

**Supporting
the Dream**

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Canadian
Sport
Centre



Centre
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SASKATCHEWAN

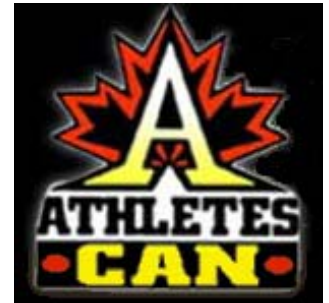
NEWS

Founding Partners



Athletes CAN Forum

Athletes CAN, the association representing Canada's National Team Athletes; will be hosting its 11th annual Athletes Forum on September 26-28 in Winnipeg. This annual conference, designed by athletes for positive change in sport, is the largest and most inclusive gathering of Canada's national team athlete representatives outside of competition. The forum is the flagship annual event for Athletes CAN and features educational workshops, leadership seminars and networking opportunities that bring together athletes, decision makers and sport leaders in a highly interactive environment.



Provincial Partners



"Athletes CAN is very excited to partner with the Manitoba Athletes Association, the Canadian Sport Center Manitoba and Sport Manitoba to bring this event to Winnipeg," said Athletes CAN Executive Director Thomas Jones. "Athlete representatives and delegates at last year's forum produced the Athletes Declaration, which set the direction for our association's ongoing activities, and we look forward to building on this foundation at Forum 2003 in Winnipeg".

The theme of Athletes Forum 2003 is Athlete Advocacy and sessions exploring the strategies, activities and accomplishments by athletes, organizations and key leaders in this area will be featured. Athletes, sport leaders and members of the sport community are encouraged to mark their calendars and register early to ensure a place at this important sport event in friendly Manitoba.

For further developments about Athletes Forum 2003 in Winnipeg, as well as online registration forms, please see the Athletes CAN website at www.athletescan.com.

National Sponsors



Strathcona County to host 2007 Western Canada Summer Games

Strathcona County will welcome more than 2,400 participants, their families and spectators to the 2007 Western Canada Summer Games (WCSG).

Through the Alberta Lottery Fund, the Government of Alberta will provide \$1.5 million in support for the 2007 Western Canada Summer Games. The Alberta Sport, Recreation, Parks and Wildlife Foundation through the Alberta Foundation for the Arts will also provide a grant of \$75,000 for cultural aspects of the Games.

Regional Sponsor



GymFit Profile

QUANTUM FITNESS

CSCS members have access to one of the top fitness centres in the country at Quantum Fitness in Saskatoon. For the last five years, the business has been named of Canada's top 10 health clubs in a national poll.

"The philosophy of the facility is to install a lifestyle in our membership to allow an individual to reach an optimal level of health, and develop a higher level of self-esteem. It is for people who basically want to live long and life healthy," says manager Catherine Pearce.

Quantum Fitness, which has been operating in the city for 17 years, is the only facility in the province which offers the Body Training System. This program contains four elements: Body Pump, Body Step, Body Flow and Body Attack. It is a simple and effective program that motivates participants and yields results.

The facility is also the only one in Saskatchewan to offer Can-Fit Pro certification for instructors involving personal training, nutrition and wellness. It serves as a satellite office for Daniels Kimber physiotherapy so members have access to professional and timely assessment of injuries. A message therapist and child care is available on-site.

"CSC athletes are given full membership privileges," says Pearce. "They have access to cardio equipment, fitness classes, Cybex equipment and free weights. Athletes simply show their CSC ID cards and they are treated as full members."

Quantum Fitness has 36 employees including three full-time personal trainers. It is open Monday to Friday from 6 a.m. to 8 p.m., Saturday 9 a.m. to 5 p.m., and Sunday 10 a.m. to 4 p.m.

Meet our Athletes

MIKE BACON, DARYL STUBEL AND ALLAN SEMENIUK

Mike Bacon, Daryl Stubel and Allan Semeniuk are members of the Canadian Wheelchair Rugby Team which won the World Championships for the first time in 2002. Mike began playing wheelchair rugby as a way to increase strength and was soon excelling at the sport. He became a provincial team member in 1986 and joined the national team four years later representing Canada at the World and Paralympic levels.

Daryl has helped Saskatchewan earn five consecutive Canadian Championships between 1987 and 1992. Daryl has represented Canada as a member of the National Wheelchair Rugby Team on three separate occasions.

Allan is a fierce competitor with extensive experience gained during 16 years of playing wheelchair rugby. He earned gold as a member of the Saskatchewan team which dominated Canadian National Championships from 1987 to 1993. Al has been a member of the National Wheelchair Rugby Team since 1993, and has represented Canada at two world championships and two Paralympic Games.



Al Morrow Keynote Speaker at Coaches and Officials Conference

The head coach of the Canadian Olympic Women's Rowing Team will be the keynote speaker at this year's Saskatchewan Coaches and Officials Conference. Al Morrow, who was named the 1999 Coach of the Year by the International Rowing Federation, will be speaking at the conference, which takes place Sept. 27-28 in Saskatoon.

Morrow will deliver the keynote presentation on Saturday at noon and deliver two sessions on team building and team cohesiveness as well as team selection and competition preparation. The conference features four delivery streams – high performance coach, community coach, aboriginal coaching and officials.

Other sessions including an athlete panel on how coaches have impacted performance/life/career; a presentation by a representative of the Centre for Substance Use in Sports and Health (SUSH); the three R's of officiating (recruiting, retaining and rewarding); a presentation on supplementary materials developed for coaches of aboriginal athletes; and a session on dealing with parents.

The conference is a partnership between the Coaches Association of Saskatchewan, the Sport Medicine and Science Council of Saskatchewan, Canadian Sport Centre Saskatchewan, and the Sask Sport Inc. For more information and to register, contact John Neufeld at (306) 975-0898 or email jneufeld@sasksport.sk.ca.



Loren Prentice receives Ivan Velan Award

Coach Loren Prentice is the recipient of a prestigious Ivan Velan Award from Racquetball Canada. The award is presented annually to the person who has contributed to the development of coaching at the national or provincial level or the development of

outstanding athletes at the international, national or provincial level.

Prentice began coaching racquetball in 1980 in order to become more familiar with the sport and to increase his own skill level. He progressed through the ranks to become the 1993-94 Racquetball Canada Coach of the Year. Over the years Loren has coached one world champion, six junior world champions, two world silver medalists, two national open champions, 13 junior national champions, and 11 silver and bronze medalists at junior nationals.

Loren has served as the Racquetball Canada Junior National Team Coach since 1996, and is the Provincial Coach of 13 Junior National Team Titles. On a personal note, Loren and his wife co-own the RiverRacquet Athletic Club in Saskatoon, and their daughter is a four time junior world champion and 12 time junior national champion.

PAN AM GAMES RESULTS

Congratulations to all the Saskatchewan athletes who competed at the Pan American Games in Santo Domingo, Dominican Republic. All of you performed extremely well and we are pleased with your results.

Here's a look at our Saskatchewan athletes did:

Rhett Stinson, Saskatoon, fifth, men's team artistic gymnastics

Lori Powell, Prince Albert, third, women's racquetball

Elizabeth Collins, Regina, third, 4x200m freestyle relay; second, 4x100m freestyle relay; fourth, 100m butterfly; second 4x100m medley relay

Lindsay Cargill, Regina, second, synchronized swimming

Jennifer Adamson, Grasswood, first, 500 kayak fours

Viola Yanik, Saskatoon, second, wrestling

Carolyn Ganes, Saskatoon, fourth, basketball

Cory Neifer, Yorkton, tenth, Olympic-style rifle

Rod Boll, Fillmore, eighth, double trap shooting

Dennis Su, table tennis
Singles - 1 win/2 losses
-did not advance to finals
Doubles - advanced to quarter final round

ANNUAL REPORT AVAILABLE

The 2002-03 CSC annual report is available in printed copies and on-line at www.sasksport.sk.ca/csc-sk.html.

It contains highlights from the past year, message from the chair, a review of athlete and coach programs, a listing of registered athletes, financial overview, and profiles of successful athletes and coaches.

COC Mentorship Program

The Canadian Olympic Committee is recruiting mentors for Olympic athletes across the country as part of its new Olympic Mentoring Network. The network will be delivered through the COC partnership with Monster.ca, Canada's leading online career management portal. The teamcanada.monster.ca site is available to athletes and Olympians and dedicated to career planning and career transition.

As a mentor, here is what you may be asked to provide:

- Information interviews
- Career guidance
- Education guidance
- Industry information
- Industry contacts
- Job shadowing

Athletes who are interested in finding a mentor must complete a Mentor Request Form that will allow the COC to find the best fit for them.

For more information contact Michelle Dezell in Saskatoon at 975-0861 or email mdezell@sasksport.sk.ca.

Lunch and Learn Coaches Professional Development Series

CSCS will be hosting a three-part workshop series to assist coaches in using video analysis to identify technical problems, identify possible physical limitations based on technical problems, identify possible training program design solutions for physical limitations, and identify how to monitor success of training program implementation and technical problems.

The workshops will be held in Regina on Sept. 3, 17 and Oct. 1 at the Admin Centre on 2205 Victoria Avenue, and in Saskatoon on Sept. 10, 24, and Oct. 8 at the Admin Centre on 510 Cynthia St., Room 122. (Note: if you miss Session 1, you are still welcome to attend Session 2 or 3).

At the first workshop, participants will use video analysis and review biomechanics of movement in relation to functional anatomy. After this session, coaches will be asked to review their own video and make a technical problem list and possible physical limitations for these causes. Some video clips will be used in the next session.

At the second workshop, participants will discuss problem identification and its possible physical limitations. After this session, the coaches will be asked to determine how they would identify the physical limitations based on the technical skill limitations.

The final workshop will feature putting it all together into programming and monitoring. The workshop series is target at Level III coaches, but all level coaches are welcome to attend.

To register, contact Michelle Dezell at (306) 975-0861 or email mdezell@sasksport.sk.ca.

Speak Easy

If the thought of having to make a speech makes you nervous, then you should attend the public speaking course being offered through the CSCS. It will provide you with an overview of proper speaking techniques, making an impromptu speech, preparing for a 5-7 minute presentation, conducting peer evaluations, and making introductions.

The course will be held on **Saturday, Oct. 25** at the Ramada Hotel on 1818 Victoria Ave. in **Regina**, and on **Sunday, Oct. 26** at the Best Western on 1715 Idylwyld Drive in **Saskatoon**. Both courses take place from 8:30 a.m. to 4 p.m. and lunch is provided.

The course instructor is Kathy Salmon Farstad, who has been a public speaker for 14 years. She has been instructing and mentoring athlete speakers for seven years. She facilitates public speaking courses for athletes at the CSC-Calgary and Team Sport, the Saskatchewan provincial athlete speaker's bureau. A two-time Olympic athlete, Farstad is now a part-time teacher for the Calgary Board of Education and operates her own consulting business.

To register, contact Michelle Dezell at (306) 975-0861 or email mdezell@sasksport.sk.ca.

CAIP Insurance Claim Process

For those wanting more information on the CAIP insurance claim process, here are the steps to follow:

1. Obtain claim form. This form can be obtained by:

- Downloading form from CSCS web site:
www.sasksport.sk.ca/csc-sk/index.html
- E-mailed to you (from mdezell@sasksport.sk.ca)
- Picked up at CSCS from Michelle

2. See physician for referral (and have them complete the physician statement on form)

- Contact Michelle if you do not have a family physician

3. Follow up with appropriate treatment

- After receiving physiotherapy, massage, chiropractic treatment etc., the athlete pays for the services and retains receipts.

4. Bring or send claim form and receipts to Michelle (after you complete the insured statement section)

- Michelle is responsible for the completion of Part 2 on the form.

If there are no refunds if there are no receipts, no physician referral and statement, and incomplete or incorrect paperwork. Please note that there are three sections to complete: the insured statement section (to be completed by athlete), physician statement (completed by doctor), certificate of team manager or administrator (to be completed by CSCS). Athletes are only covered by this program while training in Canada.

Sport Leadership & ICCE Global Coach Conference 2003 October 30 - November 2, 2003

Join more than 400 Canadian and International sport leaders in Vancouver and expand your network of contacts, develop your coaching and leadership skills, share your knowledge, and discuss topical coaching issues. Check out the latest information on Sport Leadership 2003 and ICCE Global Coach Conference in Vancouver, October 31-November 2. You can also register online to receive regular updates about the conference by e-mail.

Conference registration deadline: September 19, 2003

UPCOMING EVENTS

CANADA GAMES

**2005 Canada Summer Games
Regina, SK**

August 6th - 20th, 2005

www.2005jeuxducanadagames.ca

**2007 Canada Winter Games
Whitehorse, Yukon**

WESTERN CANADA SUMMER GAMES

**2007 Western Canada Summer
Games - Strathcona, AB**

OLYMPIC SUMMER GAMES

2004 Athens, Greece

August 13th - 29th, 2004

www.athens.olympic.org

**Paralympic Summer Games
2004 Athens, Greece**

September 17th - 28th, 2004

www.paralympic.org

**Olympic Winter Games
2006 Torino, Italy**

February 10th - February 26th, 2006

www.torino2006.org

2008 Beijing Olympics

www.beijing-2008.org

2010 Vancouver Olympics

For more information on the

Olympics: www.olympic.ca

COMMONWEALTH GAMES

2006, Melbourne, Australia

www.melbourne2006.com.au/



THE SERVICES OF THE CSCS ARE AVAILABLE TO ALL NATIONAL SENIOR TEAM AND CARDED ATHLETES TRAINING IN THE SASKATCHEWAN AREA.

TO ACCESS SERVICES, athletes must register with the CSCS through an 'Athlete Intake interview' with the Athlete Services Manager before they can access any of the services provided by the CSCS.

THE ATHLETE INTAKE INTERVIEW is an exchange of information between CSCS staff and the eligible athlete. Athletes are given information about the programs and services available to them, while they provide information to the CSCS regarding their current and future plans in sport and out of sport. This exchange of information enables CSCS staff to:

- Facilitate rapid access of expert support to ensure the needs of the athlete will be attended to.
- Assist the athletes' holistic development, including physical, social and intellectual growth and harmony toward personal balanced excellence.

The 'Athlete Intake Interview' is a requirement for all national team athletes who wish to access CSCS programs and services and it is the responsibility of the athlete to schedule an interview with the Athlete Services Manager. **To make an appointment call Michelle Dezell at (306) 975-0861 or email mdezell@sasksport.sk.ca**

2004 Athens Mission Staff
Call for Applications

The Canadian Paralympic Committee (CPC) invites applications for volunteer positions with the Team Canada Mission Staff for the 2004 Paralympic Summer Games, September 17-28th, 2004 in Athens, Greece. The Paralympic Games are the premiere event in the world for athletes with a physical disability. The Canadian Paralympic Committee is a not-for-profit, charitable, private corporation responsible for developing and promoting all aspects of the Paralympic Movement in Canada. Please visit the Athens 2004 page under the Paralympic Games section for further details on how to apply.

Graduated from school? Looking for employment?

Check out some of the following links to find the job you are looking for!

Monster.ca

Workopolis.ca

Career Owl/Chouette Carrière

CanadaJobs.com

Hire a Student

[Jobs, Workers, Training & Careers](http://Jobs, Workers, Training & Careers (Government of Canada))
(Government of Canada)