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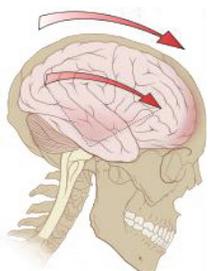
*Providing Sport Medicine and Science
Programs and Services
to Athletes and Coaches in Saskatchewan*

2017 - Summer/Fall Edition

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Concussion Management Planning Tool (CMPT) Finalized



One of the many programs and services the SMSCS offers to the Provincial Sport Governing Bodies (PSGBs) is a Concussion Education and Management Program consisting of two main components. The first component is providing 1-hour education sessions on education, prevention, management, and return to play/learning guidelines, etc. The second component is centered around assisting PSGBs in the development and implementation of their own Concussion Management Protocol Plans by providing relevant resources, support material, and consultation. On that note, we want to inform all PSGBs that we have recently revised and finalized our Concussion Management Planning Tool (CMPT). The CMPT has been developed to guide sport and recreation groups and organizations

in developing and reviewing their concussion policies and protocols, risks, rules, and culture. It should be noted that the CMPT is a guide and is of a general nature consistent with reasonable practices of an organization. It is appropriate for use by non-medical professionals. It DOES NOT include or provide the depth of knowledge needed to manage a diagnosed concussion. A concussion can only be diagnosed by a health care professional with adequate concussion expertise. PSGBs can utilize some of their annual sport medicine and science funding allocation for the above two noted components. We have developed a six-step process for PSGBs to follow as they develop their Concussion Management Protocol Plan:

1. Contact the SMSCS to receive a copy of the newly revised CONCUSSION MANAGEMENT PLANNING TOOL (CMPT).
2. The PSGB reviews the CMPT.

They then go through the numerous other resources the SMSCS has listed on our website (video's, handouts, websites, posters, apps) to see which of these resources best suite the needs of their sport organization to assist in the development their CMPT.

3. The PSGB then re-contacts the SMSCS to set up a meeting to discuss the CMPT, their sport's specific concerns/questions, as well as their selected resources.
4. The PSGB then develops their sport organization's Concussion Management Protocol Plan and forward it to the SMSCS to be reviewed by an SMSCS consultant/ expert.
5. The PSGB makes the appropriate changes recommended by SMSCS Consultant, and then brings the Plan forward to their Board of Directors for approval.
6. They then submit the approved Plan to SMSCS to keep on file.

FOR FURTHER INFORMATION CONTACT:

Scott Julé • Toll Free: 1-888-350-5558 EXT. 2 • Phone: 306-780-9446 • Email: s.jule@sasktel.net



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PRESIDENT'S MESSAGE



**Louise Ashcroft
 SPC-SK**

all areas to better protect clean athletes and clean sport.

- The use of Dietary Supplements continues to be one of the difficult areas of anti-doping. An anti-doping violation occurring from a prohibited substance found in a dietary supplement can carry a suspension of 4 years, but athletes commonly offer up the excuse that “I didn’t know it was in there”, or “it wasn’t on the label”, hoping that the length of the ineligibility ban can be reduced if the athlete proves he did not have intent. Consider this - an athlete runs into a “minefield” ignoring all stop signs along his way, he may well have the primary intention of getting through the “minefield” unharmed. However, an athlete acting in such (reckless) manner somehow accepts that a certain result (i.e. a positive test) may materialize and therefore the act is with (indirect) intent”. Another figurative example of indirect intent: an athlete throws a big rock down a hill. He doesn’t want to kill or hurt anyone but he accepts that it might. There is knowledge that it is risky to take supplements, but the athlete may have accepted that risk (ignored all “stop signs”). Athletes need to consider all the risks when considering the use of supplements and not assume that a short ban will be imposed. With resources available today, such as ‘Global DRO’ and other

The theme of this message will be about promoting Clean Sport. The WADA Symposium in Lausanne, Switzerland held earlier this year, had a theme of “Tackling our Challenges and Strengthening the Future of Clean Sport”. Although we tend not to think about anti-doping in our day-to-day involvements in Sport, this symposium really highlighted some key points for me:

- An athlete’s elite career may be short. The system needs not only to do the right thing, but also to do it right. Just like a race, there are not many opportunities for a second chance. The fight against anti-doping must be an inclusive and collaborative process, must involve good practices, and should focus on cultural change. There was strong support from the delegation for compliance to the 2015 Anti-Doping Code for all parties, including Testing Labs, Anti-Doping Organizations, event organizers and Sport federations to ensure that the fight against doping is strong in

continued on next page

informational apps, the Canadian Centre for Ethics, WADA, and the Sport Medicine & Science Council of Saskatchewan (SMSCS) within our own province, there is no excuse for athletes not to be aware of the risks of using supplements that may contain banned substances that are not on the label. The SMSCS provides educational presentations to all provincial sport governing bodies that request such presentations.

- The Symposium highlighted the importance of whistleblowers. The audience had an emotional moment, listening to a talk from professional cyclist Toby Atkin, who told his story at the conference of the difficult choices and the environment he was faced with, the personal risks, and the handling of his case. We often think about protecting clean athletes, but we also need to think about protecting and keeping whistleblowers safe in the environment they find themselves in. WADA has

enhanced its whistleblower program, providing knowledge about what the program is and how it is done through a newly released program called "Speak Up". You can find more information about this program [HERE](#).

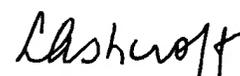
- Lastly, there was a common theme throughout, and that is that the real fight against anti-doping is about changing values and culture, and that is where we need to be cohesive and consistent in our education efforts and attitudes.

I want to highlight again the strong Anti-Doping educational programs provided by the Sport Medicine & Science Council of Saskatchewan to all its stakeholders, whether you are a coach, someone working out in a gym, or an emerging athlete on your way to your first National Championship or Canada Games. The up-to-date face-to-face sessions are a real opportunity for Saskatchewan athletes and support personnel to learn more about many

aspects of Anti-Doping, including the Prohibited Substances, Therapeutic Exemption Forms, apps for checking medications and products, clean sport values, and much more. The Council is committed to Clean Saskatchewan Sport, and it starts right here.

Remember, there is no finish line for anti-doping, and giving your young athletes an opportunity to start the race with good preparation and good values is giving them a chance to help many others be part of Clean Sport. I encourage you to contact our staff about all aspects of our fantastic Anti-Doping Programs.

Sincerely,



Louise Ashcroft, President

Mental Training Sessions and Workshops

- Team building and group dynamics
- Attention, emotional and arousal control
- Self awareness
- Mental imagery
- Self-talk & thinking patterns
- Goal setting
- Routines
- Ideal performance state
- Mental toughness
- Practice effectiveness

For more information or to book a workshop, contact the SMSCS toll free at 1-888-350-5558 ext. 1



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SPORT 'MEDSCI' SATURDAY A HUGE SUCCESS!

A few months ago, the SMSCS hosted an in-house six-hour professional development day in Saskatoon for our members and consultants. Professionals

"I didn't realize how vast the SMSCC's network of Sport Medicine and Science Professionals is."

from the Council's 10 different service provider groups (sport medicine and science disciplines) presented what their role was as it related to providing services to high performance athletes as

"It was good to see how many of the disciplines 'cross-over' and can work together."

they prepare for events such as the Canada Games. It was also a great opportunity for those attending to network with other professionals within and

"This enhanced my comprehension of the Council's commitment and extensive sport medicine and science professionals."

outside of their sport medicine and/or sport science discipline. Group sessions had everyone developing training programs within an integrated Support Teams (IST) setting. Judging by the feedback and evaluations, the event and concept was very well received. The SMSCS would like to thank those that attended who made the day so successful.

"It showed how a plan can be built when SMSCS professionals with various skill-sets sit down and work together for the betterment of the athlete."

DID YOU KNOW...

3% - Projected speed increase if you drink two cups of coffee 45 minutes before a run. So, if your usual 5k is 25 minutes, you'd shave off 45 seconds.

~Source: *International Journal of Sport Nutrition & Exercise Metabolism*

For all the golfer's out there - U.K. scientists found that PGA pros who performed best in the body-weight jump squat and seated medicine ball forward throw had the fastest clubhead speeds. ~Source: *MensHealth.com*

69 - The number of extra calories the average coffee drinker adds in cream and sugar each day. ~Source: *Public Health USA*

6 - Number of calories burned per minute in explosive circuit training. Use heavy weights (get professional advice) and do the lifting phase as quickly as possible.

~Source: *University of Miami*

15K - Daily step count exceeded by study participants with zero metabolic problems.

~Source: *International Journal of Obesity*

285 - Average reduction in people's daily calories when they were told to limit sugary beverages to 8 ounces a day.

~Source: *American Journal of Clinical Nutrition*

Stretching after workouts - Keep doing it if it feels good to you, but a recent University of Milan study on the effects of post workout recovery methods found no significant changes in blood lactate levels (a measure of how fatigued your muscles are) in folks who stretch after exercise. While stretching may not completely reduce muscle soreness or speed muscle tissue repair, limbering up still has certain benefits. Doing it right after a workout, when the body is still warm, is the best way to increase joint flexibility.

~Source: *Health.com*

Get your sleep! - Women in an study who slept less than seven hours were more likely to gain weight; other research has shown that even partial sleep deprivation ups production of the hormone ghrelin, which triggers hunger.

~Source: *American Journal of Epidemiology*

LATEST CONCUSSION MESSAGES



The top 5 key messages from the 5th International Consensus Statement on Concussion in Sport

These key messages were developed by the Canadian Concussion Collaborative (June 2017)

Important note: The selected key messages presented in this document are not an exhaustive list of the new information found in the [5th International Consensus Statement on Concussion in Sport](#) (McCroory et al. 2017). These key messages are meant for physicians and other health care professionals already familiar with the 4th iteration of this consensus statement (Zurich, 2012). The key messages should be read in conjunction with the full version of the Berlin consensus statement.

1- Prolonged rest until all symptoms resolve is no longer recommended:

After an initial short rest period lasting 24-48 hours, the early introduction of light cognitive and physical activity can be initiated as long as the activity does not exacerbate symptoms (sub-threshold activities).

2- A gradual return-to-school (cognitive activity) strategy has been detailed:

A 4-step graduated return-to-school strategy has been proposed. It is recommended that children and adolescents return to full time school activities before they return to sports; however, initiation of physical activity can occur prior to a complete return to school.

3- Progression through the recovery process should be guided by the symptom exacerbation threshold:

Gradual return to sub-threshold cognitive activities and low risk individual physical activity can progress as long as they don't increase symptoms. However, complete symptom resolution should be achieved before participating in activities placing the individual at risk of concussion (ex: non-contact training drills). Also, the statement emphasises the importance of respecting a minimum of 24 hours between each step of the return to sport protocol, and obtaining medical clearance before resuming sport-specific activities that may place the individual at risk of concussion.

4- The use of baseline testing is not necessary:

The Sport Concussion Assessment Tool 5 (SCAT5) is considered useful to help health care professionals assess for the possible presence of a concussion immediately after an injury, but should not be used as a stand-alone method to diagnose a concussion. The utility of the SCAT5 as a screening tool appears to decrease significantly 3–5 days after injury. SCAT5 baseline testing is not necessary for interpreting post-injury scores.

In addition, based on current evidence, the widespread routine use of baseline computerized neurophysiological testing is not recommended in children and adolescents. When these tests are used in the post-injury setting they should optimally be performed and interpreted by an accredited neuropsychologist.

5- Persistent post-concussive symptoms should be reassessed to identify associated conditions and define an individualised treatment plan:

The strongest and most consistent predictor of slower recovery from concussion is symptom severity in the initial few days after injury. The symptom checklist demonstrates clinical utility in tracking recovery. Based on the evolution of most concussions, the notion of “persistent concussion symptoms” has been re-defined as greater than 2 weeks for adults and greater than 4 weeks for children. When symptoms persist beyond this expected timeframe, medical re-evaluation should be obtained to develop an individualised treatment plan. Attention should be given to recognising and managing of the following conditions: autonomic system dysfunction, physical deconditioning, cervical spine problems, vestibular dysfunction and mood problems. Care of patients with persistent post-concussive symptoms should optimally be managed in a multi-disciplinary setting by a team of healthcare providers including a physician with experience in sport related concussions.

Sport Nutrition Workshops

The SMSCS offers workshops and services in the areas of:

- Basic sport nutrition
- Fluids, carbohydrates, proteins, etc....
- Nutrition timing & monitoring for optimal performance
- Pre/Post event nutrition
- Nutrition on the road
- Tournament and multi-event nutrition
- Grocery store tours & cooking class

Nutritional Supplement Workshops

- What is a supplement?
- Risks and side effects
- What supplements can and can't do
- Possible benefits

To book either workshop, contact Heather Hynes toll free at 1.888.350.5558, ext. #4 or email: heather.hynes@sasktel.net

Eligible Organizations Encouraged to Utilize Free Service Funding

The SMSCS provides specific 'free' service and program funding for consulting, workshops, educational sessions, etc. every year to each of the PSGB's, Sport Districts, University teams, SHSAA, CAS, and the SGC. The designated free service and program funding is divided into two categories, Sport Medicine and Sport Science.

SPORT MEDICINE

- 1) Sport 1st Aid and Taping Workshops
- 2) Sport Medicine Education Sessions (Injury Care & Prevention)
- 3) Initial Injury Assessment Program
- 4) Medical Coverage of Events Program (some fees apply)
- 5) Drug Education and Awareness Program
- 6) Concussion Education & Management Program

SPORT SCIENCE

- 1) Mental Training Workshops & Sessions
- 2) Strength and Conditioning Sessions/Services
- 3) Biomechanical Analysis Services
- 4) Sport Nutrition/Supplements Sessions/Services
- 5) Exercise Physiology Programming
- 6) Movement Screens

To book a session or inquire about how many hours you're eligible for, contact Scott (Medicine) or Travis (Science) at 1.888.350.5558

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.smscs.ca to download a price list and order form.



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



This newsletter was sent using various SMSCS email contact lists. 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 306.780.9446 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 and services 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 topics.

WANT TO BECOME A MEMBER OR A CONSULTANT OF THE SMSCS?

The Sport Medicine and Science Council of Saskatchewan is comprised of groups and individuals from a diversity of scientific and medical disciplines who are committed to promoting safe and healthy participation in competitive sport and to supporting and optimizing competitive sport performance through the delivery of high quality and evidence based sport medicine and science services to our clients with a priority on the Sask Sport Inc. membership.

The Council provides numerous sport medicine and science programs and services (see chart) to the “user group” membership of Sask Sport Inc. (eg. PSGB’s, CAS, Sport Districts, etc.), to its own “provider group” membership (SASM, SPC-SK Div, SATA, CSMTA-SK, CAS), as well as its consultant groups.

Sport Taping Workshop	Resource Materials & Information
Sport First Aid Workshop	Sport 1st Aid Supplies & Kits Program
Drug Education & Awareness Program	Medical Coverage of Events Program
Nutritional Supplements Education Program	Medical Equipment Loan & Rental Program
Sport Nutrition Services	Movement Screens and Fitness Testing
Exercise Equipment and Supplies Sales Program	Professional Development Seminars / Conferences
Sport Medicine Services (Initial Injury Assessment Program; Injury care, prevention, and rehabilitation)	Sport Medicine Education Sessions (eg. Warm up/cool down; EAP’s, recognition and care of common sport injuries, etc)
Exercise Physiology Services	Concussion Education & Management Program
Professional Development Grant Program	Mental Training Services
Biomechanics Services	Strength and Conditioning Services
Marketing Program (Sponsorship, Communication and Promotion)	Canadian Sport Centre-Sask (Service Contract)
	Other Special Projects

Individuals interested in becoming a member of the Council can do so by becoming a member of one of the Council’s provider groups:

- Saskatchewan Academy of Sports Medicine
- Sport Physiotherapy Canada- Saskatchewan Division
- Saskatchewan Athletic Therapists Association
- Chiropractors Association of Saskatchewan
- Canadian Sport Massage Therapists Association – SK Chapter
- University of Regina, Faculty of Kinesiology and Health Studies
- University of Saskatchewan, College of Kinesiology

The Sport Medicine and Science Council of Saskatchewan offer consulting services in both Sport Medicine and Sport Science areas. The following are the science and medicine disciplines the SMSCS utilizes to provide consulting services and programming:

Science:

Exercise Physiologist
Biomechanist
Strength and Conditioning Specialist
Mental Trainer
Sport Nutritionist

Medicine:

Sport Physical Therapist
Certified Athletic Therapist
Sport Physician
Sport Massage Therapist
Sport Chiropractor

Individuals interested in becoming a consultant must complete an application form and submit to the Council for approval.

The SMSCS has established a set of minimum standards for Consultant Qualifications for each of the above disciplines. These minimum standards can be found on the Council’s website at <http://smscsglx.sasktelwebhosting.com/directory.html>. Final approval must be granted by the SMSCS’s Board of Directors. Exception Note: A Sport Designation is not required to provide Medical Coverage at Sport Events. However, priority is ALWAYS given to those that have their designation.

Benefits of Membership and Consultant Approval

- The opportunity to serve as a volunteer on the Council’s Board of Directors and/or Standing Committees (members only).
- Email Newsletter (3 times yearly).
- The opportunity to be listed on the Council’s website as a professional interested in the area of sport medicine and science if you are a member of that provider group and are willing and approved to provide consulting on behalf of the Council.
- The opportunity to apply for Funding for Professional Development.
- The opportunity to rent medical and testing equipment at reduced rates.
- Reduced registration fee for professional development seminars/conferences hosted by the Council.
- General liability and malpractice insurance for any services provided on behalf of the SMSCS.
- The opportunity to represent the Council and be selected to provide consulting services on a fee for service basis (consultants only).

NOTE: A member and a consultant are two separate entities within the Council. You must be a member of one of our provider or user groups (above) to be a member. You must apply to be a consultant with the Council. It is possible to be both a member and a consultant, but you are not required to be a member in order to become a consultant.

For further details please contact Mark Henry, Executive Director, toll free at 1-888-350-5558 or email at smcs@sasktel.net.

SMSCS AND CAS TO HOST JOINT CONFERENCE IN CONJUNCTION WITH THE SMSCS'S 30TH ANNIVERSARY

The Sport Medicine and Science Council of Saskatchewan and the Coaching Association of Saskatchewan (CAS) will be joining forces to co-host a two-day conference in the fall of 2018. Many details such as the location, date, and theme are currently being decided upon. We will be sure to share that information once it is finalized to ensure that everyone can mark it down on the calendar.

The SMSCS will also be hosting their 30th Anniversary Social that same weekend. More details will be forthcoming on this event as well.



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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 for members and consultants attending educational courses, workshops, or seminars. This funding is available to help offset a portion of the costs related to registration fees, travel and accommodations.

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
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- Sport Physiotherapy
- Orthopaedic Rehabilitation
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UPCOMING WORKSHOPS

CONCUSSION EDUCATION INFO (new)

...MUCH, MUCH MORE

Sport Medicine Education Sessions

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

The SMSCS offers sessions ranging from one to three hours in length and can be on one topic or a combination of many. Suggested topics include:

1. Injury Prevention (warm up/cool down and stretching, etc.)
2. Recognition and Care of Common and Life Threatening Injuries In Your Sport
3. Developing Emergency Action Plans, and so on
4. Concussion Education

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

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If you are interested contact:

Cary Brunett
Saskatchewan Academy of Sports Medicine
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Sport 1st Aid & Sport Taping Workshops

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- 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

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