



# Games Gossip

ISSUE 2

May 10, 2004

Canada Games Coaches & Directors,

The Sport Medicine & Science Council would like to provide you with an update as to what has been happening with sport medicine and science services over the past many months for Team Saskatchewan in preparation for the 2005 Canada Summer Games. We will be doing this newsletter every few months to keep all informed about everything that is happening with Team Saskatchewan. The last newsletter was January 9, 2004.

## TEAM SERVICES

Most teams have had many camps already, with sport medicine or science sessions occurring at many of these camps. As you are most likely aware by now, each team has access to 36 hours of sport science and medicine services leading up to the Canada Summer Games.

**Baseball** – Coach Adrian Baillargeon has been busy with camps occurring in January, February, March and April with SMSCS providing services at all of these camps.

**Basketball Men's & Women's** – A couple preliminary athlete pool camps had occurred in late 2003 whereby SMSCS services were provided. Once the naming of the Games coaches occurs, more camps will be planned with SMSCS playing a role in providing services

**Canoe/Kayak** – SMSCS is providing a supportive role to the coaches, and will be providing ongoing services once the team has been named.

**Cycling** – With the naming of coaches Susan Clarke and Scott Cranston, Cycling has wasted no time and has camps planned every month until the end of August. The SMSCS will be playing a large role in providing services at all for these camps. The team has also started to pilot the on-line training diary.

**Field Hockey** – The SMSCS has been providing ongoing service to this team for the past 2 years in all the sport science and medicine disciplines. We will continue to provide support to the athletes and the newly named head coach on an ongoing basis.

**Sailing** – Camps have occurred in January, February, and April with the SMSCS providing services at all of these camps. As well, Coach Mark Lammens and his Sailing team is the first team to pilot the On-line training diary.

**Softball Men's** – Camps have occurred in January, March, and April with SMSCS providing services at all of these camps. Gordon Byrne and his boys have shown a great commitment to the SMSCS services.

**Softball Women's** - Camps have occurred in January, February, and March, with SMSCS providing services at all of these camps. Coach Russell Martin is keen in allowing sport science to play a role with his athletes in the future leading up to the Games.

**Soccer Men's & Women's** – Services have occurred in Saskatoon and Regina City camps over the past 3 months for both teams.

**Swimming** – April has seen a large provincial camp whereby SMSCS services were provided. A future camp is being planned for the summer, whereby continued services will be provided.

**Tennis** – Ongoing services have been occurring over the past few months on a provincial level, with Games programming taking on a large focus this summer. The SMSCS will continue to provide services for coach Danny DaCosta and his athletes.

**Volleyball Women's** – With the naming of coach Tania Harrison, the team has numerous camps planned every month from April to August. SMSCS will provide a large role with providing services. As well, the team has agreed to pilot the on-line training diary.

**Volleyball Men's** – Coach Adam Ewart is busy planning camps from April to August as well. His team will also be piloting the on-line training diary. SMSCS has started to provide a large role in offer services throughout the upcoming camps.

**Wrestling** – Some general provincial camps have occurred with SMSCS providing services. The sport hopes to name their coaches very soon and utilize more service in the upcoming months.

***We would like to thank those teams that have started to plan their camps and consider scheduling sport medicine or science in their camp itineraries. We encourage you to contact the Council for assistance in helping coordinate these services.***

## **SPORT SCIENCE & MEDICINE TIDBITS**

- A few sports have been asked to pilot a new project with the Council. An ***on-line training diary*** has been developed, whereby athletes and coaches can log their training, nutritional, mental, and physical testing data into an on-line calendar. This information can then be accessed by their coaches to view how the athletes are progressing, and to help keep athlete accountability for pre-games preparation. In addition, the coach can have messaging sent to the athletes (individually or as a group), all can access informational articles relevant to sport science and medicine, all will be able to access a directory of medical practitioners, and eventually there will be the capability to view competition photos. A sample of the on-line training diary can be viewed at <http://www.scoutingsolutions.com/trainerdemo/index.htm>

- If you have a Canada Games eligible athlete recently ***injured***, contact the SMSCS so that a Sport Physio or Athletic Therapist can see the athlete. The SMSCS will pay for the Assessment of the injury through our approved Sport Medicine Consultants, but any further ongoing treatment payments will be the responsibility of the athlete or the team.
- Do not forget that your team should attend a ***Drug/Supplement Education & Doping Control Workshop*** prior to the Games. Ideally, these should be conducted no later than 6 months prior to the Games.
- SMSCS carries a wide range of ***Sissel Exercise Equipment*** to assist your athletes in their training. We carry, tubing, medicine balls, and exercise/therapy balls. The SaskSport extra funding to the PSGB can be used to purchase these equipment for your team.
- SMSCS carries a wide range of ***First Aid supplies*** for your Canada Games first aid kits. The SaskSport extra funding to the PSGB can be used to purchase these supplies for your team.
- Laboratory ***fitness testing*** through the U of R or the U of S, can be coordinated by the SMSCS. All fitness testing is on a fee-for-service. The SaskSport extra funding to the PSGB can be used to pay for this service for your team.
- If you wish to see anything in specific in the next newsletter issue, contact Travis Laycock at [travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net)

## TEAM SASKATCHEWAN

Chef de Mission for Team Saskatchewan, Ross Lynd, is currently reviewing Mission Staff applications. Expect in the next few weeks the naming of the Mission Staff as well as upcoming coaches meetings. If you have any questions regarding athlete eligibility, technical matters, or host services or concerns, contact Ross at [rlynd@cyr.gov.sk.ca](mailto:rlynd@cyr.gov.sk.ca)

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