1st Aid	6	42	9	63	4	28	6	42	8	56
SM - Injury Assessments/Prevention consults	1	1	9	13	2	2	2	2	1	1
SM – Education Workshops/Sessions (1-4 hrs)	21	26.25	45	45.5	25	28	33	41	32	47
SM - Drug Education Workshops/Sessions	23	34.5	28	41	30	47.25	9	9	34	34
SM - Concussion Education Sessions	11	11	21	21	10	10	9	9	*	*
SM - Concussion Plan Reviews	2	2	3	4	4	4.5	3	6		
SS - Nutrition	208	326.25	206	357.75	224	347.25	197	359	174	283.25
SS - Mental Training	289	573.25	293	482	197	433.75	195	526.25	191	328.75
SS - Exercise / Strength	151	2237.5	181	1936.25	151	1618.5	176	1936.5	149	1296
SS – Biomechanics	1	3	2	37	1	21.25	3	23.25	2	24
Sleep Performance	19	25	*	*	*	*	*	*	*	*
OTH (SM) - Event Coverage – Medical Personnel	27	981	23	722.25	19	937	16	720.5	22	254
OTH (SM) - 1 <sup>st</sup> Aid Supplies & Kit Sales	112	*	133	*	149	*	173	*	157	*
OTH (SM) - Equipment Rental & Loans	39	*	32	*	34	*	38	*	42	*
OTH (SS) - Fitness Testing	27	*	30	*	57	*	42	*	14	*
OTH - Insurance Reimbursement Program CSCS	54	*	73	*	96	*	88	*	60	*
OTH - Resource Material	0	*	5	*	9	*	3	*	9	*
OTH - Display	0	*	2	*	0	*	2	*	1	*
<del>SKMILK Nutrition Sessions</del>	*	*	*	*	*	*	*	*	*	*
<del>Fitness/Exercise/Rehab Supply Sales</del>	*	*	*	*	*	*	0	0	0	0
<del>Networking</del>	*	*	*	*	*	*	*	*	*	*
<del>Meetings/Assistance</del>	*	*	*	*	*	*	*	*	1	*
<del>Intake Interviews/distribution (CSC SK)</del>	*	*	*	*	*	*	*	*	*	*
<b>TOTAL</b>	<b>999</b>	<b>4311.75</b>	<b>1110</b>	<b>3825.25</b>	<b>1024</b>	<b>3561.5</b>	<b>1029</b>	<b>3758.5</b>	<b>911</b>	<b>2422</b>