



# SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Providing Sport Medicine and Science Services and Programs for all active people in Saskatchewan Spring/Summer 2007

## Meyers & Shishkin Receive Awards

**Two very hard working physiotherapists recently received awards for their dedication to the physiotherapy profession.**

**Sue Meyers**, who is a Past President of the Sport Medicine and Science Council of Saskatchewan, received the Award of Merit for Clinical Excellence from the Saskatchewan Physiotherapy Association. This award is presented by the Saskatchewan Physiotherapy Association to a member for outstanding clinical contributions to the physiotherapy profession.

**Rhonda Shishkin** was selected as the recipient of the Canadian Physiotherapy Association Mentorship Award which was presented at the World Congress in Vancouver on June 4. The purpose of this award is to recognize physiotherapists who, through their inspiration and support, are actively engaged in the mentorship of other physiotherapists and act as role models for professionalism and volunteerism. It is not hard to see why she would be receiving such an award given her involvement with Sport Physiotherapy Saskatchewan, the Sport Medicine and Science Council of Saskatchewan (currently the President and driving force behind the Sport Med Saturdays Program), and the U of S student trainer program. These are just a few examples of the organizations and programs that she has been or is currently involved with that make her an obvious choice for this award.



Sue Meyers (on left) receives award from Lisa Harradence



Rhonda Shishkin

## Sport Med Saturdays

### Dates and Locations Set for Upcoming Sessions

After an extremely successful first year with sessions in Saskatoon in October '06 and in Regina this past March, the SMSCS will once again be hosting another round of sessions this Fall and again in the Spring of 2008. The Fall Session will be held on **October 20** in **Saskatoon** with the 'Ankle' being the topic. The Spring 2008 Session will be in **Regina** on **April 5th**. The topic area for this session will focus on the 'Neck'. More information will be forthcoming on registration deadlines, specific presentations, presenters, the expanded format, and so on.



### Sport Science and Medicine Services Available

The **Western Canada Summer Games** will be held in the County of Strathcona, Alberta, in August 2007. Each Provincial Sport Governing Body is eligible for 12 hours of sport science services in preparation for the Games.

The services available through the SMSCS are: Nutrition, Mental Training, Drug Education and Doping Control Procedures, Supplement Education, Exercise Physiology, Sport Medicine Prevention & Assessment, and Biomechanics.

Contact SMSCS Programs Manager, Travis Laycock at 975.0867 or [travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net)



Regina Office                      Saskatoon Office  
2205 Victoria Avenue      510 Cynthia Street  
Regina, SK                      Saskatoon, SK  
S4P 0S4                              S7L 7K7  
Fax: 780.9416                      Fax: 975.0891

Phone Toll Free: 1.888.350.5558  
Visit our web page: [www.smscs.ca](http://www.smscs.ca)

## Board of Directors

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## SMSCS Staff

EXECUTIVE DIRECTOR - Mark Henry  
Regina Office    Direct Line: 780.9208  
Email: [smcs@sasktel.net](mailto:smcs@sasktel.net)

Director, Sport Medicine and Science  
Services - Bruce Craven  
Saskatoon Office    Direct Line: 975.0848  
Email: [cravenb@sasktel.net](mailto:cravenb@sasktel.net)

Manager, Education and Safety Programs and  
Services - Scott Julé  
Regina Office    Direct Line: 780.9446  
Email: [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

Manager, High Performance Programs and  
Services - Travis Laycock  
Saskatoon Office    Direct Line: 975.0867  
Email: [travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net)

Mental Training Consultant/Canada Games  
Coordinator - Brie Jedlic  
Regina Office    Direct Line: 780.9461  
Email: [bjedlic@sasktel.net](mailto:bjedlic@sasktel.net)

Nutritional Consultant - Heather Hynes  
Saskatoon Office    Direct Line: 975.0849  
Email: [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net)

Mental Training Fellowship - Sarah Junkin  
Saskatoon Office    Direct Line: 975.0891  
Email: [sej589@mail.usask.ca](mailto:sej589@mail.usask.ca)

Exercise Physiology Fellowship - Jon Little  
Saskatoon Office    Direct Line: 975.0891  
Email: [jpl475@mail.usask.ca](mailto:jpl475@mail.usask.ca)

# President's message

Rhonda Shishkin, BSPE, BSc. (PT), Dip Sport (PT), CATc

The past few months has seen the Council set in motion the development of long-term plans to place more of an emphasis on reaching out to rural and grassroots athletes. We believe we are doing an excellent job working with the athletes and coaches associated with the Canadian Sport Centre Saskatchewan, Canada and Western Canada Games, the Universities as well as the many provincial teams. However, we would also like to have as much success and contact with the numerous so-called grassroots athletes and smaller communities across Saskatchewan. Many are already using our programs and services but we would like to increase that number to ensure anyone who would like to utilize our programs and services is aware of them and has access to them. Over the next year or so, we will be developing specific strategies to ensure our goals in this area are met.

The SMSCS has had some major accomplishments and achievements over the last few months that are definitely worth mentioning. We managed to secure the contract to supply sport medicine and science services to the National Para Nordic Ski team, with Bruce Craven heading up the programming. We also were able to secure an agreement with the World Cricket Championship in the West Indies to provide them with sport 1st aid supplies and medical equipment. Just recently we provided the Canadian Gymnastics Championships held in Regina with over 200 hours of medical coverage, medical equipment and supplies, as well as scheduling and pre-event planning.

Team Saskatchewan was selected the most improved team at the Canada Winter Games in Whitehorse this past February, and I'd like to think that we played an important role in that accomplishment as we assisted in the preparation of the athletes in the months and years leading up to the Games. One of our staff members, Brie Jedlic, attended the Games as our sport science liaison and Dr. David Miller (volunteer) attended as our medical liaison.

In the next few months we will be updating our website to make it more modern and user friendly. We receive thousands of 'hits' each year from people inquiring about the Council and the programs and services we offer. Everything from sport medicine and science related issues, to ordering the various products we offer such as exercise balls to trainers tape, or to ask a staff person a question.

The Sport Med Saturdays Program continues to be a huge success and plans are already under way for the Fall session on October 20 in Saskatoon. The first year saw over 200 registrations for the two sessions and we would expect the upcoming years' numbers to be even larger!

In closing, as I do in every President's Message, is to invite everyone to contact the SMSCS to discuss any issues, concerns, or initiatives you feel would benefit your development as an athlete, coach, or team.

# Educational Funding Available

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

On an annual basis the SMSCS has available a limited amount of funding to help offset the costs of course registration for members attending educational courses, workshops, or seminars. Funding is not available for travel, meals, accommodations, etc.

There are a number of criterion that members should be aware of and are available by contacting Mark Henry at 780.9208.

It should also be noted that funding is not available for courses provided by the SMSCS such as Sport Med Saturdays.

**In general, applications will be accepted based on the following criteria:**

1. Volunteer assistance given to the SMSCS in the past.
2. Previous funding received in the grant year.
3. Course pertinence to sport medicine and science in Saskatchewan and its benefits to the sport community.
4. Individual qualifications.

The maximum funding per application is \$1,000, but not necessarily be given on all approved applications.

Course registration receipts must be provided upon the completion of the course along with a report detailing the sessions attended at the course and be prepared to offer an in-service for the appropriate provider group(s) if requested.



Here's what's at ...

[www.smscs.ca](http://www.smscs.ca)



## RESOURCE VIDEOS

*For loan on the following topics:*

- Nutrition
- Drug Education
- Sport Medicine
- Exercie Physiology
- Mental Training
- Many others...

*For sale:*

- Body Image video & lesson plans

## SPORT 1ST AID KITS & SUPPLIES FOR SALE

- Tape, various types & sizes
- Underwrap
- Hot/Cold Packs
- Various Bandaids
- Gauze
- Tensors
- Scissors & Tape Cutters
- Ointments
- Tape Adherent
- Many more...

## SISSEL EXERCISE AND REHAB EQUIPMENT & SUPPLIES FOR SALE

- ABS Pro Gymballs
- Medicine Balls
- Sit Fits
- Fit Tubing
- Ankle Tubing
- Physio Toners

## RESOURCE ARTICLES ON

- Nutrition
- Drug Education & Doping Control
- Sport Medicine
- Exercie Physiology
- Mental Training
- Many others...

## RESOURCE MANUALS

- Sport 1st Aid
- Exercie Physiology
- Strength & Conditioning
- Mental Training
- SNAC Nutrition

## TRAINING DAIRY

## NUTRITION CHECK UP

## PREVIOUS NEWSLETTERS & ANNUAL REPORTS

## SPORT MED SATURDAYS

## ACL INJURY PREVENTION PROGRAM

## LINKS TO OTHER RELATED AGENCIES

## CONSULTANT BIO'S

...MUCH, MUCH MORE...



Attend our workshop and avoid sport taping nightmares!

## Sport 1<sup>st</sup> Aid & Sport Taping Workshops

- | Are you a team trainer, parent or coach involved with a sports team?
- | Are you prepared to handle minor sports injuries?
- | Would you know what to do in the event of a medical emergency during a practice?
- | Have you ever asked yourself, "What should I have in my Sport First Aid kit?"
- | Is not knowing how to tape an athlete's thumb becoming a problem?

Call Travis Laycock at  
**1.888.350.5558**  
 for more information.

If you answered "yes" to any of these questions, you have lots to learn at one of our seven-hour Sport 1<sup>st</sup> Aid or Sport Taping Workshops.

## APPLICATION FOR SPORTS MEDICINE RESEARCH GRANT

The Saskatchewan Academy of Sports Medicine has two research grants of \$1,500 each available annually for projects that will improve knowledge in the field of Sports Medicine and Injury Rehabilitation.

There could be a broad range of topics – individual treatment, injury research, studying a training method that prevents injury, review of equipment or sports surfaces and alterations in training techniques for improved sports function would all be considered as viable topics. **Application forms** are available from Cary Brunett, SASM administrator, via email at [carybrunett@sasktel.net](mailto:carybrunett@sasktel.net).

If you are interested in doing a research project of six months to one year's duration for which this funding would be helpful, please forward your application to::

Cary Brunett  
 Saskatchewan Academy of Sports Medicine  
 Box 338  
 Delisle, SK S0L 0P0

## High School Athletics Nutrition Workshops

This province-wide program continues to grow and provide valuable information to high school teams in Saskatchewan. **To book your workshop**, contact Heather Hynes toll free at 1.888.350.5558, ext. #5 or email her at [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net).

There are a limited number of workshops available, so book early!

The SMSCS acknowledges the financial support of the Dairy Farmers of Saskatchewan for their continuing support of the High School Athletics Nutrition Workshops Program.

**Dairy Farmers of  
 Saskatchewan**



# June is National Athletic Therapy month

The **Canadian Athletic Therapists Association (CATA)** is proud to honor the member's of the profession of athletic therapy during June 2007 – National Athletic Therapy Month.

Athletic Therapists are unique health care providers who specialize in prevention, assessment, treatment and rehabilitation of injuries.

In Saskatchewan, Athletic Therapists are represented by the **Saskatchewan Athletic Therapists Association (SATA)**. They promote the CATA position statement "Athletic Therapy-Rapid Return to Work and Play". Certified Athletic Therapists provide care to athletes and active individuals in clinics and at sport event settings. Members are found in Saskatoon, Regina, Prince Albert, Lloydminster, Swift Current, Moose Jaw, Yorkton, Moosomin, & Rocanville

For more information: [www.athletictherapy.org](http://www.athletictherapy.org), [www.smscs.ca/sata.htm](http://www.smscs.ca/sata.htm) .



## Want to receive this newsletter?

This newsletter was sent using the SMSCS email contact list. If you did not receive our newsletter by email and would like to receive it in the future or you know someone who would like to receive it, contact Scott at the SMSCS office at 780.9446 or by email at [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

## Exercise & Rehab Supplies

Exercise Balls  
Medicine Balls  
Fit Tubing  
Ankle Tubing  
Physio Toner  
Sit Fits  
Exercise Bands



Contact Travis at the SMSCS toll free  
1.888.350.5558



### KAREN CRAVEN

B.Sc.(ANAT), B.Sc.(PT), DIP. SPORT(PT), C.S.C.S

Phone: 306 220 7854

email: [craven.sports@sasktel.net](mailto:craven.sports@sasktel.net)  
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## Sport 1st Aid Manuals

The SMSCS has Sport 1st Aid Manuals for sale.

The cost is \$26.50 (incl tax).

Call 1.888.350.5558 for more details or go to our website to print off an order form.

# Programs & Services Offered by the SMSCS

## Who provides the Councils Programs and Services to our clients?

All of our programs and services are offered by one of the following three groups:

- 1) the staff of the Council, or
- 2) an individual belonging to one of the following provider groups that are members of the Council. The Council utilizes these individuals on a consultant type basis.
  - a) Saskatchewan Academy of Sport Medicine
  - b) Sport Physiotherapy Saskatchewan
  - c) Saskatchewan Athletic Therapy Association
  - d) Canadian Sport Massage Therapists Association – Sask Chapter
  - e) Chiropractors Assoc of Saskatchewan – Chiropractic Sport Sciences Council, or
- 3) Consultants from various sport science & medicine disciplines including:
  - a) Exercise physiology
  - b) Nutrition
  - c) Mental training
  - d) Biomechanics
  - e) Sport medicine

## What are the programs & services offered by the SMSCS?

Our programs and services are offered in primarily two different streams -

Educational and Safety programs and services (grassroots), and secondly, Sport Science programs and services (high performance). This edition of the newsletter will focus on the **Sport Science Programs and Services (high performance)**

### **SPORT SCIENCE PROGRAMS & SERVICES**

**1) Exercise Physiology** - Group workshops as well as individual consultations are available in the following areas:

- a) Core strength
- b) Sport specific training programs
- c) Concepts in warm-up and cool-down
- d) Flexibility and stretching
- e) Aerobic/anaerobic systems
- f) Resistance training program design
- g) Weight training techniques
- h) Application of Physiological testing and interpretation of test results
- i) Speed and plyometric training

**2) Biomechanics** - Individual and group sessions are available on the application of biomechanical principles to enhance performance and analysis of technical skills to

provide qualitative and quantitative feedback. Slow motion video analysis can be utilized to analyze the technical components of any sport skill.

**3) Sport Nutrition** - Workshops, individual sessions and services are available in the following areas:

- a) Basic sport nutrition
- b) Nutrition and training
- c) Fluids for sport
- d) Pre/post event nutrition
- e) Nutrition on the road, tournament and multi-event nutrition needs
- f) Weight management

**4) Mental Training** - Group workshops, individual sessions, and progressive consulting in the following areas:

- a) Relaxation
- b) Emotion control
- c) Goal setting
- d) Self talk
- e) Focusing
- f) Imagery/visualization
- g) Coping strategies
- h) Team issues and coach/athlete relationships

**5) Sport Medicine** - Services are available in:

- a) Injury Care & Prevention
- b) Initial Assessment of Injuries
- c) Rehabilitative Strength and Stretching programs

Physiotherapy treatment is NOT provided.

**6) Fitness Testing** - Is conducted by the two Universities on behalf of the SMSCS.



# Support Saskatchewan Lotteries



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- m 600,000 people participate in lottery-funded sport, culture and recreation activities each year
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R3M 3E4 Web [www.diamondathletic.com](http://www.diamondathletic.com)



## Western College of Remedial Massage Therapies Sports Massage Program

The Western College of Remedial Massage Therapies Inc. in Regina Saskatchewan has developed and delivered a Post-Graduate Sports Massage Therapy Program for over a decade.

Intensive three-day Pre and Post Event Sports Massage courses and 1,000 hour competency post-graduate Sports Therapy Distance Education courses are available.

**If you are interested in obtaining Certification or a Diploma in Sports Massage, contact our school and we will be happy to provide you with the education necessary to practice safely and accurately in order to meet the needs of your athletic based clientele.**

Web Page [www.westerncollege.ca](http://www.westerncollege.ca)

Email [wayne.baiton@westerncollege.ca](mailto:wayne.baiton@westerncollege.ca)

Phone 306-757-2242

## Sport 1st Aid Supplies and Kits

The SMSCS has for sale an extensive line of Sport 1<sup>st</sup> Aid Supplies and Kits at extremely affordable prices. For more information email us at [s.jule@sasktel.net](mailto:s.jule@sasktel.net), call our toll free number at 1.888.350.5558, or go to our website at [www.smscs.ca](http://www.smscs.ca) to download a price list and order form.

