



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

Website: <https://www.smscs.ca/>  
Toll Free: 1.888.350.5558

## 2020 Summer Newsletter

### Staff Message...

Well, 2020 started off much like any other year in the 32-year existence of the Sport Medicine & Science Council of Saskatchewan. Typically, each year there are a number of exciting new initiatives the Council focuses on in addition to our continued work with all the PSGBs, Sport Districts, University teams, and so on. The first part of the year was no different as all of our programs & services had initially seen either the same amount or an increase in requests, especially our Medical Coverage of Events program which provides medical personnel and equipment at various provincial and national championships. We also provided and planned for numerous sport medicine and science educational sessions for provincial teams, Saskatchewan Games teams, North American Indigenous Games (NAIG) teams, varsity teams, and club teams.

Usually Spring is a wonderfully busy time in the world of sport. Leo Tolstoy is regarded as one of the greatest authors of all time and is quoted as saying *"Spring is the time of plans and projects"*. However, the sporting community officially came to a halt in mid March as did all other normalcy for almost everyone in the world due to the onset of Covid-19.

During this unprecedented trying time, the Sport Medicine & Science Council of Saskatchewan had to take a step back to reassess all of our services and programs to see what we could do different. Through this process we were thinking of all the teams and athletes we worked with in the past and intend on

working with in the future. As a result, we planned as we could and started to offer services via skype, zoom, phone, facetime, and any other means as necessary.

Even though there now seems to be light at the end of the tunnel, we are not sure if we all will get back to "normal" or if we will just be accustomed to a "new normal". As a result, we would like you to know that many of our services such as Mental Performance training, Drug Education, and Nutrition Education sessions can still occur through our staff consultants. In addition, most of our other program/services such as Concussion Education, Injury Prevention sessions, and Strength and Conditioning programming can still be provided by our 'outside' consultant service providers. Most of these services have started back up through different means other than face-to-face or hands-on service. Programs and services such as Medical Coverage at Event, Sport First Aid or Sport Taping workshops are currently on hold. If any athletes or teams wish to work with any of our staff or other service providers via online means, please contact the Council for more information. In the meantime, please closely monitor the Saskatchewan Government's COVID-19 webpage for the latest information.

On behalf of the Board and the Staff of the Sport Medicine & Science Council of Saskatchewan...

***Be Safe so that in the future you can Play Safe.***

### SMSCS COVID-19 Protocols

SMSCS prides ourselves' on providing service to those in our community and is making all efforts to keep our clients, members, consultants, and staff safe. Most of our services are back up and running with protocols in place to reduce the risk of COVID-19 transmission. Please visit our website to inform yourself on specifics of these protocols.

Though we are able to provide in person service, we are still placing a priority on Zoom sessions to eliminate any risks of exposure.

Please contact our executive director Mark Henry at 306.780.9208 with any further questions on our COVID-19 protocols.

## SMSCS's New President, Courtney Schell

This past March saw Courtney Schell become the SMSCS's newest President. Courtney is a Certified Athletic Therapist CATA(C), Sports Massage Therapist certification candidate SMT(cc,) and Registered Massage Therapist (RMT). She has a vast knowledge of orthopedic bracing & athletic supplies, as well as numerous years and experience in the athletic training world. demonstrated in her 4 years' experience working for the CFL's Hamilton Tiger Cats the CFL and with an orthopedic bracing and athletic supply company in Hamilton.

Courtney attended post-secondary school at the University of Saskatchewan in Kinesiology and finished her post-secondary in Ontario at Sheridan College where she achieved her bachelor's degree in Applied Health Science (Athletic Therapy) with high honors. While attending Sheridan College she collected an accolade of awards and recognitions including the Dr. Ron Taylor Blue Jay's Award, Hamilton Tiger-Cats Award, Everet Van Beek Memorial Scholarship and Loi Quach Memorial Scholarship while graduating with high honors.

While in Ontario, not only did she work for an orthopedic and bracing supply company, but also was extensively involved with providing athletic therapy services to many professional and amateur sport teams and athletes. The list is long but some of these included four years with the CFL's Hamilton Tiger Cats, the National Ringette League, the Hamilton Hurricanes Jr Football club, the Stars on Ice productions, professional ice skater Scott Moir, pop star Britney Spears, the Radio City Rockets, and countless varsity, high school, elite and recreational athletes.

Although she had many fulfilling experiences in Ontario she knew her home was in Saskatchewan. I guess you can't change the green in your blood. So, she was very happy to move back in 2011 and continue her athletic therapy career with Pro Sport Rehab and Fitness in Saskatoon. With their tremendous support she opened a small business known as Sideline Athletics; Orthopedic Bracing and Athletic Supplies. This business opened up doors for her to work with numerous organizations like the



Saskatoon Hilltops, Ringette Saskatchewan, Warman Ultimate Cheer Club, Saskatoon SWAT, and the KFL. Courtney currently contracts her services out to both of Pro Sport Rehab's clinics in Saskatoon and Warman along with some assistant work in a clinical setting to Dr. Cole Beavis.

Along with serving on the SMSCS Board she is currently serving at the Saskatchewan Athletic Therapy Association's Board. Although her career in athletic therapy and sport is her passion, her heart belongs to her faith and family; Bobby, Vayda, Raina and Layla, where they spend most of their time in the spring and fall farming, summers at the lake fishing and water skiing, and winters at the rink involved heavily with ringette

Courtney has been involved in sport as a participant since she was a young girl and now feels privileged to be involved as a medical professional providing those same services and support she received from the SMSCS as a young athlete. Back in 2011 when she was in a position to apply to be a consultant with the SMSCS, she jumped at the opportunity and was very proud to supply services such as Sport First Aid and Taping workshops, Injury Prevention sessions, Concussion Management sessions, and Sleep Performance presentations to the grassroots sports of the province. She has indicated that it is an honor to have already served four years on the Board of Directors and it will be a privilege to step into the role as President with the SMSCS for the next two years.

### BOARD OF DIRECTORS

President ... Ms. Courtney Schell (SATA)  
Vice President ... Dr. Daysha Shuya (SPC-SK)  
Past President ... Dr. Cole Beavis  
Secretary/Treasurer ... Dr. Kim Dorsch (U of R)  
Board Member ... Dr. Wendy Chrusch (SASM)  
Board Member ... TBD (SASM)  
Board Member ... Ms. Jill Apskrum (SPC-SK)  
Board Member ... Mr. Bart Arnold (U of S)  
Board Member ... Mr. Al Bodnarchuk (Director at Large)  
Board Member ... Dr. Brad Waddell (Director at Large)  
Board Liaison ... Ms. Michele Dezell (Sask Sport Inc)



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## Nutrition Planning to Support a Healthy Immune System

Written by Heather Hynes (MSc, RD, CSSD)

SMSCS Nutrition Consultant

Your nutrition planning plays a key role in supporting your immune system. Here are some nutrition tips to provide your immune system with the fuel and support it needs.

**Top up on probiotics and prebiotics.** Probiotics are live bacterial cultures found in fermented foods and dairy products (yogurts, Kefir, sauerkraut, etc.). Read your food labels to ensure you are purchasing quality food choices, look for live cultures on the food label. Prebiotics are the foods needed to fuel probiotics and they can be found in quality grain products (whole grains, oats, quinoa, barley, etc.) and fruits and vegetables (bananas, apples, garlic, leafy greens, onions, etc.)

**Choose a large variety of colourful veggies and fruits.** When heading to the grocery store, try to purchase a variety of fresh, frozen or canned fruits and veggies. Try to organize your meals and snacks around your fruits and veggies; ideally covering ½ your plate with leafy greens and colourful fruits. Finding new ways to prep and cook these nutrition powerhouses will keep you motivated to include them. Check out some new bowl recipes that start with a leafy green base- that's an easy way to get in 2-3 cups of veggies per day.

**Focus on meal and snack timing.** Planning out your day to include 3 meals and 2-3 snacks will help you provide your body and immune system with a steady source of energy. A good rule to following is to fuel the body every 3-3.5 hours. This planning can help you avoid energy lows and over consumption. Having a plan for your day can also help with your sleep schedule.

**Focus on some key nutrients: Vitamin C, Vitamin D, Vitamin E, Zinc and Iron.** Having more time to plan out meals and snacks can offer us the opportunity to fully understand where these nutrients come from.

**Vitamin C:** bell peppers, strawberries, oranges, kiwi fruit, broccoli

**Vitamin D:** dairy products, salmon, fortified foods

**Vitamin E:** nuts and seeds, whole grains, cooked spinach, avocado

**Zinc and Iron:** red meats, beans and lentils, pumpkin seeds

It's a great time to find some new recipes and include new foods into our nutrition routine.

*Adapted from: Immunity Nutrition, Ashley Armstrong, MSc, RD, CSSD, April 2020*

## SMSCS STAFF (July 2020)

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## The Sport Medicine and Science Council of Saskatchewan receives financial support from



This newsletter was sent using various SMSCS email contact lists. If you did not receive our newsletter by email and would like to receive it in the future or you know someone who would like to receive it, contact the SMSCS office at 306.780.9446 or by email at [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

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## Mental Tips for Training at Home During COVID-19

Written by Lisa Hoffart (M.C., M.A., R. Psych (#1049))

SMSCS Mental Performance Consultant

A lot has changed quite suddenly during COVID-19. It can sometime feel like there is a lot to adjust to and that there are still a lot of unknowns.

While you may not be training and competing right now, there are a lot of things that you can be doing to mentally train at home.

1. Recognize that you are dealing with a lot right now. Emotions can seem elevated and at times difficult to control. When emotions start to develop, try recognizing and naming the emotion. For example, "I am feeling frustrated right now." This activity helps to build awareness of the emotion and also helps to normalize the emotion. It also reminds you that emotions are temporary states and that these feelings won't last forever.
2. Bring your attention to what you can control. There are a lot of things that you may wish were different right now or that you might like to change. Focus your time and energy on the ones that you are able to influence, as it will help you to feel more engaged and productive.
3. Maintain general wellness patterns, such as healthy nutrition, getting adequate sleep, virtually connecting with others, and engaging in activities that you enjoy. These help you to recharge and maintain your overall wellness levels.
4. Develop a routine to structure your day. This can help you to feel more settled and productive during the current changes. Include some small goals that you are working towards. You might need to be creative with your training right now, but think about what you like about the sport and some ways that you can improve right now. Those thoughts can help you to feel more motivated to train.
5. Visualization can be a helpful strategy to recreate training and competitive environments. Think about past successes, see yourself correcting mistakes, and imagine how you want to perform when competition is back on.

Remember that you are always able to reach out for help. Now can be a very effective time to work individually with a mental performance consultant. Additionally, if you are feeling more anxious than normal, that your mood has decreased, or you are acting in ways that are negatively impacting your wellness or performance, reach out for help. You can contact Lisa Hoffart, R. Psych, Mental Performance Consultant, at [mental.trainer@sasktel.net](mailto:mental.trainer@sasktel.net) if you have any questions or concerns.

### Mental Performance Sessions and Workshops

- Attention, emotional and arousal control
- Routines
- Self awareness
- Goal setting
- Mental imagery
- Mental toughness
- Practice effectiveness
- Ideal performance state
- Self-talk & thinking patterns
- Team building and group dynamic



For more info or to book a workshop call toll free at 1-888-350-5558 ext. 1

### Concussion Management Plan. Do You Have One?

The goal of an effective *Concussion Management Plan* is to protect athletes and return them safely to their sport and learning environment. A *Concussion Management Plan* will promote concussion awareness, teach safe techniques, ensure proper and well maintained equipment, teach respect for opponents and self, and promote good officiating. All stakeholders need access to accurate and current concussion information.

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

On our website, information and resources are presented for use in the development of your Plan. Topics include concussion education, prevention, management, return to play, and return to learn. The content is targeted to athletes, parents, coaches, educators and officials. We also have an easy-to-use TEMPLATE that can be used to develop your Concussion Management Plan.

All PSGB's have access to **free service and programming funding/hours** from the SMSCS. We strongly encourage all PSGB's to use one of your funding hours to host a concussion education session, and then two or three additional funding hours to have an approved SMSCS consultant review your concussion management plan.

#### FOR FURTHER INFORMATION CONTACT:

Scott Julé Toll Free: 1(888)350-5558 EXT.2 Phone: (306)780-9446 Email: [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

*Schedule Your Workshop Today!*

## **DRUG EDUCATION AND AWARENESS WORKSHOPS**

The Drug Education & Awareness Workshop is a valuable educational session intended for all sports, teams, or athletes that might compete at Provincial, Regional, National, International competitions or at a Canada Games level.

The Workshop consist of the following topic areas:

- Values, Attitudes, and Ethics in Sport
- Doping in Sport
- Sanctions
- Prohibited Substances & Methods
- Stance on Supplements
- Therapeutic Use Exemptions (TUEs)
- Doping Control Procedures (testing)

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

## **Sport Medicine Education Sessions** *Would you like a Sport Medicine Professional speak to your group?*

The SMSCS offers sport specific sessions ranging from one to three hours in length and can be on one topic or a combination of many. Suggested topics include:

- 1) Injury Prevention (warm up/cool down and stretching, etc.)
- 2) Recognition and Care of Common and Life Threatening Injuries in your Sport
- 3) Developing Emergency Action Plans, and so on
- 4) Concussion Education
- 5) Self Massage & Recovery

**Call 1.888.350.5558 or email [s.jule@sasktel.net](mailto:s.jule@sasktel.net) to book a session**

## **SMSCS LEGACY FUND PROGRAM**

The SMSCS, with Assistance from Sask Sport Inc., has established the Sport Medicine and Science Council of Saskatchewan Legacy Fund.

This fundraising program was developed to assist Sask Sport Inc. member organizations in implementing a gift giving campaign. The program provides an opportunity for individuals who have benefited from sport or those who believe in the value of sport (or in our case, Sport Medicine and Science) to contribute financially to sport organizations and programs for current and future generations. Cash, monthly/annual contributions, planned financial gifts (ie. life insurance policies, interest free loans, bequests, etc.) or gifts in kind are all eligible donations.

A complementary “donor incentive program” has also been developed by Sask Sport Inc. to assist Provincial Multi-Sport Organizations in attracting donors. Donor recognition and significant tax savings further add to the attractiveness of contributing to the Fund. To date, over 450 donors have

contributed in excess of 3.2 million to 35 different sport and multi-sport organizations within the Sask Sport Inc. system.

Each participating organization has developed directed program(s) within their respective fund to channel dollars toward specific causes. The Council will be targeting any funds received to the following initiatives:

- 1) Drug Education and Supplement Program
- 2) Sport First Aid and Taping Program
- 3) Medical Equipment
- 4) Professional Development Grants – Sport Medicine
- 5) Professional Development Grants – Sport Science
- 6) General Revenue

**For more information or to make a donation please contact:**

Mark Henry, Executive Director • Email: [smcs@sasktel.net](mailto:smcs@sasktel.net)  
Phone: 306-780-9208

## **SMSCS Adds New Staff**

The SMSCS would like to announce the addition of Robyn Klein as our new Programs Coordinator/Administration Assistant. Robyn had previously worked for the SMSCS on casual basis for two years prior to being hired for the newly developed full-time position on July 1st.

Robyn is a recent Graduate of the University of Regina where she obtained her Bachelor of Kinesiology Human Kinetics (with Distinction) and minoring in Psychology. During her four years there she worked within the University’s Athletic Therapy Department as a student trainer with several varsity teams.

Over the next few months, she will be in contact with many of you (PSGBs, Sport Districts, etc.) promoting our programs and services. She will also be assisting all current staff with the coordination of current, on-going services and requests.

Welcome aboard Robyn!



## Explanation of Sport Science and Sport Medicine Service Provider (Consultant) Qualifications

The Sport Medicine & Science Council (SMSCS) is a nonprofit organization under Sask Sport Inc (SSI) that has been providing sport science and sport medicine programs and services to athletes and teams for the past 33 years. We are also contracted service providers for the Canadian Sport Centre Saskatchewan (CSCS).

Our priority clientele (Sask Sport Inc members) receive limited free funding to access the programs and services that we provide. The clientele includes Provincial Sport Governing Bodies, Sport Districts, University Varsity Teams, Sask Games Council, Saskatchewan High School Athletics Association, Coaches Association of Saskatchewan, NAIG, as well as registered CSCS athletes. Other athletes and teams may also have access services on a fee-for-service basis.

The Council's services are extensive, with the majority

being provided by a network of approved Consultants from across the province. Consultants must apply to the SMSCS through a formal application process in order to represent the Council and must be able to invoice us for services rendered to our clients. Consultants representing the SMSCS are deemed as "experts" by the Council within their science or medicine discipline they have been approved to provide consulting in. Each discipline has high standards for educational qualifications which are in line with what the other Canadian Sport Centre's & Institutes across Canada utilize. It is because of these high-quality educational qualifications that the SMSCS is seen as a leader of sport science and sport medicine expertise within the province by Sask Sport Inc and many other provincial organizations.

We are aware that there are many other educational credentials or certifications that service providers within the private industry may have obtained. However, the SMSCS has developed consultants' minimum qualifications for each Science and Medicine discipline which are listed on the SMSCS website at [www.smscs.ca](http://www.smscs.ca)

## Benefits of Membership and Consultant Approval

- The opportunity to serve as a volunteer on the Council's Board of Directors and/or Standing Committees (members only).
- Email Newsletter (2 times yearly).
- The opportunity to be listed on the Council's website as a professional interested in the area of sport medicine and science if you are a member of that provider group and are willing and approved to provide consulting on behalf of the Council.
- The opportunity to apply for Funding for Professional Development.
- The opportunity to rent medical and testing equipment at reduced rates.
- Reduced registration fee for professional development seminars/conferences hosted by the Council.
- General liability and malpractice insurance for any services provided on behalf of the SMSCS.
- The opportunity to represent the Council and be selected to provide consulting services on a fee for service basis (consultants only).

*NOTE: a member and a consultant are two separate entities within the Council. You must be a member of one of our provider or user groups (above) to be a member. You must apply to be a consultant with the Council. It is possible to be both a member and a consultant, but you are not required to be a member in order to become a consultant.*

**For further details please contact Mark Henry, Executive Director, toll free at 1-888-350-5558 or email at [smcs@sasktel.net](mailto:smcs@sasktel.net)**

## SLEEP AND PERFORMANCE EDUCATION SESSIONS NOW AVAILABLE VIA ZOOM

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

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

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

**For more information or to book a session contact Travis Laycock ([travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net))**

# OUTGOING BOARD & EXECUTIVE MEMBER RECOGNITION

## (1) Louise Ashcroft, *Outgoing Past President*

The Council recognized her outstanding contributions to the SMSCS and the sport community at our Annual General Meeting in March 2020. The Council incorporated in 1988, and Louise was on the Board that year and has been involved with the Council in some manner ever since over those 33 years. A summary of her amazing contributions are listed below.

Highlights of her service to the Council;

- Board Member from 1989 -1990
- Secretary/Treasurer 1993
- Vice-President 1994
- President-Elect - 1995
- Sport First Aid Committee Member - 1994
- 1994 - Contributor to development of Medical Coverage Guidelines for Multi-Sport Games Manual
- 1995 – Contributor to development of Strength and Flexibility Manual
- 1995 – Member of Organizational Development Committee
- Member of the SMSCS Sport Medicine and Sport Science High Performance Services Working Committee - 1999
- Co-Developer of Team Trainers Program – 2000
- Co-Chair of the Personnel Unit for the Canada Summer Games - 2005
- Medical Liaison Canada Summer Games – 2009
- Vice-President from 2014-2016
- Chairperson – Sport Medicine Programs Committee - 2016 - 2018
- Member of Professional Development committee - 2016 - 2018
- Member of “Working Committee” for PD Conference - Fall - 2018
- President from 2016-2018
- Past President 2018-2020



In addition to the above volunteer work she was also provided consulting services in the following areas:

- Event Coverage program
- Injury Assessment and Prevention sessions
- Sport First Aid and Taping workshops
- Sport Medicine “Dedicated Consultant” & Educational Sessions
- Drug Education workshops
- Concussion Education sessions

Louise is simply one of only a handful of members who has been involved with the Council for 30 plus years. The Council you see today is due in large part to her many contributions. A member of the Council’s Hall of Fame for sure.

## (2) Dr. Cole Beavis, *Outgoing President*

The Council recognized Cole’s outstanding contributions to the Council and the sport community at our Annual General Meeting in March 2020. Cole is part of a select group of sport medicine physicians who have graciously served as President of our organization. His calm demeanor and common-sense intelligence make him a perfect leader.

Highlights of his service with the Council (for the past 9 years) include:

- Board Member from 2012 - 2016
- Vice-President – 2016-2018
- President – 2018-2020



- Sport Medicine Programs Committee Member – 2015-2020

During his volunteer time with the Council (to this point in time) he was part of:

- Event Medical Coverage policies and procedures revisions and updates
- Council’s Sport Medicine Symposium planning committee
- Safety recommendations to the Govt of Saskatchewan’s Athletic Commission for the sports of Mixed Martial Arts and Boxing
- CASEM sport medicine bag revisions.
- Revisions to the Consultant application process

Cole will continue his volunteer contributions to the health, safety and performance of the athletes of Saskatchewan as our Past President.

**(3) Doug Hillis, *Outgoing Board Member (University of Saskatchewan, College of Kinesiology Representative)***

The Council recognized Doug’s outstanding contributions to the Council and the sport community at our Annual General Meeting in March 2020.

Highlights of his service to the Council

- Board Member from 2010-2020 (11 years)
- Member of the Sport Science Programs Committee 2010-2020
  - instrumental in contributing to the development of a number of sport science program policies
- Drug Education Workshop consultant
- Member of the Professional Development Committee 2015-2020
  - assisted the Council in developing and hosting numerous professional development opportunities for our consultants and coaches. This included our *Major* Conference – “From Grassroots to the Olympian & Paralympian” which we co-hosted with the Coaching Association of Saskatchewan (and CSCS and Sask Sport) in 2018. Doug was a major contributor as an organizer and he also was an MC for the conference



**On behalf of our membership, Board and Staff and our clients (athletes and coaches) THANK YOU ALL for your “outstanding” volunteer service to the Council and the athletes and coaches of Saskatchewan.**





## **WANT TO BECOME A MEMBER OR A CONSULTANT OF THE SMSCS?**

The Sport Medicine and Science Council of Saskatchewan is comprised of groups and individuals from a diversity of scientific and medical disciplines who are committed to promoting safe and healthy participation in competitive sport and to supporting and optimizing competitive sport performance through the delivery of high quality and evidence based sport medicine and science services to our clients with a priority on the Sask Sport Inc. membership.

The Council provides numerous sport medicine and science programs and services (see chart) to the “user group” membership of Sask Sport Inc. (eg. PSGB’s, CAS, Sport Districts, etc.), to its own “provider group” membership (SASM, SPC-SK, SATA, CSMTA-SK, CAS), as well as its consultant groups.

Sport Taping Workshop	Resource Materials & Information	Mental Performance Services
Sport First Aid Workshop	Sport 1 <sup>st</sup> Aid Supplies & Kits Program	Biomechanics Services
Drug Education & Awareness Program	Medical Coverage of Events Program	Canadian Sport Centre-Sask (Services Contract)
Nutritional Supplements Education Program	Medical Equipment Loan & Rental Program	Marketing Program (Sponsorship, Promotion)
Sport Nutrition Services	Movement Screens and Fitness Testing	Strength and Conditioning Services
Exercise Equipment and Supplies Sales Program	Professional Development Seminars/ Conferences	Sleep & Performance Education Sessions
Sport Medicine Services (Initial Injury Assessment Program; Injury care, prevention, and rehabilitation)	Sport Medicine Education Sessions (eg. Warm up/cool down; EAP’s, recognition and care of common sport injuries, etc.)	Other Special Projects
Exercise Physiology Services	Concussion Education & Management Program	Professional Development Grant Program

Individuals interested in becoming a member of the Council can do so by becoming a member of one of the Council’s provider groups:

- Saskatchewan Academy of Sports Medicine
- Sport Physiotherapy Canada- Saskatchewan Division
- Saskatchewan Athletic Therapists Association
- Chiropractors Association of Saskatchewan
- Canadian Sport Massage Therapists Association- SK Chapter
- University of Regina, Faculty of Kinesiology and Health Studies
- University of Saskatchewan, College of Kinesiology

The Sport Medicine and Science Council of Saskatchewan offer consulting services in both Sport Medicine and Sport Science areas. The following are the science and medicine disciplines the SMSCS utilizes to provide consulting services and programming:

**SCIENCE:**

- Exercise Physiologist
- Biomechanist
- Strength and Conditioning Specialist
- Mental Performance
- Sport Nutritionist

**MEDICINE:**

- Sport Physical Therapist
- Certified Athletic Therapist
- Sport Physician
- Sport Massage Therapist
- Sport Chiropractor

Individuals interested in becoming a consultant must complete an application form and submit to the Council for approval.

The SMSCS has established a set of minimum standards for Consultant Qualifications for each of the above disciplines. These minimum standards can be found on the Council’s website at

<http://smscsqlx.sasktelwebhosting.com/directory.html>. Final approval must be granted by the SMSCS’s Board of Directors. Exception Note: A sport specific medical designation is not required to provide Medical Coverage at Sport Events. However, priority is ALWAYS given to those that have their designation.

## ***What type of Sport Nutrition services does the SMSCS offer?***

The most common session our Sport Dietitians provide on our behalf is the “Team Basic Sports Nutrition Session.” This session provides an introduction to the Sport Nutrition Guidelines as well as to Canada’s Food Guide. It then looks at Energy Requirements for aerobic training, strength training, growth and development, and even the energy requirements for weight classification sports. The Sport Dietitian will then educate the athletes on Carbohydrate (CHO) needs based on training volume, training intensity, competition schedule as well as healthy CHO choices. This is then followed up by Protein (PTN) needs based on training volume, training intensity, type of sport involvement and healthy PTN choices. Finally, Hydration guidelines are discussed, as well as sweat rate testing protocols and rehydration planning. These important nutritional factors provide the base for educating athletes on the Timing of food intake as it relates to training, precompetition, and post competition meals.

If a Sport Dietitian is working with a Team over a long period of time, future educational sessions can include:

- Nutrient Timing for Optimal Performance
- Nutrition Monitoring for Optimal Performance
- Nutritional Sport Supplements Education
- Development of a Competition Nutrition Plan
- Grocery Store shopping tours
- Hands on Food Preparation and Meal Planning

**For more information, email Staff Sport Dietitian, Heather Hynes, MSc, RD, CSSD at [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net)**

## **Professional Development Grants Available**

**Are you a member or a consultant of the SMSCS and are considering attending a seminar, educational course or workshop?**

On an annual basis the SMSCS has available a limited amount of funding for members and consultants attending educational courses, workshops, or seminars. This funding is available to help offset a portion of the costs related to registration fees, travel and accommodations.

There are a number of criterion that applicants should be aware of and are available by contacting:

**Mark Henry, Executive Directory at 306.780.9208, or at [smcs@sasktel.net](mailto:smcs@sasktel.net)**



## **Eligible Organizations Encouraged to Utilize Free Service Funding**

The SMSCS provides specific ‘free’ service and program funding for consulting, workshops, educational sessions, etc. Every year to each PSGB, Sport District, University team, SHSAA, CAS, and the SGC. The designated free service and program funding is divided into two categories, Sport Medicine and Sport Science.

### ***SPORT MEDICINE***

- 1) Sport 1st Aid and Taping Workshops
- 2) Sport Medicine Education Sessions (Injury Care & Prevention)
- 3) Initial Injury Assessment Program
- 4) Medical Coverage of Events Program (some fees apply)
- 5) Drug Education and Awareness Program
- 6) Concussion Education & Management Program
- 7) Sleep and Performance Sessions

### ***SPORT SCIENCE***

- 1) Mental Performance Workshops & Sessions
- 2) Strength and Conditioning Sessions/Services
- 3) Biomechanical Analysis Services
- 4) Sport Nutrition/Supplements Sessions/Services
- 5) Exercise Physiology Programming
- 6) Movement Screening

## **Sport 1st Aid Supplies & Kits**

The SMSCS has for sale an extensive line of Sport 1st Aid Supplies and Kits at extremely affordable prices. We can develop one specifically for any sport.

For more information email us at [s.jule@sasktel.net](mailto:s.jule@sasktel.net), call our toll free number at 1.888.350.5558 Ext. #2, or go to our website at [www.smcs.ca](http://www.smcs.ca) to download a price list and order form.

