



2022 *Annual Report*

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

Funding provided by:



SASK LOTTERIES

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INTRODUCTION

The Sport Medicine and Science Council of Saskatchewan is pleased to present this report for the period of January 1 – December 31, 2022. 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 2022 Audited Financial Statements.

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

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

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

Our Fundamental Principles:

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

MEMBERSHIP

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

Charter Members

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

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

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

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

Active Members

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

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

Active Members shall consist of:

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

Affiliate Members

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

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

Affiliate members shall consist of:

- Chiropractors Association of Saskatchewan-Sport Interest Group
- Canadian Sport Massage Therapists Association – 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 2022 fiscal year were as follows:

- Daysha Shuya, President (Sport Physiotherapy Canada-Sask Section Representative)
- Dr. Martin Heroux, Vice President (Saskatchewan Academy of Sports Medicine Representative)
- Dr. Kim Dorsch, Secretary/Treasurer (University of Regina, Faculty of Kinesiology and Health Studies Representative)
- Courtney Schell, Past President)
- Dr. Wendy Chrusch, Saskatchewan Academy of Sports Medicine Representative
- Jill Apshkrum, Sport Physiotherapy Canada - Sask Section Representative
- Erica O'Neill, Saskatchewan Athletic Therapists Representative
- Bart Arnold, University of Saskatchewan, College of Kinesiology Representative
- Dr. Brad Waddell, Director-at-Large
- 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 2022 the committee members included; Daysha Shuya, President Dr. Mary Heroux, Vice-President, Dr. Kim Dorsch, Secretary/Treasurer, Courtney Schell, 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 2022, committee members included; Chairperson-Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies; Bart Arnold, 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 2022, committee members included; Chairperson-Jill Apshkrum, Dr Marty Heroux, Saskatchewan Academy of Sports Medicine, Courtney Schell, Saskatchewan Athletic Therapists Association, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Dr. Ryan Debusschere, Chiropractors Association of Saskatchewan-Sport Interest Group, 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 2022 committee members included; Chairperson-Dale Pitura, Saskatchewan Athletic Therapists Association, Scott Anderson, Sport Physiotherapy Canada-Sask Section, Bart Arnold, University of Saskatchewan, College of Kinesiology, Megan Dash, Saskatchewan Academy of Sports Medicine, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies, Dr. Ryan Debusschere, Chiropractors Association of Saskatchewan-Sport Interest Group, Scott Julé and Travis Laycock, Staff.

Constitution Committee

This Committee is charged with providing advice to the Board regarding the SMSCS's Articles of Incorporation and Bylaws. In 2022 committee members included; Chairperson Daysha Shuya, President, 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 2022 committee members included Dr. Brad Waddell, Chairperson, Daysha Shuya, President, and Mark Henry, Staff.

Marketing (Communications, Promotion and Sponsorship) Committee

This Committee is charged with providing advice to the Board regarding promotion, sponsorship and communication issues. In 2022, Travis Laycock, 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 2022, committee members included; Chairperson-Courtney Schell, 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 2022, committee members include Chairperson-Daysha Shuya, President, and Mark Henry, Staff.

STAFF AND CONSULTANTS

The 2022 day-to-day operations of the Council were the responsibility of the following staff:

- Mark Henry, Executive Director
- Scott Julé, Manager, Sport Medicine Programs and Services
- Travis Laycock, Manager, Sport Science Programs and Services
- Heather Hynes, Sport Dietitian Consultant
- Lisa Hoffart, Mental Performance Consultant (resigned effective April 30th)
- Tyson Brinkworth, Programs Coordinator

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

PRESIDENT AND EXECUTIVE DIRECTOR'S ANNUAL REPORT

Overview

COVID-19 continued to be a concern in Saskatchewan, Canada and globally. The impact to the Council was not as great in 2022 as it was the previous two years. The Council nearly able to return to business as usual, having a very successful year in 2022.

Although still dealing with the effects of the pandemic, sports organizations began to return to normal which resulted in the Council providing an increase in services to near to pre-pandemic levels. The pandemic has forced the Council to think of new ways to deliver services resulting in an increase in online educational and consulting services for our clients when feasible. Coaches and athletes embraced the convenience. It appears that the online service delivery option will remain moving forward. With the flexibility in service delivery, athletes and coaches no longer have to be in the same physical location (eg. camp, competition, practice) to receive many of our services. However, in person consulting services is still the preferred way for a lot of our clients. Therefore, the Council now has two options for clients requiring services: (1) in person and (2) virtual (eg. Zoom). These two options will assist us in meeting our goal to increase service provision to our clients in 2023 and beyond.

Programs and Services

From a service perspective, we received 962 requests for our sport science and sport medicine services. These requests resulted in 3699 contact hours (see statistics for further details). These numbers bring us similar to our pre-pandemic offerings, after two years of decreased services. These contact hours were provided through a combination of our staff, Heather Hynes (Sport Dietitian), Lisa Hoffart (Mental Performance Consultant) and approved casual consultants and service providers. It should be noted that Lisa Hoffart resigned from her position effective April 30, 2022. She did however continue to work for the Council as an independent contractor.

We continued to offer our sport medicine & science programs and services to our priority clients. These clients include the Provincial Sport Organizations (PSO's) designated high-performance athletes, coaches and officials (eg. Canada Games). PSO's receive a certain amount of in-kind services from the Council based on an established tier system. The tier system was developed by the Council and Sask Sport Inc. It is based on certain important performance criteria previously established where Sports are put into a Tier from 1-4 depending on their evaluation score. Sports that score high in their evaluation are categorized as Tier 1. They receive more in-kind service funding than a sport categorized into a Tier 4. PSO's requests for service increased across most of sport science and sport medicine categories in 2022 compared to the past two years.

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

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

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2022. The Council is contracted to provide sport medicine and science services to all the Saskatchewan athletes and coaches who are registered (carded) with the CSCS. These athletes and coaches are members of Canada’s national, international and Olympic teams.

In addition to the services to the CSCS registered athletes, the Council also provided enhanced services to targeted provincial sport organizations high performance athletes through the CSCS’s PSO Enhanced Service Program. The objective of this program is to increase the number and success of Saskatchewan athletes, coaches, officials and teams who compete at regional, national (Canada Games) and international competitions. Sports must develop a comprehensive, or holistic, sport medicine and science plan which includes strength and conditioning (including physiological and lab tests), sport nutrition, mental performance, sport medicine, (including concussion education) and biomechanical analysis (including video and skill analysis) in order to receive funding. It should be noted that the Council and the CSCS combine funds to provide services for the PSO Enhanced Program. In 2022, the service in this area was back to pre- pandemic levels.

For 2022, the Council received approximately \$326,500.00 in grant funds from the CSCS and national organizations (e.g., Own the Podium) for the above-mentioned targeted athletes. Service and funding increased when compared with 2021 (\$279,208.00). This is another indication that services are returning to normal after two years of reductions due to the pandemic. The Council Staff also provide administrative support to the Centre by assisting with athlete medical treatment reimbursement and participation in Centre Staff and Management Committee meetings. Our association with the CSCS continues to be very beneficial for the Council and our dedicated consultants and service providers.

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

Strategic and Staff Succession Planning

The Council completed the first year of our current three-year strategic plan (2022-2024) in 2022. One of the top priorities in our current plan was the need to conduct a board strategic and staff succession planning session. This was accomplished and the session was held in Davidson in April and facilitated by Dr. Brad Waddell, who is the Chair of our Organizational Development Committee. Results of the planning session were compiled and several new initiatives were added to our current strategic plan including:

- undertaking of staff succession planning
- enhancing our successful strength and conditioning program
- broadening consultant development

- creation of a position statement on Council's role in mental health

The board has been working on a transparent framework for staff succession planning that benefits Saskatchewan athletes and the staff of the Council. In the latter part of 2022, after substantial discussion and deliberation during board-only in-camera meetings, the board hired a human resource consultant as an expert in the field. The board set a goal to ensure proper process is followed while making such substantial decisions.

Financial

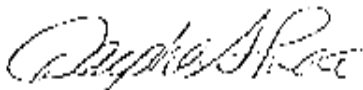
From a financial perspective, the Council had overall revenue of \$1,064,147 with expenses of \$1,165,148 resulting in a significant deficit of approximately \$101,001 in 2022. The deficit was due to the recent board approved employee retirement benefits. The accrued benefit obligation total of \$114,827 was expensed in 2022 but will be paid over a number of years as employees retire. Otherwise, the Council's fiscal year would have been average.

The financial situation for 2023 and beyond will be challenging. The Council continues to require significant resources (financial and human) in order to operate efficiently. In addition, effective January 1, 2023 the Council has increased the fees paid to our consultants which will result in an overall increase in expenditures for those services in 2023. The consultants are now compensated at rates close to fair market value, but not to the expert status of professionalism that the consultants provide. The Council does have savings (surplus funds) to assist our budget if our financial situation requires it.

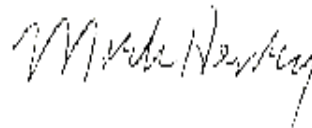
Thank you

In closing, we would like to take this opportunity to thank Saskatchewan Lotteries for their continued financial support. We would also like to thank the committee members, consultants, service providers and staff for all their hard work and dedication to the athletes and coaches of Saskatchewan in 2022. A special thank you goes out to the board of directors. In addition to their regular volunteer board meeting commitments, they also undertook the task of strategic and staff succession planning this past year. This has involved a significant amount of extra work, but proper process is of the utmost importance. Thanks to our dedicated board, members, consultants, service providers and staff we have an organization that is one of the leading sport medicine and science service providers in Canada.

Respectfully submitted,



Daysha Shuya, President



Mark Henry, Executive Director

MEMBER'S ANNUAL REPORTS

1. Saskatchewan Academy of Sports Medicine

Membership and Meetings

The COVID pandemic forced us into virtual meetings. Virtual meeting has allowed for some flexibility and SASM will likely adopt a hybrid of virtual and in-person meetings going forward. Our last hybrid meeting was quite successful. There was an in-person group in Regina, Saskatoon and a number of members joined virtually.

Membership numbers have remained stable at approximately 50 members (physicians, residents, students). We continue to work on strategies to increase student membership including advertising SASM to medical students and residents across the province. Student memberships are free of charge.

Executive

The Executive for 2022 was as follows:

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

Contributions to the SMSCS

The following are the service areas SASM was involved in in 2022

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

Education and Professional Development

The FMR3 Sports Medicine fellowship program in Regina had two Fellows complete their training in the summer of 2022. Dr. Kira Nyhus Runtz returned from maternity leave to complete her program. She is currently working in Regina. Dr. Ben Thistlewood completed his program in June 2022 and is currently working in Swift Current.

The current Fellow is planning to complete his training year at the end of June 2023. The members of SASM were fortunate to have these Fellows host educational presentations as part of their training in 2022.

In addition to academic and research endeavors, SASM members continue to provide high quality Sports Medicine care to the people of Saskatchewan from the recreational to elite level.

SASM continues to offer research grants (2) up to a maximum of \$1500 per application.

The next SASM meeting will be held in May 2023.

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

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

SPC-Sask Current Board Members:

- **Michelle Keene**– Executive Chair
- **Adrienne Stinson** – Secretary/Treasurer
- **Betsy Mawdsley**– Education Coordinator
- **Jaelyse Gorgchuk**– Communications and Marketing Coordinator
- **Jannalee Edgar** – Membership and Events Coordinator
- **Jill Apshkrum** – Sports Medicine & Science Council of Saskatchewan (SMSCS) Liaison
- **Daysha Shuya** – Sports Medicine & Science Council of Saskatchewan (SMSCS) Liaison
- **Carson Blight** – Student Representative
- **Mathew Todos** – Student Representative

We are extremely appreciative of the work the staff of the SMSCS did to update our event coverage equipment and medical bags. Our jobs are so much easier with the high-quality equipment and new supplies. Thank-you.

Updates:

- The number of SPC-Sask members who were SMSCS members in 2021 = 61 (2021 62)
- The number of SPC-Sask members who are SMSCS consultants = 23 (2021-25)
- The number of SPC-Sask members who are SMSCS service providers = 21 (2021-18)
- The number of consultants (physiotherapists) actively involved in providing SMSCS service in 13 (2021-12)
- SPC has the Core Competency Course Program underway– It is now required courses for physical therapists who are wanting to do their credentialing exam and be mentors.
- We continue to host Sport First Responder Courses, but only have one instructor in the province at this time. We are cognizant of her workload.

On behalf of our Board and Committee physiotherapy representatives to the SMSCS; Jill Apshkrum, Rhonda Shishkin, Louise Ashcroft, Adrienne Stinson, Scott Anderson and myself, we are grateful for the opportunities to continue to work with and advocate for the SMSCS.

The SPC-Sask board members appreciate our relationship with the SMSCS and look forward to what the future holds.

Respectfully submitted,
Daysha Shuya, SMSCS Liaison

3. Saskatchewan Athletic Therapists Association (SATA)

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

Members/Consultants

- In 2022, the Canadian Athletic Therapists Association decided to no longer make it mandatory to be registered with a regional association in order to maintain status as a Certified Athletic Therapist in Canada. Therefore, membership in the SATA is now optional for Athletic Therapists practicing in Saskatchewan. The SATA board has worked hard to recruit and maintain our membership.
- We currently have 22 members.
- 17 of SATA members are working as consultants for the SMSCS and continue to provide services when the opportunity arises.
- SATA members continued their contribution to the SMSCS via a number of different services areas, including the event coverage program, injury care and prevention sessions, concussion education, and SWaT and SIPaC workshops.
- Courtney Leavins is continuing her role as Past President on the SMSCS Board of Directors and Erica O'Neill is the SATA representative.
- Member Trevor Len was involved in other SMSCS committees.

Meetings

- The SATA AGM was held on July 5th, 2022 via video conference call.
- Current Board members are: President – Adam O'Neill, Vice-President – Blair Niekamp, Secretary – Courtney Leavins, Treasurer – Erica O'Neill, Registrar – Allistair Wilson

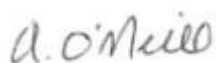
Awards and Recognition

- The Dayna Brons Memorial Scholarship was awarded as an entrance scholarship in the Fall of 2022 to a University of Regina student with an interest in pursuing a career in Athletic Therapy or Kinesiology.

Other Information

- The SATA has begun planning a professional development day in May that will coincide with our AGM and our first ever AT social.

Respectfully submitted,



Adam O'Neill
SATA President

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

Facilities

The Faculty of Kinesiology and Health Studies continues to support the Council's professional development workshops. The University of Regina fitness facility is a recognized SportFit Gym with the Canadian Sport Centre Saskatchewan (CSCS), which allows CSCS athletes to work out with no charge. The Dr. Paul Schwan Centre (DPSC) is also a recognized lab for exercise physiology testing.

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

Consultants with the council have been engaged in discussions on how to enhance services to U of R athletes through the University of Regina's Athlete Health and Performance initiative (AHPI). Currently the 13 U of R varsity sport teams are offered limited free service (\$575/team for a total of \$7475) from the SMSCS. A description of use is provided below. The SMSCS funding is "pooled" so that the majority of service requests are on a "first-come-first-need" basis; therefore, some teams may have accessed a larger number of services than others.

Faculty/Staff Consultants

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

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

Cougar Athletics

During the season, six of the thirteen University of Regina teams used the services of the Council. See the table below for the breakdown of services. Services utilized were considerably up from the previous year (33.7% in 2020-21 to 88.3% in 2021-22). This increase is due to the inclusion of strength and conditioning services. Some of the consulting services were provided to individual athlete's vs in a team setting. It also needs to be noted that these figures do not include; (a) consulting as a volunteer consultant, (b) sport science service received through a different tier (e.g., Canadian Sport Centre, provincial team, Canada Games Team), (c) fitness testing as that is provided directly by the Centre for Health, Wellness, and Performance or (d) staff consulting over and above the given allocation.

Football - m	\$2,780	used for Nutrition and Strength & Conditioning
Hockey - f	\$990	used for Nutrition and Strength & Conditioning
Hockey - m	\$920	used for Strength & Conditioning
Basketball - m	\$920	used for Strength & Conditioning
Basketball - f	\$920	used for Strength & Conditioning
Track and Field – m/f	\$70	used for Mental Performance
X Country Running – m/f		
Soccer - w	\$0	N/A
Swimming – m/w	\$0	N/A
Volleyball - w	\$0	N/A

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

- Men's basketball
- Women's basketball
- Women's hockey
- Men's hockey
- Volleyball

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 2022 year.

Sport Medicine Programs

The College of Kinesiology contributed to the Sport Medicine programs when requested by the Council 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:

Strength Conditioning

Jason Weber

Mental Training

Dr. Kent Kowalski

Dr. Kevin Spink

Dr. Leah Ferguson

Danielle Cormier (PhD student)

Biomechanics

Kenzie Friesen (Post-Doctoral Student)

Sport Medicine

Jessica Pawlik

Board Member

Bart Arnold

Sport Science Services

- 15 U of S Varsity sport teams were offered limited in-kind services from the Council.
- In-kind services were valued at \$8,625 based upon a formula of \$575/team x 15 teams.
- Huskie Athletics have allowed for services to be planned for on an August – July planning period. As a result, their planning period overlaps to different years of the Council. However, stats below are still reported on the calendar year.
- Council funding was “pooled” so that all service requests came through Huskie Athletics on a “first-come-first need” basis and reviewed by the IST. As a result, some sports may have accessed a larger number of services while others have not.
- Services the Council provided were in the areas of Nutrition, Strength Conditioning or Mental Performance.

Reporting period is Jan-Dec, 2022

Track and Field – m/f X Country Running – m/f	\$1675	Sport Nutrition & Mental Performance
Soccer – f	\$1547	Strength Conditioning, Sport Nutrition & Mental Performance
Hockey - f	\$1050	Sport Nutrition , Mental Performance & Strength Conditioning
Wrestling – m/f	\$1865	Strength, Nutrition & Mental Performance
Volleyball - f	\$703	Sport Nutrition & Mental Performance
Soccer – m	\$813	Strength Conditioning & Sport Nutrition
Volleyball – m	\$690	Mental Performance
Hockey – m	\$525	Strength Conditioning
Basketball – f	\$249	Sport Nutrition
Basketball – m	\$185	Sport Nutrition
Football - m	\$0	

Respectfully Submitted,
Bart Arnold, Associate Professor
c.c. Dr. Joel Lanovaz, Interim Dean

6. Chiropractors Association of Saskatchewan-Sport interest Group

The Chiropractors' Association of Saskatchewan (CAS) had twenty-seven active members in 2022.

Event Coverage and Education

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

2022 saw a gradual reopening of many sports. It is fantastic to see the athletes back on the diamonds, the pitch, the fields, and back to the sports they love playing. There will be many opportunities for event coverage moving forward, and members are encouraged to do so as it is important that we are visible. There are currently six service providers with one providing coverage in 2022.

Members are encouraged to use online tools available for education and support of athletes. Many “hands-on” seminars are being offered again and it would be great to see members attending.

We will continue to adhere to all recommendations put forward by the Ministry of Health.

Respectively Submitted,

Dr. Ryan Debusschere B.Sc. DC

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

CSMTA Sk. Chapter Executive.

President: Lindsey Bean

Vice President: vacant

Secretary: Al Bodnarchuk

Treasurer: Tim Rutley

CSMTA Rep: Lakyn Biberdorf

SMSCS – CSMTA Rep : Al Bodnarchuk

Meetings

The CSMTA SK Chapter AGM was held online on January 9th 2022. Many of our Sask members attended the National Conference and AGM in BC in Oct.2022 It was great seeing other members and the location was terrific.

Events

As in the past, some of our members continue to work with different sports organizations. The following is a list of teams or events the CSMTA Sask Chapter worked with in 2022:

- University of Saskatchewan Huskie teams
- Saskatoon (Rattlers) Basketball team
- SWAT Lacrosse Team Saskatoon
- Regina Prairie Thunder Football Team
- Valkyries Saskatoon Woman's Football team
- Sask. Cheerleading Competition
- Sask. Waterski / Wakeboard Competition
- Athletics Canada training camps

Two of our members, Monty Churchman and Al Bodnarchuk were selected to work at the Commonwealth Games in Birmingham England. Gus Giannoutsos was selected to work with Athletics Canada at the World Indoor Championship in Serbia. Some of our members will be volunteering to work at the Saskatchewan Winter Games in Regina in February 19-25, 2023. Thank you to Renee Tong from BC and Anamaria Vallejo from Alberta as liaison/ reps working with our executive.

Professional Development

In 2023, Sports Med Saturday will be returning and we hope it will be attended by many of our members. A final date has not yet been confirmed, but we are looking at October.

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 -RMT, CSMTA(SF)

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 Organizations (66)
- 2) Saskatchewan Games Council
- 3) Coaches Association of Saskatchewan
- 4) Provincial Districts for Sport, Culture and Recreation (7)
- 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” via in-kind funding allocated to each group, or in some instances at a “subsidized cost” thus enabling all designated Sask Sport Inc. member’s affordable access.

Provincial Sport Organizations (PSO’s) receive the largest amount of 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 PSO’s “excellence grade” determined by the sport’s most recent 3-year performance review conducted by Sask Sport Inc. During this process, the sports are evaluated on certain important performance criteria established by Sask Sport Inc. The PSO’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 in-kind (free) service than a sport categorized into a Tier 4.

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

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

The SMSCS Tier Service chart for 2022 was as follows:

TIER	ELIGIBILITY	SERVICES
PSO (Tier 1)	<p>*See notes below in regards to SMSCS services.</p> <p>*In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the CSCS (see CSCS eligibility above)</p>	<ul style="list-style-type: none"> • \$3000 Science Services • \$1200 Medicine Services
PSO (Tier 2)	<p>*See notes below in regards to SMSCS services.</p> <p>*In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the CSCS (see CSCS eligibility above)</p>	<ul style="list-style-type: none"> • \$2500 Science Services • \$1000 Medicine Services
PSO (Tier 3)	<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"> • \$2000 Science Services • \$800 Medicine Services
PSO (Tier 4)	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> • \$1000 for Science and/or Medicine Services
Saskatchewan High School Athletic Assoc Coaches Association of Sask Districts for Sport, Culture and Rec. Sask Games Council	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> • \$1200 for Science and/or Medicine Services
UNIVERSITY TEAM & INDIVIDUAL (University)	<ul style="list-style-type: none"> • Huskie athletes/teams • Cougar/Rams athletes/teams <p>*See notes below in regards to SMSCS services.</p>	<ul style="list-style-type: none"> • Each Saskatchewan University is allocated a specific dollar allocation, with each team receiving an equal amount of service. (currently \$575 per University team per year) • Requests must be made through the Coach.
ABORIGINAL EXCELLENCE	<ul style="list-style-type: none"> • Sport Teams preparing for North American Indigenous Games • Other Elite Teams attending Nationals 	<ul style="list-style-type: none"> • Each identified PSO has access to \$345 per year • Other reasonable expenses (i.e.: travel) will also be provided on a case per case basis.
GRASS ROOTS aka "FEE-for-SERVICE"	<ul style="list-style-type: none"> • Grassroots Athletes, Schools, Club Teams, Rec. Boards, Health Districts, Recreational Athletes, Non-Profits • Corporate, Retail, and for-profit Businesses 	<ul style="list-style-type: none"> • Cost of \$115/hr (+GST) for Group/Team & Individual • Consulting will be provided as per the SMSCS Policy.

B. SPORT SCIENCE PROGRAMS AND SERVICES

The Council offers the following sport science programs and services;

1. Mental Performance

Workshops & consulting sessions are available in the areas of:

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

2. Sport Nutrition

Workshops & consulting sessions are available in the areas of:

- Optimal Sports Nutrition -Sport Nutrition workshop focusing on fuel requirements for sport performance (carbohydrates, proteins and fats), timing of intake (pre, during and recovery) and hydration planning.
- Protein Timing- this session focuses on the importance of optimal protein dosage, timing and type of dietary proteins. Education will be focused on maximizing the training response.
- Recovery snack preparation- this hands-on session will provide the participants with an opportunity to build the ideal recovery snack (based on their personal recovery nutrition needs). * There would be an additional cost for food ingredients (*in-person only*)
- Training camp planning- this session will focus on the training camp schedule and ensuring that foods and fluids are organized to meet the energy needs for each athlete. The athletes in attendance will have an opportunity to plan out their training camp with optimal meals and snacks.
- Cooking for Performance- this session will provide the athletes with a hands-on cooking experience and will encourage them to learn new skills in the kitchen. Recipes will be provided. * There would be an additional cost for the food ingredients (*in-person only*)
- Competition planning- this session will focus on nutrition planning in the week leading into a competition, travel foods to pack, grocery list development and planning a competition day (in relation to competition schedule)
- Grocery Store Tours- this session can be done in a local grocery store (max. of 12 participants/tour) or it can be held on a virtual platform (Zoom). The tour will focus on

label reading and making informed food choices that can support the training demands of the sport.

- Sport Supplements - A workshop educating about the risks, research and possible benefits of sport supplements, review of the 3rd party certification programs that exist regarding supplements (NSF Certified for Sport, Informed Sport, Informed Choice, etc.).

3. Strength & Conditioning

Workshops & consulting sessions are available in the areas of:

- Core strength
- Concepts in warm-up/cool-down
- Weight training
- Resistance training
- Foot speed & agility
- Plyometric training
- Exercise program design
- 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 2021. 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. Products available for sale include: 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:

- 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:

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

-testing includes: leger, vertical jump, sit-ups, etc.)

2022 Summary/Highlights

- January-July – Lots of sessions provided leading up to the Canada Summer Games. Sessions in this time period we mainly provided in person. However, “virtual” sessions were still provided for non-camp education.
- August - The Council sent the following personnel to be part of the Team Sask mission staff. Dr. Julie Brandt (chiropractic member), Medical Liaison, Lisa Hoffart (consultant), Mental Performance Consultant and Heather Hynes (Staff), Dietitian.
- September–December – Lots of sessions provided for the Canada Winter Games which will be held in Feb/Mar 2023. Majority of the sessions during this time period was mainly provided in person.
- The Council conducted a service review which in the end results in determining the Tier which PSOs are allocated in-kind free service funding. This is done in conjunction with Sask Sport Inc’s Funding Review of the sports as well. As a result, some PSOs changed Tiers from the past 3 years.
- Long time Mental Performance staff member, Lisa Hoffart, resigned from her position as staff mental performance consultant with the Council effective April 30th, 2022. Lisa went into private practice/starting her own business where she will be free to pursue additional opportunities outside to the Council’s job description. The Council thanks her for her past 12 years as a staff member.
- 3 new Consultants were “approved” to be SMSCS Consultants during 2022 all which were Strength Consultants. In addition, the staff started to look into revamping the Consultant Application whereby Consultants had to sign off on the “Universal Code of Conduct for the Maltreatment in Sport” as well as submitting the required Sask Sport “Respect in Sport” certification.
- The Council decided to continue its Vaccination and Masking Policy - (fully vax as per Sask Ministry of Health Guidelines) and masking required if indoors within 6 feet of Council clients
- The Council started to look at changing its Consultant fee structure for 2023 - Changing fee structure to \$130/hr for team/group & \$85/hr for individual
- The Council brought the Professional Development Committee together to start discussing the potential of hosting a Professional Development Sport Med/Sci Saturday sometime in October 2023. The actual date and specifics of the event are still being finalized.
- It should be noted that even though the Council operates on a calendar year, we have allowed the PSO’s to plan to use services over any 12-month period that they deem necessary. As a result, these PSO’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 2022, we received 646 total requests for sport science services. In comparison to 2021, we received 517 total requests for sport science services.
- In 2022, we provided 3033 total sport science service hours. In comparison to 2021, we provided 2669 total sport science consulting hours.
- Overall, sport science requests and service hours have rebounded back after the past 2 covid years and are almost back to numbers that were seen in 2019.

C. SPORT MEDICINE PROGRAMS AND SERVICES

1. Sport Safety Program -

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

- 1) Sask Sport Inc. Sport Districts
- 2) PSO's.

Sport Injury Prevention and Care (SIPaC) Workshop

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

Sport Wrapping and Taping (SWaT) Workshop

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

2022 Summary/Highlights

Requests for workshops have rebounded after the past 2 covid years and are almost back to numbers that were seen in 2019.

- 4 - SIPaC workshops in 2022
- 7 - SWaT workshop in 2022

In conjunction with SASM, the SMSCS updated the SMSCS's educational handout "Sport First Aid Rules Regarding Blood and Other Body Fluids".

2. Sport Medicine Education Sessions

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

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

2022 Summary/Highlights

2022 saw 34 Injury Prevention and Management sessions held and 23 Athlete Self-Massage sessions. (Note: Sleep sessions are reported in the Science area of this report).

Two – Self-Massage and the Athlete Instructor In-service sessions were held in June. They were facilitated by the Council's two current Sport Massage Therapists, Al Bodnarchuk and Monty Churchman. Al and Monty will continue to facilitate most of the requests the SMSCS receives, with the new instructors filling in for them when not available.

3. Concussion Education and Management Program

This program consists of two primary components:

1. Education:
 - a. Two separate one-hour education sessions are available:
 - i. Athlete focused
 - ii. Coaches/parents/administrators focused
 - b. Website resources
 - c. Other 'hand-out' materials
2. Concussion Plan and Policy Development:
 - a. Assisting with the development and review of sport organizations' Concussion Management Plans

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

1. To develop the Council's Concussion Education and Management 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.

2022 Summary/Highlights

A total of 13 Concussion Education sessions were provided in 2022.

One PSO's requested consulting services to assist in the development of their Concussion Management Plans. Over the last six years, we have had 17 requests from PSOs to either develop or review their Concussion Management Plans.

For the second consecutive year the SMSCS organized and facilitated, in conjunction with Sask Sport and the Provincial Gov't, a very successful educational webinar on September 27 as part of National Concussion Awareness week. Members, Consultants, and staff involved included:

Rhonda Shishkin (SPC-SK, SATA), Chairperson and webinar moderator
Panel Members: Dr. Mike Nicholls (SASM), Emmarie Racine-Hallin (SATA), Ryan Flett (Mental Training consultant), and Olympic athlete Ben Coakwell
Staff: Scott Julé

4. Initial Injury Assessments Program

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

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

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

2022 Summary/Highlights

3 assessments were performed in 2022

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.

2022 Summary/Highlights

This program continued to provide a valuable service to various user groups and organizations across the province. Even though the pandemic shut down the activities of many of the PSOs at various times for the past 3 years, sales started to rebound and there were 71 sales requests in 2022.

6. Medical Coverage Program

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

1. Event Coverage Program - This Program's main focus is to provide coverage for provincial, western, Canadian and international events and teams with a priority on events hosted by the Sask Sport Inc. membership (ie. Hockey Sask, Ringette Saskatchewan, Sask Judo Associations, etc.)
2. Equipment Rental and Loan Program
3. Consultative Services - administrative in nature relating to the overall development of the medical protocol plans (set-up, personnel and equipment requirements, MOU's, EAP's, etc).

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

1. medical personnel (consultants & service providers)
2. medical equipment
3. 1st aid supplies
4. personal protective equipment (PPE)
5. administrative services (scheduling, MOU, etc)

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

Medical Equipment Loaner & Rental Program

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

1. Trainers Kits
2. Treatment Tables
3. Spine Boards
4. B-Splint Kits
5. CASM Medisac's (physician trauma kit)
6. Muscle Stimulator Units
7. Tens Units
8. Ultrasound Unit
9. Interferential/Ultrasound Unit
10. Metal Scoop Stretchers

- 11.FMS Testing Kit
- 12.Vertec Jump Stand
- 13.Sit and Reach Tester
- 14.AED

2022 Summary/Highlights

2022 saw the Council involved with 31 events, compared to only 10 events in 2021. The 31 events were the most ever surpassing the previous highest total of 27 in 2019. Sports whom we covered events for included:

Sask Hockey Camps and Tournaments (various)
University of Regina Cougars (basketball, hockey, volleyball)(various)
Sask Cheerleading
Gymnastics Sask
Sask Athletics
Sask Rugby Union
Ringette Sask
Ultimate Disk Frisbee - University Championships
Sask Waterski

The Council worked with Sport Physiotherapy Canada-Sask Section to co-host three First Responder courses in 2022 which is an educational requirement to provide sport first aid and emergency services for our Medical Coverage of Events Program.

Two 'Taping and Wrapping' upgrading workshops were held in May and June for members who wanted to upgrade their taping and wrapping skills. Rhonda Shishkin facilitated these workshops in Regina and Saskatoon.

A temporary Equipment Review Working Committee (Michelle Keene, Louise Ashcroft, Jill Apshkrum, and Racquel Marshall) was established to review the medical equipment inventory and determine what is required to ensure the correct medical equipment is available for our Medical Coverage of Events Program. Result – over \$24,000 worth of medical equipment has been ordered and some was already in use used towards the end of 2022.

Equipment Loan and Rental requests were up in 2022, with 33 requests, whereas 2021 had 23 due to the pandemic.

D. MAJOR MULTI-SPORT GAMES PROGRAMMING

2022 Saskatchewan Winter Games

The Saskatchewan Winter Games for Regina that were scheduled for February of 2022 were postponed to February 2023.

2022 Canada Summer Games

These games took place, Aug 6-21, 2022 in Niagara Ontario. The Council was busy leading up to the Games providing services to athletes attending these games. In addition, the Council sent the following personnel to be part of the Team Sask mission staff. Dr. Julie Brandt (chiropractic member), Medical Liaison, Lisa Hoffart (Consultant), Mental Performance Consultant and Heather Hynes (Staff), Dietitian.

2023 Canada Winter Games

These games are scheduled to take place, February 18th to March 5th, 2023 in Prince Edward Island. The Council was busy in the Fall of 2022 providing services to athletes attending these games. In addition, the Council will be sending the following personnel to be part of the Team Sask mission staff. Bruce Craven (sport physio member) as the Medical Liaison, Lisa Hoffart (consultant), Mental Performance Consultant and Heather Hynes (Staff), Dietitian.

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 as follows:

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

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

- Administration 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
- Supplement Education

2022 Summary/Highlights

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in April 2022 for one (1) year. The Council received approximately \$326,500.00 in grants and national funds (national fund amounts can vary significantly from year to year) for our fiscal year. This was a significant increase from our 2021 fiscal year (\$279,208.00) when services were down due to the pandemic. These funds were used to provide services to targeted athletes and coaches in Saskatchewan. It should be noted that funds received based on the CSCS's fiscal year (April-March) which is different from the Council's fiscal year

(January-December). This fact makes it difficult to compare the Council's CSCS financial numbers from year to year as the CSCS's funds are utilized over two different fiscal years of the Council's. The specific areas of service are summarized below.

CSCS Individual Registered Athletes-Science Services - This program had an increase in requests in 2022 when compared with the past two pandemic years. This was reflected in the individual sport science service hours which had an increase in 2022 to (607 hours).

CSCS Individual Registered Athletes Sport Medicine Services - Athlete Medical Reimbursement Program - This program had an increase in requests in 2022 when compared with the past two pandemic years. This was reflected in the number of claims of medical reimbursements which has an increase to in 2022 (72 claims).

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		Medical Reimburse
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>
Year 2022	90	607	72
Year 2021	70	479.75	51
Year 2020	77	415.75	58
Year 2019	109	762	54

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 2022, no funding was actually received from Sport Canada through the Own The Podium (OTP) Program or national sport organizations (NSO). However, services were provided to these athletes as regular Registered CSC-Sk athletes.

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

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

This program is led by the network of consultants (experts) currently available to our sports through the Council. The increased service access comes with an increased accountability for the identified sports through the requirement of clearly outlined plans incorporating all the services mentioned above. The plan should include other important components including monitoring and key expected outcomes.

Twenty-five (25) targeted PSO's were approved for the additional funding in 2022.

The Council received approximately \$186,248.00 (2021-\$143,951.00) from the CSCS for this program. This was a significant increase from our 2021 fiscal year when services were down due to the pandemic. These funds are based on the CSCS's fiscal year (April-March) which is different from the Council's fiscal year (January-December). This fact makes it difficult to compare the Council's CSCS financial numbers from year to year as the CSCS's funds are utilized over two different fiscal years of the Council's. This funding is in addition to the yearly SMSCS in-kind funding that is also provided to these PSO's through the SMSCS budget. The Council and the CSCS combine funds to provide the PSO Enhanced Program. The targeted sports utilized approximately \$279,337.00 of combined CSCS funding + SMSCS funding in 2022. (2021 = \$210,000.00)

CSCS – Council Staff & Board Support Services -

The Council received \$55,000 in funding from the CSCS for staff services provided to the CSCS as summarized below.

The Council administrative staff organize all requests for service and record and compile all service statistics. They also contribute to strategic and program planning for the CSCS. Travis Laycock also participated in the Canadian Sport Centre Saskatchewan monthly staff meetings and ¼-year High Performance Coordinating Committee meetings.

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

Nutrition Lead with Wrestling Canada Lutte (WCL) - On April 1st, 2022 Heather Hynes took on the nutrition lead position with WCL. She provided individual and group support to senior national team athletes and coaches as well as providing individual and group education to NextGen athletes that are identified by their coaches or the NextGen coaches. Heather participated in IST virtual meetings every second Tuesday of the month.

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

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

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

Sport Scientist Canada (SSC) High Performance Certification Reviewer – In 2022, Heather Hynes was a reviewer for the SSC High Performance Certification process for new members. She conducted reviews, usually 1-2 per month and also met with the other reviewers once per month to hear any program updates or to share any questions or concerns that we have come across during our interviews. (Note: Council was paid by the CSCS separately for these services)

GAME PLAN – Athlete Career Transition Program - Lisa Hoffart, Staff Mental Performance Consultant was contracted by the CSCS through the SMSCS 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. It should be noted that once Lisa resigned from the Council, this contract was provided to her directly by the CSCS.

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 programs services to our members, consultants, service providers, athletes, coaches, sport districts, etc.
- b. Two separate Newsletters are published three times per year via email. One is distributed exclusively to our clients, and another edition to our members and consultants.
- c. Advertisement revenue from the Newsletter and website was ended in 2020 due to the pandemic, and has not been undertaken again since then.
- d. The Council’s web address is **www.smscs.ca**. Tyson Brinkworth, staff member, updates the site content numerous times throughout the year. The website provides information on our organization and promotes our programs and services, as well as providing some limited educational resource information. It also lists all of the SMSCS’s Consultants.

2022 Summary/Highlights

Significant updates to the Website in 2022 include more rolling pictures on the home page as well more in-depth information on the 1st aid Supplies order form.

3. Promotional Brochure/Hand-Out

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

4. Other

- a) On a request basis the SMSCS will attend events with our promotional display or provide informational handouts to clients to promote the Council and our many programs and services.
- b) The Council staff is currently determining the value of social media (eg. Twitter, Facebook, Instagram, YouTube etc.) as it relates to the Council and our marketing and promotional program.

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

1. Volunteer Recognition

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

The Council completed the application process to nominate Dr. Marlys Misfeldt (SASM member and a Past President) as a builder in sport medicine and submitted it to the Saskatchewan Sports Hall of Fame. (Note: Application review process has been delayed due to the pandemic).

Highlights of her service with the Council is as follows:

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

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

2. Membership

In 2022 – Council membership totaled 242 which was lower than the previous year (255). The breakdown was as follows: Sport Physicians (SASM) = 28; Sport Physiotherapists (SPC-Sask) = 61; Athletic Therapists (SATA) = 36; University of Regina, Faculty of Kinesiology & Health = 42; University of Saskatchewan, College of Kinesiology = 40; Chiropractors Assoc of Sask-Sport Interest Group = 27 and Sport Massage Therapists (CSMTA) = 8.

3. 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, service providers 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 2022, the Council continued to provide professional development grants to our members and consultants. Six requests for Professional Development were funded by the Council in 2022 for a total cost of \$4,300.00 as follows:

- -2 self-massage and the athlete instructor in-service workshops

- 2 taping and wrapping course instructor in-service workshops
- 2 individual grants

The Committee has recommended that the board consider budgeting \$1,500 for each of the SMSCS's 10 provider groups annually. This funding would be directed towards hosting educational opportunities specific to their own profession as it relates to sport.

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

The Council completed the first year of our current three-year strategic plan (2022-2024) in 2022. One of the top priorities in our current plan was the need to conduct a board strategic and staff succession planning session. This was accomplished and the session was held in Davidson in April and facilitated by Dr. Brad Waddell, Chair-Organizational Development Committee. Results of the planning session were compiled and several new initiatives were added to our current strategic plan including:

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

The board did start on the staff succession planning initiative following our April meeting. They held in-camera meetings in the latter part of 2022 and hired a human resource consultant to assist with the process. In addition to the above, the overall general goal and objective for this plan was to increase service provision to our clients

H. OTHER COMMITTEES

The Council is involved in the following Other Committees:

Provincial Government-Sport Department – Concussion in Sport Committee

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

2022 PROVINCIAL SPORT ORGANIZATIONS (PSO'S) STATISTICAL SUMMARY and COMPARISON

- This information is used as a measurement of the total amount of service used as per the SMSCS's Forward Plan
- The Council conducted a service review which results in determining the Tier that PSO'S are allocated in-kind free service funding. This is done in conjunction with Sask Sport Inc's Funding Review of the sports as well. As a result, some PSOs changed Tiers from the past 3 years.
- **Enhanced Sports** – it should be noted that in 2022, there were 25 sports while in past years there was only 22 sports
 - Sport Science services used was \$212,031
$$\frac{\text{YR 2017}}{\$154708} + \frac{\text{YR 2018}}{\$186315} + \frac{\text{YR 2019}}{\$191968} + \frac{\text{YR 2020}}{\$210160} + \frac{\text{YR 2021}}{\$188170} = \$186,264 \text{ average}$$
 - Sport Medicine services used was \$4,485
$$\frac{\text{YR 2017}}{\$4997} + \frac{\text{YR 2018}}{\$7277} + \frac{\text{YR 2019}}{\$6816} + \frac{\text{YR 2020}}{\$3397} + \frac{\text{YR 2021}}{\$3108} = \$5,119 \text{ average}$$
 - Note: The total amount of available funds through a combination of the SMSCS + CSC is \$238,700 yearly funds and this usage is a combined sport medicine & science service allocation.
- **TIER 2 Sports** (non “enhanced” sports) – it should be noted that in 2022, there were only 2 sports while in past years there was only 8 sports
 - Sport Science services used was \$4,608
$$\frac{\text{YR 2017}}{\$11298} + \frac{\text{YR 2018}}{\$17422} + \frac{\text{YR 2019}}{\$8081} + \frac{\text{YR 2020}}{\$8918} + \frac{\text{YR 2021}}{\$8856} = \$10,915 \text{ average}$$
 - Sport Medicine services used was \$1210
$$\frac{\text{YR 2017}}{\$2848} + \frac{\text{YR 2018}}{\$2661} + \frac{\text{YR 2019}}{\$2490} + \frac{\text{YR 2020}}{\$0} + \frac{\text{YR 2021}}{\$892} = \$1,778 \text{ average}$$
- **TIER 3 Sports** – it should be noted that in 2022, there were 18 sports while in past years there was only 14 sports
 - Sport Science services used was \$17,622
$$\frac{\text{YR 2017}}{\$8912} + \frac{\text{YR 2018}}{\$10321} + \frac{\text{YR 2019}}{\$8055} + \frac{\text{YR 2020}}{\$4918} + \frac{\text{YR 2021}}{\$12254} = \$8,892 \text{ average}$$
 - Sport Medicine services used was \$4,177
$$\frac{\text{YR 2017}}{\$2187} + \frac{\text{YR 2018}}{\$2935} + \frac{\text{YR 2019}}{\$1498} + \frac{\text{YR 2020}}{\$345} + \frac{\text{YR 2021}}{\$3175} = \$2,028 \text{ average}$$

- TIER 4 Sports – it should be noted that in 2022, there were 21 sports while in past years there was also 21 sports
 - Sport Science & Medicine services used was \$2,199

$$\frac{\text{YR 2017}}{\$3939} + \frac{\text{YR 2018}}{\$6784} + \frac{\text{YR 2019}}{\$4462} + \frac{\text{YR 2020}}{\$1504} + \frac{\text{YR2021}}{\$3489} = \$4,035 \text{ average}$$

2022 “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

- OTHER major user group requests such as SHSAA, Schools, Districts, Universities, etc

	<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 2022</i>	77	207	13	49	52
<i>Year 2021</i>	75	134	12	16.5	29
<i>Year 2020</i>	73	99.5	7	7.5	0
<i>Year 2019</i>	112	156	19	140	21

- Canadian Sport Centre Saskatchewan Individual Athlete requests and hours:

CSCS	Science		Medical Reimburse
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>
<i>Year 2022</i>	90	607	72
<i>Year 2021</i>	70	479.75	51
<i>Year 2020</i>	77	415.75	58
<i>Year 2019</i>	109	762	54

2022 “PSO’s” vs “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

PSO (*Sask Sport's 65 provincial sport bodies*)

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Sleep Perf</u>		<u>Other</u>
	requests	hours	requests	hours	requests	hours	req	hours	requests
2022 (Jan-Dec)	427	2111.5	70	106.25	29	422	20	20	422
2021 (Jan-Dec)	357	1802.75	63	98.75	5	72.5	16	16.00	72.5
2020 (Jan-Dec)	341	2021	21	31	0	0	16	16.25	3
2019 (Jan-Dec)	447	1998.75	65	153.5	20	523.75	18	24	96
2018 (Jan-Dec)	431	2056.25	114	198.5	12	442.25		*	87

NON - PSO (*Fee for Service, CSC-Sk, SHSAA, SGC, Business, SRC Districts, Other etc*)

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Sleep Perf</u>		<u>Other</u>
	requests	hours	requests	hours	requests	hours	req	hours	requests
2022 (Jan-Dec)	195	901	12	41.75	2	96.0	1	1	95.5
2021 (Jan-Dec)	160	865.75	1	1	5	13.5	3	3	13.5
2020 (Jan-Dec)	151	748.75	2	8	3	35.5	1	1.5	97
2019 (Jan-Dec)	202	1141.25	6	12.5	7	457.25	1	1	136
2018 (Jan-Dec)	251	756.75	16	91	11	280.5		*	188

Science = (S&C, Nut, M.P, Bio, Exer Phys)

Medicine = (Injury Prevent, Taping, 1st Aider, Concuss Ed., Massage Ed

Other = (Sales, Equipment., Testing, etc)

2022 “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.

	2022	Contact Hrs	2021	Contact Hrs	2020	Contact Hrs	2019	Contact Hrs	2018	Contact Hrs
SM - SWaT (Sport Taping) workshops (7-hr)	7	49	1	7	2	14	7	49	15	102
SM - SiPAC (Sport 1st Aid) workshop (7-hr)	4	28	4	28	0	0	6	42	9	63
SM - Injury Assessments/Prevention consults	0	0	3	3	0	0	1	1	9	13
SM - Injury Prevention & Management Sessions	34	34	18	22.5	5	5.5	21	26.25	45	45.5
SM - Drug Education Workshops/Sessions	*	*	2	2.5	4	6	23	34.5	28	41
SM - Concussion Education Sessions	13	13	20	20	10	11	11	11	21	21
SM - Concussion Plan Reviews	1	1	3	3.75	2	2.5	2	2	3	4
SM - Self Massage and the Athlete sessions	23	23	13	13	*	*	*	*	*	*
SM - Referrals	3	*	*	*	*	*	*	*	*	*
SS – Nutrition	176	259.25	148	263.25	130	195.75	208	326.25	206	357.75
SS - Mental Training	274	611.75	225	467.75	224	529.5	289	573.25	293	482
SS - Exercise / Strength	169	2134.5	144	1937.5	135	2024.75	151	2237.5	181	1936.25
SS – Biomechanics	3	7	0	0	3	19.75	1	3	2	37
SS - Referrals	3	*	*	*	*	*	*	*	*	*
Sleep and Performance sessions	21	21	19	19	17	17.75	19	25	*	*
OTH (SM) - Event Coverage – Medical Personnel	31	517.5	10	88	3	35.5	27	981	23	722.25
OTH (SM) - Event Coverage – Medical Personnel (referral)	6	*	5	*	*	*	*	*	*	*
OTH (SM) - 1 st Aid Supplies & Kit Sales	71	*	46	*	37	*	112	*	133	*
OTH (SM) - Equipment Rental & Loans requests	33	*	23	*	5	*	39	*	32	*
OTH (SS) - Fitness Testing	8	*	2	*	0	*	27	*	30	*
OTH - Insurance Reimbursement Program CSCS	72	*	51	*	58	*	54	*	73	*
OTH - Resource Material	2	*	1	*	0	*	0	*	5	*
OTH - Display	0	*	0	*	0	*	0	*	2	*
TOTAL	954	3699	738	2875.25	635	2862	999	4311.75	1110	3825.25