



# SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Providing Sport Medicine and Science Services and Programs for all active people in Saskatchewan

January 2006

# Welcome to our new newsletter format!

**We want to increase our circulation. In order to do that, we've made some changes.**

The Sport Medicine and Science Council of Saskatchewan is pleased to present the inaugural edition of our on-line newsletter which will be produced three times each year.

This new and exciting venture will enable us to reach thousands of potential readers in the sport, recreation, sport medicine and sport science fields. This includes groups such as high school phys ed teachers, recreation directors, provincial coaches and athletes, doctors, therapists, and so on. Our intent is to educate, assist, and provide direction and guidance by providing an informative resource for all to utilize.

If you know of anyone that would

like to receive our newsletter, have them contact the SMSCS office to be placed on our email distribution list.



**Do you have an idea for a story?**  
We welcome any ideas you may have for upcoming editions.

## Therapists needed for SMSCS Medical Coverage Program

The following events/organizations have requested therapy coverage for their events through the SMSCS's Medical Coverage Program:

### February 2006

- February 9 – 11 Saskatoon High School Wrestling Tournament
- February 22 – 23 Saskatoon High School Wrestling Championship
- February 24 Saskatchewan Amateur Wrestling Assoc (SAWA) - Cadet & Juvenile Provincial Championship, Saskatoon

### March 2006

- March 10 – 11 Provincial High School Wrestling Championship, Saskatoon
- March 11 – 19 Tim Horton's Brier, Regina
- March 12 SAWA – Jr. & Sr. Provincial Championship, Saskatoon

### April 2006

- April 1 SAWA – Bantam Provincials, Moose Jaw

### May 2006

- May 5 – 7 Canadian Senior Wrestling Championship, Saskatoon

## Need more details?

Contact Scott Julé by phone at 780.9446 or 1.888.350.5558, or by email at [s.jule@sasktel.net](mailto:s.jule@sasktel.net)



## Sport Science and Medicine services available

The WCSG will be held in the County of Strathcona, Alberta, in August, 2007. Each PSGB is eligible for 12 hours of sport science & medicine services in preparation for the Games. The 2007 CWG will be held in Whitehorse from February 24 to March 10, 2007. All participating teams are eligible for up to 36 hours of service. Nutrition, Mental Training, Drug Education, Exercise Physiology, Sport Medicine Injury Prevention & Assessment, and Biomechanics are all available to assist your teams. Coaches, technical directors, or executive directors should contact Travis Laycock at 975.0867 or [travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net) for more information.





# Changes to service policy



The Sport Medicine & Science Council has changed its High Performance Service policy. Effective January 1, in most cases, user groups, athletes, and teams are now able to select their own consultant from the SMSCS's approved list.

However, there is still exists the following criteria to determine what Consultant performs a service request:

- I Staff, and any Consultant under contract, will be asked/utilized first to fill all requests that are within their areas of expertise.
- I Teams, groups, and athletes will then have the liberty to select the Consultant they wish to utilize based upon the service they requested. The following can be offered to

assist in their Consultant selection:

1. Geographical Location
2. Most knowledge and experience relevant to the Sport/Group
3. To assist the client in their selection, they will be referred to the Consultant Directory on our web page at [www.smscs.ca](http://www.smscs.ca) (click the 'About SMSCS' tab to view the Consultants Directory). Bios and/or pictures of Consultants have been posted.

It will be up to the group, team, or athlete to make the Consultant selection, dependant on the points noted.

Contact Travis Laycock at 1.888.350.5558 or by email at [travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net) for approval prior to your first meeting with the selected consultant.

Please share this information with provincial coaches, technical directors, or other staff within your organization.

## Need it? Find it on the SMSCS Web Page

### RESOURCE MANUALS

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

### RESOURCE VIDEOS

For loan on the following topics:

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

For sale:

- Body Image video & lesson plans

### SPORT 1ST AID KITS & SUPPLIES

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

### SISSEL EXERCISE AND REHAB EQUIPMENT & SUPPLIES

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

### RESOURCE ARTICLES ON

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

### TRAINING DIARY

### NUTRITION CHECK UP

### PREVIOUS NEWSLETTERS & ANNUAL REPORTS

### SPORT MEDICINE ROUNDS

### ACL INJURY PREVENTION PROGRAM

### LINKS TO OTHER RELATED AGENCIES

### SPORT MATCH PROGRAM

...MUCH, MUCH MORE...

Here's what's new at ...  
**[www.smscs.ca](http://www.smscs.ca)**  
1. Updated price lists for 2006  
2. Updated Consultant list



Attend our workshop and avoid sport taping nightmares!

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

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

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.

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

SMSCS's **Sport Medicine Rounds** program is sponsored in part by the following organizations:

### Gold Sponsor:



Makers of:



### Silver Sponsor:



Makers of:



An educational, interactive and informative program for anyone interested in sport medicine.

2005-2006

# Sport Medicine Rounds

Sport Medicine for Life:  
Pre-Adolescent to the Master Athlete

### Monthly Topics

<b>October 4, 2005</b>	<b>Childhood/Pre-Adolescent Athletes</b>
<b>November 1, 2005</b>	<b>Adolescent/Teen Athlete</b>
<b>December 6, 2005</b>	<b>Obesity - Adult and Child</b>
<b>January 10, 2006</b>	<b>Pregnancy and the Athlete</b>
<b>February 7, 2006</b>	<b>Female Athlete Triad</b>
<b>March 7, 2006</b>	<b>Male Image and Sport; Steroids, Body Image and Violence</b>
<b>April 4, 2006</b>	<b>Osteoarthritis and Sport</b>
<b>May 2, 2006</b>	<b>The Master Athlete</b>
<b>June 6, 2006</b>	<b>Cardiac Rehab/Return to Active Lifestyle</b>

### Locations & Times

U of S, PAC  
College of Kinesiology  
Rm. 232  
5:30 to 7:00 p.m.

U of R  
College of Kinesiology & Health Studies  
Rm. 164.16  
5:30 to 7:00 p.m.

~ A light meal will be provided ~