



Providing Sport Medicine and Science Programs and Services to Athletes and Coaches in Saskatchewan

Summer/Fall 2011 Edition

Who Are We and What Do We Do?

The above question is one that we still get asked every once in a while by a new PSGB staff or board member, as well from our own new members and consultants. As a result we thought it would be a good time to once again provide an overview of who we are and what we do. The following are some of the other questions we have recently been asked:

“What programs and services does the SMSCS provide?”

Basically we break our programs and services down into two categories - Sport Medicine and Sport Science. The **SPORT MEDICINE** programs and services include:

- 1) **Sport Safety Program** consisting of Sport 1st Aid Workshops and Sport Taping Workshops. These are both seven hours in length.
- 2) **Sport Medicine Education Sessions** are one to three hours in length and can be on one or a combination of many sport medicine related topics such as common sport injuries and how to prevent and care for them.
- 3) **Initial Injury Assessment Program** consisting of personalized injury assessments for designated athletes.
- 4) **Medical Coverage Program** provides PSGB's with medical personnel, medical equipment and supplies, and scheduling services for their larger sport events. We can also assist in the development of safety policies and guidelines for sport events and organizations.
- 5) **Medical Equipment Loaner and Rental Program** ensures everything from sport 1st aid kits to ultrasound units are available to assist with injury care and prevention.
- 6) **'Sport Med Saturdays' Program** consists of one-day educational conferences held twice a year that are open to members and non-members alike. The conferences offer a multidisciplinary, educational approach to sport injury management.
- 7) **Drug Education and Doping Control Program** is primarily focused on providing educational workshops to PSGB's and their athletes attending Western and Canada Games, and national championships. We also provide the workshops to university teams, clubs, and school groups.
- 8) **Sport 1st Aid Kits and Supplies** are available to be purchased from us. Items range from trainers tape to tensor wraps to finger splints.
- 9) **Website, Newsletter and Resource Manuals and Material** all contain very helpful and educational information.

The **SPORT SCIENCE** programs and services include:

- 1) **Mental Training workshops** and progressive consulting sessions are available in areas such as team building, mental imagery, practice effectiveness, and self-talk, just to name a few.
- 2) **Strength and Conditioning services and workshops** focusing on topics such as core strength, weight training, and so on.
- 3) **Biomechanical Services** are provided by analysing technical skills through slow motion video analysis.
- 4) **Sport Nutrition workshops** and services are available on topics ranging from pre/post event nutrition to supplements and herbal products to fluids and weight issues.
- 5) **'SaskMilk' Athlete Nutrition Program** provides workshops to athletes between 12 & 18 years of age in topic areas such as food group education, carbs/proteins/fats, and milk and calcium.
- 6) **Exercise Physiology** programming is available in metabolic conditioning, and physiological programming and design.
- 7) **Exercise/Rehab/Training Equipment and Supplies Program** consists of the availability for clients to purchase items such as exercise bands and tubing, exercise and medicine balls.



“Who do you provide all of those programs and services to? Can anybody utilize them?”

Our primary focus is on the membership within the Sask Sport Inc system. This includes all PSGB's, Sport Districts, SHSAA, Coaches Association, the two universities sports teams, and the Saskatchewan Games Council. In addition, we provide programming to the provinces athletes attending the North American Indigenous Games. We are also...

...continued on page 3

The Sport Medicine and Science Council of Saskatchewan receives financial support from





Regina Office
2205 Victoria Avenue
Regina, SK
S4P 0S4
Fax: 780.9416

Saskatoon Office
510 Cynthia Street
Saskatoon, SK
S7L 7K7
Fax: 975.0891

Phone Toll Free: 1.888.350.5558
Web Site: www.smscs.ca

Board of Directors

President Dr. Marlys Misfeldt (SASM)
Vice President Scott Anderson (SPS)
Past President Dale Pitura
Secretary/Treasurer Dr. Kim Dorsch (U of R)
Board Member Doug Hillis (U of S)
Board Member Lisa Swallow (SATA)
Board Member Dr. Alex Yatsina (SASM)
Board Member Jill Apshkrum (SPS)
Board Member Dr. Brad Waddell (Director at Large)

Sask Sport Inc. Advisor..... Rob Kennedy

SMSCS Staff

REGINA

Executive Director - Mark Henry
Regina Office Direct Line: 780.9208
Email: smcs@sasktel.net

Manager, Sport Medicine Programs & Services - Scott Julé
Regina Office Direct Line: 780.9446
Email: s.jule@sasktel.net

Mental Training Consultant - Lisa Benz
Regina - U of R Phone: 337-8475
Email: mental.trainer@sasktel.net

SASKATOON

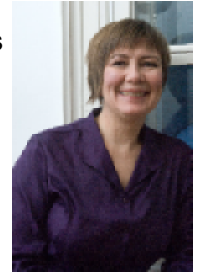
Manager, Sport Science Programs & Services - Travis Laycock
Saskatoon Office Direct Line: 975.0867
Email: travis.laycock@sasktel.net

Nutrition Consultant - Heather Hynes
Saskatoon Office Direct Line: 975.0849
Email: heather.hynes@sasktel.net

President's Message

Marlys Misfeldt - M.D., CASM Diploma

In this edition of the newsletter we have focused our efforts on re-educating not only our clients and potential clients, but also our membership and consultants on what exactly we do and who we are. As we continue to strive to have every PSGB utilize their allotted 'free' hours of service, we feel it is necessary to keep the Council's membership informed of the need for their involvement in providing and facilitating these services. The old saying of "we are only as strong as the sum of our parts" definitely applies to us. We encourage all members to let the staff know that you would be willing to help out, even if it is just once or twice a year.



2011 sees us in the second year of the implementation our three year strategic plan. Our managerial staff of Mark Henry, Scott Julé, and Travis Laycock continue to be focused on adhering to and ensuring all the major goals, objectives, and timelines are being met. It will be very interesting to see the results and progress once the stats and survey results are compiled at year's end. If they are even close to being similar to the findings after the first year, then we will definitely be on track to completing our goals.

Our staff have had meetings with most of the PSGB's to discuss their plans for the usage of their allocated free hours of sport medicine and science services. It's very gratifying to see the increased enthusiasm and awareness of the PSGS's to utilize our programs and services.

As Team Saskatchewan was getting ready for the Western Canada Summer Games many of our consultants and staff worked tirelessly right up to the last minute to assist the individual teams with their sport medicine and science preparations for the Games. Just one example of this was the two drug education and doping control workshops that occurred on August 3 in Saskatoon and Regina for all athletes who had not yet attended a workshop. That was just one of the many services that we provided to the Games athletes. We are confident Saskatchewan will do exceptionally well with many athletes bringing home medals and attaining personal bests! Good luck!

Lastly, I encourage everyone to register for the upcoming Sport Med Saturday Conference we will be hosting on October 29 in Saskatoon. This is such a great opportunity for everyone to obtain some wonderful pearls of information from many of the leading experts in our province. It is also an ideal time to catch up with some of those practitioners you possibly haven't seen in quite some time!

Marlys Misfeldt

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 the SMSCS office at 780.9446 or by email at s.jule@sasktel.net

The SMSCS does not necessarily endorse or recommend the opinions or treatments that are contained in this newsletter. Products and services advertised within are advertisements only and are not necessarily products used by the SMSCS. Consult medical personnel or sport scientists for medical problems, advice, and treatment. The SMSCS permits the reproduction of articles contained within this newsletter for educational or promotional purposes if we are credited with being the source. Reproduction for the purpose of profit is prohibited. Contact the SMSCS for any other sport medicine and science related topic.

● Exercise/Rehabilitation Supplies and Equipment ● Injury Prevention & Care ● Equipment Rental

A “thank you” from Team Holland

This past spring the Amber Holland curling team won the Canadian Women’s Championship and the silver medal at the World Women’s Championship. She recently sent us this note...

“We (Team Holland) have utilized many services of the Sport Medicine and Science Council over the past number of years. The drug education workshop ensured we understood the rules and regulations about a drug free sport and how to deal with athlete drug testing. Consultants in all areas of physical training, mental training, and nutritional training have assisted us in developing plans and processes to get to the top of the podium. All the consultants took time to get to know us as individuals and to personalize our programming so it ensured success. We are so fortunate to have surrounded ourselves with a great support team through the Sport Medicine and Science Council. Thank you to the SMSCS for continuing to provide excellent services and to continue to work with our team to realize our dreams and accomplish our goals.”



...continued from page 1

contracted by the Canadian Sport Centre Saskatchewan to provide numerous programs and services to the athletes registered with the Centre. Lastly, if time and resources permits, we may provide service to other organizations and agencies such as schools, health regions, etc.

“Who provides your services? Who are your members?”

Our programs and services are offered by one of three groups:

1. Staff of the SMSCS
2. An individual belonging to one of the provider group members of the SMSCS.
 - a) Saskatchewan Academy of Sport Medicine
 - b) Sport Physiotherapy Canada - Sask. Section
 - c) Saskatchewan Athletic Therapy Association
 - d) Canadian Sport Massage Therapists Association - Sask Section
 - e) Chiropractic Association of Saskatchewan - Chiropractic Sport Sciences Council
3. Consultants from various sport science disciplines including:
 - a) Nutrition, b) Mental Training, c) Biomechanics,
 - d) Exercise Physiology, e) Strength and Conditioning

“Is there a cost associated with using your programs and services?”

We provide a designated number of ‘free’ service and programming hours per calendar year to each of the PSGB’s, Sport Districts, and so on. Purchasing of first aid supplies, exercise and rehab bands, tubing, etc, as well as various instructional and educational manuals are the sole responsibility of the requesting agency/organization.

“How do I request a service?”

Simply call our toll-free number at 1-888-350-5558 and from there you will be directed to the appropriate staff member who will be able to assist you with your request.



Sport Med Saturday ‘Youth and Sport Issues - Part 2’

Saturday, October 29 Saskatoon 10:00am - 4:00pm

Educational Credits
are available for most professions



Registration Fee
\$95/health professional \$25/Students

Reg'n form available soon at www.smscs.ca

Professional Development Grants Available

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

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

There are a number of criterion that applicants should be aware of and are available by contacting:

Mark Henry, Executive Director at
306.780.9208, or at
smcs@sasktel.net



Craven SPORT services

Sport Physiotherapy | Orthopedic Rehabilitation | Training

email: craven.sports@sasktel.net
www.cravensportservices.ca

Sport Diploma/Certificate Physiotherapists/Part B Ortho PT
Certified Strength and Conditioning Specialists (CSCS) and Candidates

#3-630 2nd Ave N Saskatoon, Sk Phone: (306)934-2011

Karen Craven
Bruce Craven
Chelsea Guebert
Melanie Headrick
Kevin Boyd

synergy : physio

2332 scarth street
regina, sk

1.306.569.MOVE (6683)
synergyphysioregina.com

Here's what's at ...

www.smcs.ca



EASY ACCESS FOR ORDERING:

- Resource Videos
- Sport First Aid Supplies and Kits
- Exercise and Rehab Supplies
(tubing, medicine balls, etc)
- Resource Manuals
(mental training, sport 1st aid, etc)

CONSULTANT BIO'S

UPCOMING WORKSHOPS

...MUCH, MUCH MORE

Sport Medicine Educational Sessions

Would you like a Sport Medicine Professional to speak to your group?

The Sport Medicine and Science Council of Saskatchewan offers sessions ranging from one to three hours in length and can be on one topic or a combination of many. Suggested topics include injury prevention (warm up/cool down and stretching), recognition and care of common injuries, life threatening injuries, emergency action plans, and so on.

Call 1.888.350.5558 or email s.jule@sasktel.net to book a session.

Revised Tier System Developed

Sask Sport Inc. Members Assigned to Specific Tier Level to Receive Services

As of April 1 of this year all eligible provincial sport governing bodies, university teams, sport districts, and so on were assigned to a specific Tier Level, ranging from one to four, in order to determine what level of service they would receive and how many hours of free sport medicine and science hours they would be eligible for in one calendar year.

If you are unsure of how many hours your organization is

eligible to receive based on your tier level, simply go to the SMSCS website at www.smscs.ca and click on Tiers for Service in the upper left hand corner of the homepage.

We encourage all PSGB's, Sport Districts, etc, to contact the SMSCS to discuss the various avenues to maximize the programming available to you. We are here for you!

Member Recognition

An ongoing feature in the newsletter is to recognize our members who have/are working with or volunteering time with any provincial, national, or internationally recognized organizations, teams, athletes or at major sport events.

Dr. Cole Beavis, Sport Medicine Physician - in April was the team physician for Hockey Canada Men's National Under 18 Team at the World Championship in Germany.

Ted Tilbury, Sport Physiotherapist - Travelled with the Men's National Soccer team in June to the Gold Cup held in the United States.

Dr. Ron Brady, Chiropractor - Continued to work with the Regina Pats as their team chiropractor.

Dr. Wendy Chrusch, Physician - Was a classifier at the Canadian Wheelchair Rugby Championship that took place in Saskatoon.

Dr. Mike Nicholls, Sport Medicine Physician - Continues to be the Medical Director of Athletics at the U of R, the Regina Pats, and Wrestling Canada.

We'd like to thank everyone who has submitted their recent activities to us. The next edition of the newsletter will be out in October, so please forward any updates by October 1, 2011.

The Largest Staff of Council Consultants in the Province.
The Perfect Facility to host High Performance Camps.

2124 Grant Road
Regina, SK S4S 5C8



LEVEL 10 FITNESS

sport performance training at a whole new level

Ph: 337-0010
level10fitness@sasktel.net
www.level10regina.com

Exercise, Rehab and Training Supplies

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



Contact the
SMSCS toll free
1.888.350.5558
or go to
www.smscs.ca
to place an order.

\$ SALE \$
Sport 1st Aid Manuals

Regular \$25, now \$15

GREAT resource for
your school or team.

Call 1.888.350.5558 to
order!



Live life now.

Stapleford Physiotherapy & Rehab Clinic is a quality wellness centre in Regina. We offer a wide range of programs and services to get you back to optimal health. Our team of professionals are friendly and knowledgeable. We want you living life to the fullest. Call our office at **543-0990** or visit www.staplefordphysio.ca.

STAPLEFORD 
physiotherapy & rehab clinic

376 McCarthy Blvd N., Regina, Saskatchewan • Phone: 306.543.0990

PHYSIOTHERAPY • EXERCISE THERAPY • OCCUPATIONAL THERAPY • DIETICIAN

Sport 1st 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?
- 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 1st Aid or Sport Taping Workshops.

**For more information call
1.888.350.5558 ext #2**

Sport Nutrition Workshops

Providing valuable nutrition information to sport teams, high school groups and local clubs in Saskatchewan.

FREE workshops are available for athletes and active individuals between 12 to 18 years of age.

To book your workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #5 or email her at heather.hynes@sasktel.net.

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

The SMSCS acknowledges the financial support of
SaskMilk



**Pro Fitter
3D Cross Trainer**



Click to View >>



WWW.ZONESPORTSPT.COM

**TED TILBURY
BRAD SPOKES
MITCH DAHL**

POINT 9 BUILDING
102-311 LUDLOW ST
SASKATOON, SK S7S 1N6

P. 306.477.ZONE (9663)

F. 306.477.9664

E. zone@zonesportspt.com

Support Saskatchewan Lotteries



- 12,000 volunteer groups and over 800 communities share the proceeds
- 600,000 people participate in lottery-funded sport, culture and recreation activities each year
- \$1 billion annual economic impact providing 23,000 jobs.

**Be a winner.
Buy your tickets today.**

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. If you are interested contact:

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

Canada's Most extensive line of sports medicine supplies and rehabilitation products

DIAMOND ATHLETIC MEDICAL SUPPLIES INC.

We specialize in:

- ◆ Chattanooga & Saunders products
- ◆ Thera-Band products
- ◆ Tens Units and Electrical Modalities
- ◆ Home Healthcare Supplies
- ◆ All Training Room and Taping Supplies

We are very proud to have served Saskatchewan over the years and are dedicated to continue the outstanding service.

75 Poseidon Bay, Unit 185 Phone 1.800.781.9127
Winnipeg, MB Fax 1.204.488.0294
R3M 3E4 Web www.diamondathletic.com



Physiotherapy Massage Therapy Acupuncture Orthotics

Treatment for all injuries
**PERSONAL-SPORTS
WORK-AUTO**

LifeMARK

H E A L T H 

SASKATOON		REGINA
College Park 304.3907 8th St E (306) 652.5151	Stonebridge 105-203 Stonebridge Blvd (306) 649.2288	University of Regina 3737 Wascana Parkway (306) 337.2641

Sport 1st Aid Supplies and Kits

The SMSCS has for sale an extensive line of Sport 1st Aid Supplies and Kits at extremely affordable prices. For more information email us at s.jule@sasktel.net, call our toll free number at **1.888.350.5558** Ext. #2, or go to our website at www.smcs.ca to download a price list and order form.

