



**INCORPORATED IN 1988**

**HISTORICAL TIME LINES  
1986-2019**

**FOUNDERS, BOARD OF DIRECTORS**

**STANDING COMMITTEES**

**PROGRAMS AND SERVICES**

# INTRODUCTION

**DISCLAIMER:** Although information below is as accurate as possible some dates and accomplishments may be erroneous or omitted. My apologies in advance for any accomplishment, contribution or involvement I may have missed. I reviewed the historical information I have on hand a number of times to ensure accuracy. Please advise me if you have any additions or changes to this document that I may have inadvertently missed as this is a living document.

The pictures in this document were collected over a number of years and continue to be collected. However, I do not have a picture of every key volunteer and member. My apologies again but as mentioned earlier this is a living document please do not hesitate to forward any photographs you may have that would be relevant for this document.

Sincerely, Mark Henry, Executive Director

## How it was in the Beginning.....By Dr J.F. Alexander and Dr. Nestor Ficzyz

Reflecting on the past permits us the opportunity to remember events and circumstances. Recall of special times which provided something of note, such as:

- Changes in patterns
- Advances in Programs
- Some good things may be comfortably continued
- Sometimes modification would allow easier approaches and more efficiency.
- Review of costs and sources of revenue.

One night (1974) Nestor Ficzyz called me and said: Please stop whatever you are doing (getting ready for bed) and come over to my house. Nestor said: Joe Kanuka and I have been visiting and talking (fuelled by rum and coke). The topic will be of great interest to you and many of our friends. That was basically it. That was the launching that was: The beginning of the **Saskatchewan Academy of Sports Medicine (SASM)**. Joe as our Lawyer got us going in the correct direction.

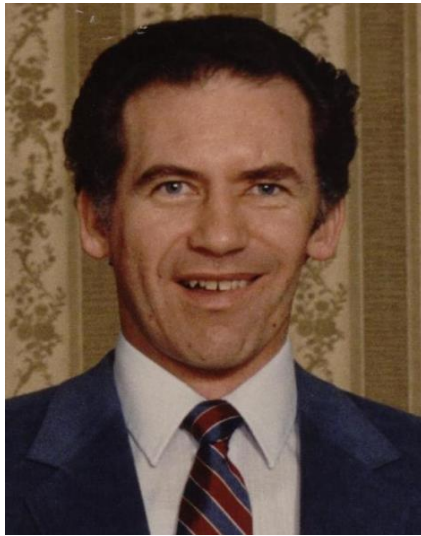
The Saskatchewan Medical Association (SMA) decided it did not prefer to establish a new Section of the Association. However, we did obtain affiliate membership with Sask Sport Inc. in 1975. This membership included being added to the Ministers Eligibility List for funding. Joe Kanuka organized and oversaw the application and receipt of our funding. The original Charter Members of the Academy included; Dr. J.F. Alexander, Dr. Nestor Ficzyz, Dr. Walter Hader, Dr. Lionel Lavoie, Dr. Terry Henning and Dr. A. Paul Pieron.

The original funding from Sask Sport Inc. for the first Sports Medicine Conference enabled us to have a very up to date Conference and set us on our way for our future Saskatchewan Academy of Sports Medicine.

The Academy would remain on the Ministers Eligibility List from 1975-1988. Over the years there was a move towards forming an umbrella organization that would include all Sport Medicine Professionals that would support the Athletes and Coaches in Saskatchewan. Dr. Bryan Barootes and I (Jack) would lead the discussions with Sask Sport Inc (John Lee) to form the Council. Dr. Walter Hader, Dr. Lionel Lavoie, Chuck Armstrong, Diane Crosby and Linda Datta would join us in developing the Council's first constitution, policies and programs. It was in 1988 that the President of the Academy Dr. Vic de Korompay would write a letter to Sask Sport Inc. (John Lee) relinquishing the Academy's position on

the Ministers Funding Eligibility List upon the recognition and sanction of the Sport Medicine Council of Saskatchewan by Sask Sport Inc. (It should be noted that the Academy is still a member of Sask Sport).

We realized that if we had a group of Sport Medicine interested Physicians and Surgeons we could facilitate relations with each other and relate to other such Groups in the other Provinces. We could be a Chapter of or relate to the Canadian Academy of Sport Medicine (now the Canadian Academy of Sport and Exercise Medicine). As well, being an organized Academy, it would open the path for establishing a connection with the Athletic and Physical Therapists and the University Scientists Research Group, Physical Educators, Athletes and Coaches and whomever else needed to get Sport Medicine opinions about areas of shared interest. This led to areas in the preparation for and participation in sporting activities by individuals and teams. The natural progression of people with energy and the will to explore gave us a chance to develop as we travelled the path of the early days. Adolescence followed then a degree of Maturity...We are forever grateful for the cooperation and the assistance of those who helped us progress. The degree of success we witness today is terrific. This is due to the diligence and the hard work of so many talented people under the guidance of Linda Detta originally and then ... Mark Henry and Scott Julé. As well, Sask Sport Inc. and the Government of Saskatchewan-Sport and Recreation Branch have been remarkable partners and supporters of us. And that's how it was in the beginning and travel along a path into what has been such a marvelous, memorable journey. (Pictured below is Dr. J. F. (Jack) Alexander), Joe Kanuka and Dr. Nestor Ficzyz



J.F. Alexander (circa 1988)



Joe Kanuka (pictured above)

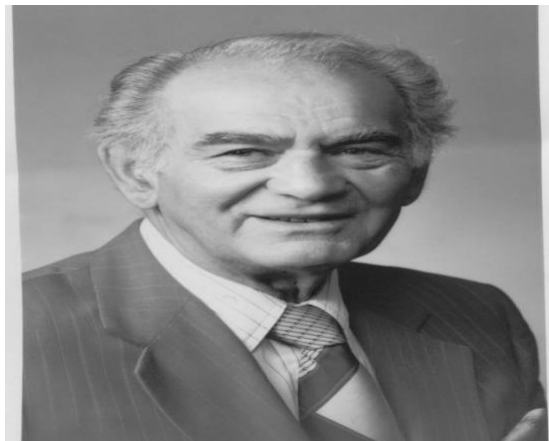


Dr. Nestor Ficzyz (pictured above)

## 1986-1987

- Organizing Committee dedicated to the development of the Sport Medicine Council of Saskatchewan is formed.
- Members included:
  - Dr. J.F Alexander, Saskatchewan Academy of Sports Medicine (SASM)
  - Chuck Armstrong, Sport Physiotherapy Saskatchewan (SPS)
  - Dr. Walter Hader, Saskatchewan Academy of Sports Medicine (SASM)
  - Dr. Bryan Barootes, Saskatchewan Academy of Sports Medicine
  - Diane Crosby, Sport Physiotherapy Saskatchewan (SPS)
  - John Lee and Glen Tuck, Sask Sport Inc.
  - Ian Pike, University of Regina-Paul Schwann Centre
  - Dr. Vic DeKorompay, Saskatchewan Academy of Sports Medicine (SASM)
  - Jim McClements, University of Saskatchewan, College of Physical Education
  - Lyle Sanderson, University of Saskatchewan-Intercollegiate Athletics
  - Sheila Beckie, University of Regina-Intercollegiate Athletics
  - Nelson Bryksa, Provincial Government-Dept. of Culture and Recreation
  - Barry Stinson, Saskatchewan High Schools Athletic Association (SHSAA)
- Dr. Sam Landa inducted into the Saskatchewan Sports Hall of Fame and Museum.
  - *Attended Manitoba Medical College*
  - *Team doctor for the Saskatoon Hilltops in 1947, and held the position for over 38 years.*
  - *Attended, winter games, indoor games and the 1972 Munich Olympic Games as a medical team member.*
  - *Chaired the Committee responsible for the ParticipAction Saskatoon Society*
  - *Set up international exchange programs and was a director of the Bob Adams Foundation.*
  - *Honours bestowed on him include: Kinsmen Sportsman of the Year (1975), Queen's Jubilee Medal (1976) and a Member of the Order of Canada (1976), and inducted into the Saskatoon Sports Hall of Fame (1986).*

Pictured below is Dr. Sam Landa (Courtesy Saskatchewan Sports Hall of Fame)



- Dr. Jack Alexander (SASM member) and Dr. Bryan Barootes (SASM Member) continue to work with the Canadian National Women's Volleyball Team which trains out of Regina. (Alexander and Barootes worked with the team from 1983-1991). The Council also assists in providing services for the Team.

## 1988-1989

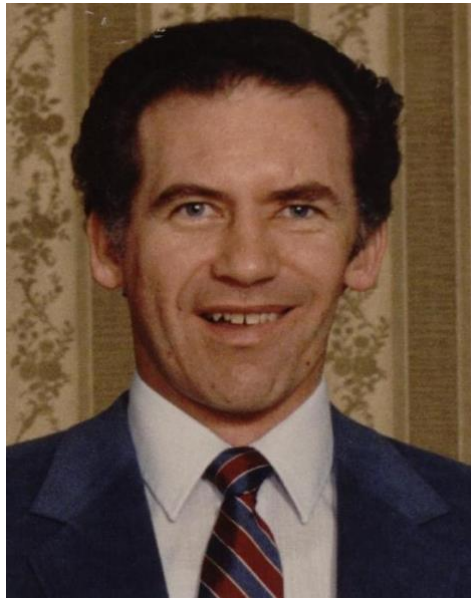
- Incorporation on April 14. Councils first logo seen below:



## Sport Medicine Council of Saskatchewan

- Charter (founding) members of the Sport Medicine Council of Saskatchewan are:
  - Saskatchewan Academy of Sports Medicine (SASM) (an organization consisting of physicians with education and/or interest in sport medicine)
  - Sport Physiotherapy Saskatchewan (an organization consisting of physiotherapists with education and/or interest in sport medicine)
- J. F. Alexander (SASM), 1st President
- J.F. Alexander (SASM) inducted into the Saskatchewan Sports Hall of Fame and Museum
  - *Involved in recreational hockey, football, cubs, scouts, sea cadets and even some theatre productions in the early years.*
  - *Received his doctor of medicine degree in Saskatoon in 1965*
  - *Certificate of the College of Family Physicians in 1971*
  - *Fellowship of the college in 1984*
  - *Involvement in sport started during his early days of practice*
  - *Named team physician for the Regina Rams in 1967*
  - *Named team physician for the Saskatchewan Roughriders in 1969*
  - *Named team physician for the University of Regina Cougar Hockey Team in 1978*
  - *Named Chairman of the Riders Medical Team in 1979.*
  - *Chairman or organizer for 21 local, provincial, national and international event involving sports medicine. The sports vary- figure skating, speed skating, swimming, synchronized swimming, track and field, hockey, football, wrestling and Special Olympics.*
  - *He has received numerous awards and in 1987 was named Saskatchewan Family Physician of the Year by the Saskatchewan Chapter of the College of Family Physicians of Canada.*
  - *Installed in the Saskatchewan Sports Hall of Fame on June 18, 1988.*

Pictured below is Dr. J. F. (Jack) Alexander) (Courtesy of Saskatchewan Sports Hall of Fame) (Circa 1988)



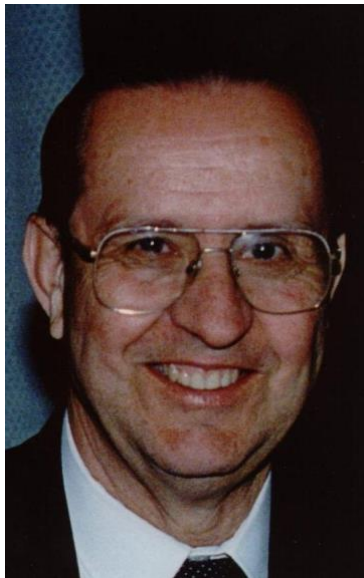
It should be noted that Jacks' induction into the Saskatchewan Sports Hall of Fame did not include any of his significant accomplishments as founder and first President of the Council. This was due to the fact that the Council was just being formed in 1987-1988 and Jack was inducted into the Hall of Fame in 1988.

- Dr. Walter Hader (SASM) receives Sask Sport Inc. Volunteer Recognition Award
  - *Fellowship FRCP(C) Royal College of Physicians and Surgeons 1967, Physical Medicine and Rehabilitation*
  - *Professor and Acting head, Department of Rehabilitation Medicine, University of Saskatchewan*
  - *Director, Multiple Sclerosis Clinic, University Hospital, Saskatoon*
  - *Team Physician, University of Saskatchewan Huskies Football and Hockey 1964 to present*
  - *Recognition, University of Saskatchewan, Tens Years Distinguished Service with Huskies-Huskiettes – 1974*
  - *Saskatchewan Roughriders Football Award – 1983*
  - *President Saskatchewan Academy of Sports Medicine - 1978-80*
  - *Treasurer/Executive Director Saskatchewan Academy of Sports Medicine 1981 to present*
  - *Saskatchewan Academy of Sports Medicine Award – 1983*
  - *Saskatchewan Winter Indoor Games Committee and Medical Coordinator – 1974-83*
  - *Member, Saskatchewan Board of Education – Committee on Prevention of Athletic Injuries – 1980*
  - *Medical Coordinator, Western Canada Summer Games, Track and Field – 1975*
  - *President, Saskatoon Amateur Speed Skating Association – 1979*
  - *Chairman, Sports Medicine Symposium, Saskatoon – 1976*
  - *Director, Canadian Amateur Speedskating Association 1981-84*
  - *Vice President, Canadian Amateur Speedskating Association 1981-82*
  - *Chairman, Sport Sciences Conference, Western Canada Summer Games – 1979*
  - *Medical Coordinator, Track and Field, Western Canada Summer Games*
  - *Member, Canadian Academy of Sports Medicine – 1973 to present*
  - *Director, Canadian Academy of Sports Medicine – 1973-76*
  - *Charter (original) member of the Saskatchewan Academy of Sports Medicine*
  - *Member of Organizing Committee dedicated to the development of the Sport Medicine Council*

*of Saskatchewan – 1986-87*

- *Board Member, Sport Medicine and Science Council of Saskatchewan – 1988-93*
- *Treasurer, Sport Medicine Council of Saskatchewan – 1988-89*

Pictured below is Dr. Walter Hader  
(Courtesy Saskatchewan Sports Hall of Fame) (Circa 1999)



- Linda Detta, 1st Executive Director

Pictured below is Linda Detta (Circa 2018)



- First Budget Revenue = \$103,000
- First Board and Committees formed
- First Members, Executive and Board of Directors
  - President – Dr. J.F. Alexander, Saskatchewan Academy of Sports Medicine (SASM)
  - Vice-President – Chuck Armstrong, Sport Physiotherapy Saskatchewan (SPS)
  - Secretary – Barry Stinson (Saskatchewan High Schools Athletic Association)(SHSAA)
  - Treasurer – Dr. Walter Hader (SASM)
  - Program Coordinator – Dr. Orest Gulka (SASM)
  - Member-at-Large – Rick Jorgenson



Provider Group – Saskatchewan Academy of Sports Medicine (SASM), Dr. Bryan Barootes  
Provider Group – Sport Physiotherapy Saskatchewan (SPS), Louise Ashcroft  
Scientists – Ian Pike, University of Regina-Dr. Paul Schwann Centre  
Scientists – Jim McClements, University of Saskatchewan-College of Phys. Ed. (June 88)  
Scientists – Bob Faulkner, University of Saskatchewan-College of Phys. Ed. (July 88)  
User Group – Bev Oliver-Kozack, Prairie Athletic Conference  
User Group-Sheila Beckie, Canadian Intercollegiate Athletic Union  
User Group-Rick Jorgenson, Provincial Sport Governing Bodies  
Observer-Del Peterson, City Parks and Recreation  
Observer-Vern Blash, Provincial Government-Sask Parks, Recreation & Culture  
Executive Director, Linda Detta

- First Programs and Services included the following:
  - Sport Aid Program (included a sport taping section)
  - Medical Coverage/Personnel for Sport Events
  - Medical Equipment for Loan
  - Membership Grant Assistance Program
  - Educational Lecture Request Program
  - Educational Materials for Loan
  - Promotional Display of Programs and Services
  - Professional Development grants for members
  - Sask Summer and Sask Winter Games consulting services, medical personnel and equipment
- Sports First Aider credentials established. A certificate is given to an individual who completes Sport First Aid Course and CPR.
- Dr. Bryan Barootes (SASM) first Chairperson of the Drug Education and Doping Control Committee oversees the development of the Council's Drug Education and Doping Control Workshop. This workshop is presented to the 1989 Canada Summer Games Teams and becomes a programming staple of the Council. (The educational workshop is offered to all future Canada Games athletes and coaches).

Pictured below is Dr. Bryan Barootes.



## 1989-1990

- Executive and Board of Directors 1989/90
  - President – J.F. Alexander, Saskatchewan Academy of Sports Medicine (SASM)
  - Vice-President – Chuck Armstrong, Sport Physiotherapy Saskatchewan (SPS)
  - Secretary – Barry Stinson, Saskatchewan High Schools Athletic Association (SHSAA)
  - Treasurer – Dr. Walter Hader (Member-at-Large)
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Bryan Barootes
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Chuck Armstrong
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Louise Ashcroft
  - Member-at-Large – Dr. Orest Gulka
  - Member-at-Large – Linda Mickalishen
  - Scientists – Ian Pike, University of Regina-Dr. Paul Schwann Centre
  - Scientists – Bob Faulkner, University of Saskatchewan-College of Physical Education.
  - Associate Member – Don Laing, Prairie Athletic Conference
  - Associate Member – Lyle Sanderson, Canadian Intercollegiate Athletic Union
  - Associate Member-Rick Jorgenson, Provincial Sport Governing Bodies
  - Affiliate Member-Del Peterson, City Parks and Recreation
  - Affiliate Member-Vern Blash, Provincial Government-Sask Parks, Recreation & Culture
  - Executive Director, Linda Detta
  
- Diane Crosby (SPS) receives the Sask Sport Inc Volunteer Recognition Award.
  - *Coordinator, Athletic Injuries Clinic, University of Regina – 1976-85*
  - *Dolphin Swim Team, Dedicated Therapist - 1976-78*
  - *Volunteer Assistant Trainer, Regina Rams Junior Football Team – 1970-78*
  - *Coordinated and provided consultation and physical therapy services for sport and recreational events directed to the Sport Medicine Council of Saskatchewan – 1976 to present*
  - *Selected Assistant Clinic Coordinator, Physical Therapy, Medical Clinic, Olympics Montreal – 1976*
  - *Selected Physical Therapist, Canadian Medical Team, Pan American Games, Mexico City – 1975*
  - *Selected Physical Therapist, Canadian Medical Team, Pan American Games, Mexico City – 1975*
  - *Coordinated Physical Therapy services for Western Canada Summer Games in Regina – 1975*
  - *Saskatchewan Winter Games, Moose Jaw, Volunteer Physical Therapist – 1978*
  - *Coordinated and provided Physical Therapy Services, International Gymnastics Championships, Regina – 1978-79*
  - *Selected Physical Therapist, Canadian Medical Team, Commonwealth Games, Edmonton – 1978*
  - *Provided Physical Therapy services for Western Canada Summer games in Saskatoon – 1979*
  - *Manager and Physical Therapist for the Canadian National Women's Volleyball Team, Los Angeles Olympics-1984*
  - *Physical Therapist, Host Medical Team, FISU (World Student) Games, Edmonton – 1983*
  - *Coordinated and provided Physical Therapy Services, Air Canada Silver Broom, Regina – 1983*
  - *Member of the Team Saskatchewan Mission Staff for Western Canada Winter Games in Calgary – 1983*
  - *Member of the Team Saskatchewan Mission Staff for Canada Summer Games in St John's – 1985*

- *Lecturer/Instructor with Sandy Archer for the Regina High School Student Trainers Program – 1985-86*
- *Chairperson, Treasurer and Event Coordinator for Regina Sport Physio Division – 1983-89*
- *Chairperson, Sask Section, Sports Physiotherapy Division, Canadian Physiotherapy Association - 1984-*
- *Set-up clinic and coordinated medical services for Western Canada Summer Games – 1987*
- *Saskatchewan Men's Senior Rugby Team Dedicated Therapist – 1988-89*
- *Member of the Team Saskatchewan Mission Staff for the Jeux Canada Summer Games - 1989*
- *Saskatchewan Summer Games, Melfort, Volunteer Physical Therapist – 1988*
- *Member of Organizing Committee dedicated to the development of the Sport Medicine Council of Saskatchewan – 1986-87*
- *Member of the Sport Medicine Council of Saskatchewan's Board of Directors 1991-92*
- *Chairperson and Member of the Medical Coverage Committee 1992-97*
- *Regina and surrounding area Event Coverage Coordinator for numerous years*

Pictured below is Diane Crosby (Circa 1989)



- Council is a member of the Interprovincial Sport Medicine Network - This group is made up of provincial sport medicine Councils and affiliate groups from across Canada. This group gets together twice a year to exchange ideas and information and discuss possible collaborative projects (eg. national programs). Dr. Bryan Barootes is the first President of the group.
- 1989 Canada Summer Games Host Medical Committee – The Council and its members played a major role in these Games. Dr. Liz Harrison (SPS) and Ms. Arlis McQuarrie (SPS) were Co-Chairs of the Host Medical Committee. Dr. Bill Haver (SASM) was the Chief Medical Officer and Judy Weenk (SPS) was the Chief Therapist. Other members involved included Dr. Walter Hader (SASM), Dr. Bryan Barootes (SASM), Chuck Armstrong (SPS), Diane Crosby (SPS), Linda Mickalishen (SPS), Louise Ashcroft (SPS), Scott Anderson (SPS), Sue Meyers (SPS, Al Bodnarchuk (Massage), Deanna Chavich (SPS) and Linda Detta who provided administrative support for the Medical Clinic. Our members helped organize and secure volunteers, supplies, equipment, beds, office furniture, set up the clinic, pack medical kits for venues and operated the Medical Clinic set up at the University of Saskatchewan. The Host Medical Committee Manual developed for the event by Liz Harrison and Arlis McQuarrie was used as the template and guideline for future Games Host Medical

Committees. There was also a Sports Medicine Symposium held prior to the Games

## 1990-1991

- Executive and Board of Directors 1990/91
  - President – J.F. Alexander (SASM)
  - Vice-President – Chuck Armstrong (SPS)
  - Secretary/Treasurer – Barry Stinson (SHSAA)
  - Treasurer – Dr. Walter Hader (SASM)
  - Program Coordinator – Dr. Orest Gulka (SASM)
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Bryan Barootes
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Jack Alexander
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Linda Mickalishen
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Louise Ashcroft
  - Scientists – Ian Pike, University of Regina-Dr. Paul Schwann Centre
  - Scientists – Bob Faulkner, University of Saskatchewan-College of Physical Education.
  - Government of Sask-Family Foundation-Sport and Rec., Vern Blash
  - Executive Director, Mark Henry
- Mark Henry becomes Executive Director.
- Sport First Aid and Taping Program revised with assistance from the Sport Medicine Council of British Columbia and the following members:
  - Dr. J. F. Alexander (editor)(SASM)
  - Chuck Armstrong (editor)(SPS)
  - Scott Anderson (writer)(SPS)
  - Dr. Bryan Barootes (writer and editor)(SPS)
  - Judy Wright (writer)(SPS)
  - Peter Friesen (consultant) (SPS)
  - Dr. Orest Gulka (consultant)(SASM)
- Program content includes the original basic sections of body basics, common injuries, hazardous situations, threats to life, CPR basics, taping principles, basic anatomy with the new additions of drugs in sport, sport psychology, pregnancy and exercise, young athlete and dentistry and sport. This program will be revised many times over the years.
- Sport Science Survey Report was completed by the University of Saskatchewan Project Team which consisted of the following individuals; Bob Mirwald, Coordinator, Don Fry, Don Burgess, Kelly Josephson and Ross Wilson. Additional assistance and support was provided by Bill Werry, Director and Emile St. Amand and Lyle Hayes of the Sport and Recreation Branch of the Provincial Government, Jim Burnett, General Manager and John Lee, Program Manager of Sask Sport Inc., Dean Neil Sherlock and the faculty and staff members of the University of Regina, Faculty of Physical Activity Studies and the Dr. Paul Schwann Centre, the faculty and staff of the College of Physical Education at the University of Saskatchewan and in particular Bob Faulkner, Eric Springings and Kevin Spink. The purpose of the Sport Science Survey was to survey the professional staff of the Provincial Sport Governing Bodies to assess the current status, projected needs and determine and appropriate delivery mechanism to deliver quality evidenced based sport science services to all sports organizations. The survey results determined there was a need for these services (See 1991 - Sport Science Project).

- Honorable Beattie Martin, Minister of the Family Foundation (sport and recreation branch of provincial government) pledges \$100,000.00 over four years to the Council for the development of a Drug Education and Anti-Doping Control Program. Council receives support and assistance from Vern Blash and Lyle Hayes from the Provincial Government-Sport, Recreation and Culture Branch on the development and implementation of the program. Dr. Bryan Barootes would lead this initiative.
- Educational and Speakers Bureau becomes a program of the Council. Lectures are provided to sports groups on a wide variety of sport medicine and science topics.
- A summary of major events members provided event coverage services for:
  - National Under 17 Rugby Championships
  - Multiple Sclerosis Society's 150 Km Bike Tour
  - Men's Under 18 Field Hockey Nationals
  - HOOPLA "90"
  - Canada Cup Volleyball
  - National Wrestling Championships
  - Masters Swim Championships
- Howard Schweitzer (physical education teacher from Regina) approached the Council with interest in developing a program or service to help educate teachers, coaches, students and athletes about the problems associated with the use of performance enhancing drugs. The Council and Schweitzer begin developing the "Making Choices" Program.
- Council provides medical personnel, equipment, supplies for the 1990 Sask Winter Games Medical Committee in Melville, Sask.
- Interprovincial Sport Medicine Network Meeting takes place, May 4th and 5th, Vancouver B.C. Dr. Bryan Barootes (SASM), Dr. J.F. Alexander (SASM) and Mark Henry (Staff) attend.
- Chuck Armstrong (SPS) named Chairperson of the Sports Medicine and Science Council of Canada.

## 1991-1992

- Executive and Board of Directors 1991/92
  - President – J.F. Alexander (SASM)
  - Vice-President – Chuck Armstrong (SPS)
  - Secretary/Treasurer – Dr. Bryan Barootes (SASM)
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Marlys Misfeldt
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Walter Hader
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Linda Mickalishen
  - Scientists – Andrew Ford, University of Regina-Dr. Paul Schwann Centre
  - Scientists – Bob Faulkner, University of Saskatchewan-College of Physical Education.
  - Member-at-Large – Diane Crosby
  - Member-at-Large – Bill Spence, Sask Sport Inc.
  - Member-at-Large – Larry Lafrentz, Saskatchewan High Schools Athletic Association (SHSAA)
  - Government of Sask-Family Foundation-Sport and Rec., Vern Blash
  - Executive Director, Mark Henry

- Standing Committees 1991/92

### **Sports Aid Committee Members**

VACANT

### **Drug Education Committee Members**

Dr. Bryan Barootes, Coordinator (SASM)

Howard Schweitzer (Teacher)

Larry Lafrentz, SHSAA

Dr. Lowell Loewen, SASM

Vern Blash, Gov't of Sask-Sport Dept.

Mark Henry

### **Constitution Committee Members**

Chuck Armstrong, SPS

Vern Blash, Gov't of Sask-Sport Dept.

Mark Henry

- University of Saskatchewan, College of Physical Education receives funding from Sask Sport Inc. for the Provincial Sport Science Project. The program was a “pilot project” and received funding for 16 months (May 1, 1991 to October 1, 1992) from Sask Sport Inc. Don Fry, Project Manager-University of Saskatchewan hires Bruce Craven (Project Coordinator) to operate and coordinate the Sport Science Project. The program begins to offer science and medicine services. The project receives advice and direction from a Provincial Sport Science Advisory Committee. The Advisory committee consists of Dr. Jack Alexander (Sport Medicine Council), Don Fry (University of Saskatchewan), Dr. Bob Mirwald (University of Saskatchewan), Bill Werry and Lyle Hayes (Government of Sask-Family Foundation), John Lee and Ken Turner (Sask Sport Inc.).
- Making Choices Program - In 1991, the Council purchases the rights to a 100 copies of the Sport Medicine Council of Alberta’s “Crossing The Line-Teachers Resources Guide Program. This program contains resource information on performance and body enhancing drugs and fair play. This information is adapted by Howard Schweitzer so it can be used by physical education teachers and coaches in Saskatchewan to develop a drug education program for their schools. The Council later expands the program to include other resource material.

- Drug Education and Doping Control Workshops are provided to athletes and coaches preparing for the upcoming Canada Winter Games The resource personnel involved in these workshops included, Dr. Bryan Barootes (Coordinator) (SASM), Dr Lowell Loewen (SASM), Dr Jack Alexander (SASM), Dr. Orest Gulka (SASM), Dr Cyprian Enweani (SASM), Mr. Vern Blash (Government of Sask-Sport Dept.) and Mr. Lyle Hayes (Government of Sask-Sport Dept.).
- Sask Sport Inc instructs the Sport Medicine Council to develop an overall sport science funding mechanism and strategy in cooperation with the Government of Sask-Family Foundation Branch, University of Saskatchewan, University of Regina and Sask Sport Inc. Meeting and discussions occur over the next year.
- A summary of major events members provided event coverage services for:
  - NORCECA Volleyball Championships - Aug/Sept (Regina)  
(Olympic Qualification Tournament)
  - National Indoor Track and Field Championships - Feb (Saskatoon)
  - Canadian Men's Under 18 Field Hockey Nationals - July (Regina)
  - National Team Handball Championships - May (Regina)
  - National Gymnastics Meet - May (Saskatoon)
  - Cadet/School Boy National Wrestling Championships-May (Prince Albert)
  - Canadian Figure Skating Championships - Feb (Saskatoon)
  - Prairie Cities Rugby Tournament - August (Regina)
  - Sask Rugby Union - Junior Festival - June (Regina)
- Dr. Orest Gulka (SASM) receives Sask Sport Inc. Volunteer Recognition Award
  - *Medical Coverage Volunteer – World Youth Baseball Championships – 1984*
  - *World Juniors, Poland - 1984*
  - *Pan American Junior Championships, Florida - 1984*
  - *Medical Coverage Volunteer – Pacific College Baseball Cup – 1986*
  - *Medical Coverage Volunteer – Sask Karate Championships, Kindersley – 1986*
  - *Medical Coverage Volunteer – Western Canada Summer Games, Regina – 1987*
  - *Espoir Tour, Poland – 1989*
  - *Medical Coverage Volunteer – Sask School Boys Wrestling Championships, Eston – 1989*
  - *Medical Coverage Volunteer – Canada Summer Games, Saskatoon – 1989*
  - *Medical Coverage Volunteer – Espoir World Cup Wrestling, Prince Albert – 1990*
  - *Medical Coverage Volunteer – Canadian Figure Skating Championships, Saskatoon 1991*
  - *Medical Staff, Canadian Track and Field Team*
  - *Other events of note include, Western Canadian Junior and Senior Baseball Championships and hockey and basketball coverage in Kindersley*
  - *Executive Member, Symposium Chair (3 times) and Newsletter Editor for the Canadian Academy of Sport Medicine,*
  - *Member of the Sport Medicine Council Board of Directors and Sport First Aid Committee Chairman and Instructor – 1988-90*
- Sask Sport Inc instructs the Sport Medicine Council to develop an overall sport science funding mechanism and strategy in cooperation with the Government of Sask-Family Foundation Branch, University of Saskatchewan, University of Regina and Sask Sport Inc. Meeting and discussions occur over the next year.
- A summary of major events members provided event coverage services for:
  - NORCECA Volleyball Championships - Aug/Sept (Regina)  
(Olympic Qualification Tournament)



National Indoor Track and Field Championships - Feb (Saskatoon)  
Canadian Men's Under 18 Field Hockey Nationals - July (Regina)  
National Team Handball Championships - May (Regina)  
National Gymnastics Meet - May (Saskatoon)  
Cadet/School Boy National Wrestling Championships-May (Prince Albert)  
Canadian Figure Skating Championships - Feb (Saskatoon)  
Prairie Cities Rugby Tournament - August (Regina)  
Sask Rugby Union - Junior Festival - June (Regina)

- The Interprovincial Sport Medicine Council's (ISMC's) continue to meet twice yearly to exchange ideas and to develop programs that will benefit Canadian athletes and coaches. The ISMC is a sub-committee of the Sport Medicine Council of Canada (SMCC). The ISMC's current agenda includes: (1) Canada Games Medical Policies and Procedures, 2) Formation of Provincial Councils in areas that do not have one, (3) Anti-doping Education. The ISMC has been very beneficial for the SMCS as we have obtained a lot of useful information and ideas from the other provinces.

## 1992-1993

- Chuck Armstrong (SPS) becomes President
- Executive and Board of Directors 1992/93
  - President – Mr. Chuck Armstrong (SPS)
  - Vice-President – Dr. Bryan Barootes (SASM)
  - Secretary/Treasurer – Mr. Bruce Craven (SPS)
  - Past President – Dr. J.F. Alexander (SASM)
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Marlys Misfeldt
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Walter Hader
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. William Elliott
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Shannon Doig
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Diane Crosby
  - Active Member – Sport Physiotherapy Saskatchewan, (SPS) Bruce Craven
  - Members-at-Large – University of Regina-Dr. Paul Schwann Centre, Dr. Andrew Ford
  - Members-at-Large – University of Saskatchewan-College of Phys. Ed. , Dr Bob Faulkner
  - Member-at-Large – Saskatchewan High Schools Athletic Association (SHSAA), Larry Lafrentz
  - Member-at-Large –Sask Sport Inc., Bill Spence
  - Member-at-Large – Howard Schweitzer
  - Member-at-Large – Vern Blash
  - Member-at-Large – Linda Mickalishen
  - Government of Sask-Family Foundation-Sport and Rec., Lyle Hayes
  - Executive Director, Mark Henry

- Standing Committees 1992/93

### **Sports Aid Committee Members**

Bruce Craven, SPS  
Peter Friesen, SPS  
Dr. Walter Hader, SASM

### **Drug Education Committee Members**

Dr. Bryan Barootes (SASM), Chairperson  
Howard Schweitzer (teacher)  
Larry Lafrentz, SHSAA  
Dr. Bill Elliott, SASM  
Vern Blash  
Lyle Hayes, Government of Sask  
Mark Henry

### **Medical Coverage Committee Members**

Dr. J.F. Alexander, SASM  
Diane Crosby, SPS  
Dr. Marlys Misfeldt, SASM  
Linda Mickalishen, SPS  
Mark Henry

## **Constitution Committee Members**

Chuck Armstrong, SPC

Vern Blash

Mark Henry

- Council provides medical personnel, equipment and supplies for the 1992 Sask Summer Games Medical Committee in Prince Albert, Sask.
- Council receives a \$25,000 funding upgrade from Sask Sport Inc. The additional funding is provided on the condition that a continuous ongoing Drug Education and Doping Control Program is maintained. (These funds are a continuation of the \$100,000 grant pledged by the Honorable Beattie Martin, Minister of the Family Foundation (sport and recreation branch of provincial government)).
- A summary of major events members provided event coverage services for:
  - Judo Tournament - Jan. (Regina) Special Olympics - Feb. (Saskatoon) Track and Field Meet - Feb. (Regina) Wrestling Tournament - March (Regina) Labatt Brier - March (Regina)
  - National Indoor Men's Field Hockey Championships - March (Regina)
  - Western Regional Speedskating Trials - March (Moose Jaw)
  - Canadian Precision Skating Championships - April (Regina)
  - Sask Indian Native Games - April (Fort Qu'Appelle)
  - Dive Canada - April/May (Saskatoon)
  - National Team Handball - May (Regina)
- The Drug Education and Doping Control Committee (Chairperson, Dr. Bryan Barootes) with the guidance of Sask Sport Inc and the Government of Sask – Sport and Recreation Branch begin to establish a Provincial Drug Education Advisory Committee. Partners involved in this Committee are Dept. of Health, Dept of Education, Saskatchewan High Schools Athletic Association, Coaches Association of Saskatchewan, RCM P and the Canadian Centre for Drug-Free Sport. The Committee's mandate will be to provide advice and guidance to the Council's Drug Education and Doping Control Committee on all programming initiatives.
- Sport Science Program – Meetings and discussion of the Provincial Sport Science Advisory Committee conclude that the University of Saskatchewan, College of Physical Education and the University of Regina, Faculty of Physical Activity Studies should develop and submit a joint proposal to the Sport Medicine Council of Saskatchewan (under the direction of Sask Sport Inc.) to receive permanent funding to provide sport science services to the provincial sport governing bodies. The proposal is approved in the fall of 1992 and the Sport Science Program begins operation. The funding flows from Sask Sport through the Council to the two Universities who operate the program.
- The programs goals and objectives include:
  - To educate the Sask Sport Inc membership (provincial sport community) to the relevancy and value of providing sport science to their sport activities.
  - To assist the provincial sport community in the development and maintenance of their skills and competencies in applying sport science knowledge to their sport activities.
  - To provide professional consultations and application of sport science knowledge to the provincial sport community.
  - To provide sport science seminars and workshops designed for sport specific activities to meet the needs of Saskatchewan coaches and athletes.

- To provide sport science testing to the provincial sport community.
  - To develop and expanded network of professionals who are able to assist in the offering of sport science services.
  - To improve the level and quality of the Saskatchewan coaching community through the services being offered.
- The programs Management Structure consists of the following;

**Sport Science Program Management Board** – The policies and fiscal structure of the program were established and governed by this Board whose membership included Mr. Don Fry, Chairperson (University of Saskatchewan), Dr. Bob McCulloch, University of Regina, Dr Marlys Misfeldt, Sport Medicine Council. The staff of the Sport Science Program (Bruce Craven, John Barden) and the Sport Medicine Council (Mark Henry, Scott Julé) were ex-officio members of this committee.

**Sport Science Coordinators** - The program has two coordinators, Bruce Craven at the University of Saskatchewan and John Barden at the University of Regina. The program delivers services in biomechanics, mental training, exercise physiology, strength and conditioning and sport medicine to the sport community.

**Note:** Dr. Jack Alexander, Chuck Armstrong and Dr. Bryan Barootes are instrumental in ensuring the funding for the sport science program flows through the Council. This was important as it promoted a coordination and integration of sport medicine and science services between the Universities and the Council. Also, the inclusion of science under the Council's structure was consistent with other provinces and the national Sport Medicine and Science Council. In the end, this would be the initial step in the formation of the Sport Medicine and Science Council of Saskatchewan.

- The Interprovincial Sport Medicine Council's (ISMC) have their semi-annual meeting in Moncton, N.B. on May 1-3, 1992. The main objectives of this group is to (1) exchange information and standardize programs and services offered by each province/territory, (2) to establish a better working relationship with the Sport Medicine Council of Canada (SMCC) and the Canadian Centre for Drug Free Sport (CDCS), (3) to advise Canada Games Council on medical policy and procedures and (4) establish and strengthen sport medicine councils across Canada. The meeting is attended by, Mr. Chuck Armstrong, President, Dr. Bryan Barootes, ISMC Past President and Mark Henry, Executive Director.

**Note:** The ISMC is a working committee of the SMCC but as yet does not receive any funding from them.

## 1993-1994

- Executive and Board of Directors 1993/94
  - President – Mr. Chuck Armstrong (SPS)
  - President – Elect - Dr. Marlys Misfeldt (SASM)
  - Secretary/Treasurer – Louise Ashcroft (SPS)
  - Past President – Dr. J.F. Alexander (SASM)
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Orest Gulka
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Walter Hader
  - Active Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. William Elliott
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Bruce Craven
  - Active Member – Sport Physiotherapy Saskatchewan (SPS), Debbie Poncsak
  - Members-at-Large –University of Regina-Faculty of Physical Activity Studies, Dr. Don Clark
  - Members-at-Large –University of Saskatchewan-College of Phys. Ed., Dr. Bob Faulkner
  - Member-at-Large –Saskatchewan High Schools Athletic Association (SHSAA), Larry Lafrentz
  - Member-at-Large –Sask Sport Inc., Kevin Scott
  - Member-at-Large – Howard Schweitzer
  - Member-at-Large – Vern Blash
  - Government of Sask-Sport and Rec., Lyle Hayes
  - Executive Director, Mark Henry
  - Scott Julé, Program Coordinator

- Standing Committees 1993/94

### **Sports Aid Committee Members**

Dr. Jack Alexander, SASM  
Louise Ashcroft, SPS  
Dr. Don Clark, University of Regina, Faculty of PAS  
Chuck Armstrong, SPC  
Scott Julé, Staff

### **Drug Education Committee Members**

Dr. Bryan Barootes, Co-Chairperson  
Dr. Marlys Misfeldt, Co-Chairperson  
Howard Schweitzer, Teacher  
Larry Lafrentz, SHSAA  
Dr. Don Clark, University of Regina, Faculty of PAS  
Vern Blash  
Lyle Hayes, Government of Sask  
Mark Henry, Staff  
Scott Julé, Staff

### **Medical Coverage Committee Members**

Diane Crosby (SPS), Chairperson  
Mark Henry, Staff

## Constitution Committee Members

Chuck Armstrong, SPS

Vern Blash

Mark Henry, Staff

- The Council receives an Annual Funding upgrade of \$20,000. Chuck Armstrong and Dr. Marlys Misfeldt were key contributors in the presentation to Sask Sport Inc for this upgrade. Kevin Scott, Sask Sport Inc and Vern Blash, Government of Sask-Sport and Recreation Branch supported our request.
- Budget Revenue = \$297,000
- Scott Julé hired as a part-time Program Coordinator
- Government of Sask – Sport and Recreation Branch approves the Council's request to be allowed to appoint a Saskatchewan Mission Staff – Medical Liaison for the 1995 Canada Winter Games. The Council continues to appoint a medical liaison for all future Canada and Western Canada Games. The medical liaisons job description has changed over the years but the positions main responsibility is to serve as the main contact to the Saskatchewan Chef de Mission prior to and during the Games regarding any issues relating to medical requirements for the athletes and Saskatchewan team. Bruce Craven was the first Council member appointed to this position. He attended the 1995 Canada Winter Games in Grand Prairie, Alberta.
- Council's first promotional display shown below:



- A summary of major events members provided event coverage services for:
  - Judo Tournament - Jan. (Regina)
  - Special Olympics - Feb. (Saskatoon)
  - Knights of Columbus Track & Field - Feb. (Saskatoon)
  - Track and Field Meet - Feb. (Regina)
  - Moose Jaw Speedskating Club - March (Moose Jaw)
  - Canadian College Athletic Assoc. Women's Basketball Championships - March (Caronport)
  - Canadian College Athletic Assoc. Men's Basketball Championships - March (Regina)
  - Western Canadian Synchro Swim Championships - April (Regina)
  - Knights of Columbus Track & Field - April (Saskatoon)
  - Track and Field Meet - May (Regina)
  - Western Canadian Gymnastics Championships - April (Regina)
  - Track and Field Meet - May (Regina)
  - Track and Field Meet - May (Colonsay)
  - Track and Field Meet - May (Denzil)
  - Special Olympics - June (Regina) Regina
  - Rugby Club - June (Regina)
  - Rocky Mountain Soccer Tourney - July (Saskatoon)
  - North American Indigenous Games - July (Prince Albert)
  - Regina Rugby Club - Aug. (Regina)
  - Downtown Dash - Aug. (Regina)
  - Canadian Arm Wrestling Championships - Sept. (Regina)
  
- On the direction of Sask Sport Inc., the Council (Chuck Armstrong, President and Vern Blash, Member-at-Large as leads) begins working on a Strategic and Long Range Plan that will include a revised Constitution and Bylaws and Policy and Procedures Manual. The Council conducts a workshop and receives feedback from its membership over the next two years.
  
- Interprovincial Sport Medicine Council's Network (ISMN) continues to meet. The group is made up of provincial sport medicine councils and affiliate groups from across Canada. This group gets together twice a year to exchange ideas and information and discuss possible collaborative projects (eg. national programs). Despite the groups best efforts, the ISMN still does not become acknowledged as an integral and contributing member of the Sport Medicine and Science Council of Canada.

## 1994-1995

- Dr. Marlys Misfeldt (SASM) becomes President
- Executive and Board of Directors 1994/95

President – Dr. Marlys Misfeldt (SASM)

Vice-President – Louise Ashcroft (SPS)

Secretary/Treasurer – Dr. William Elliott (SASM)

Past President – Chuck Armstrong (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Orest Gulka

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Ian Hill

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Ron Ailsby

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Linda Bouchard

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Deanna Chavich

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Debbie Poncsak

Members-at-Large – University of Regina-Faculty of Physical Activity Studies, Dr. Bob McCulloch

Members-at-Large –University of Saskatchewan-College of Phys. Ed., Dr. Bob Mirwald

Member-at-Large –Saskatchewan High Schools Athletic Association (SHSAA), Larry Lafrentz

Member-at-Large –Sask Sport Inc., Kevin Scott

Member-at-Large – Coaches Association of Saskatchewan, Scott McGibney

Member-at-Large (non-voting) – Vern Blash

Member-at-Large (non-voting) – Dr. J.F. Alexander (SASM)

Member-at-Large (non-voting) – Dr. William Elliott (SASM)

Special Case Provider – Jason Peeler, Saskatchewan Athletic Therapists Association (SATA)

Government of Sask-Sport and Rec., Lyle Hayes

Executive Director, Mark Henry

Assistant Executive Director, Scott Julé

Sport Science Program Staff, Bruce Craven

- Standing Committees 1994/95

### **Sports Aid Committee Members**

Dr. Jack Alexander, SASM

Louise Ashcroft, SPS

Dr. Don Clark, University of Regina

Chuck Armstrong, SPS

Scott Julé

### **Drug Education Committee Members**

Dr. Bryan Barootes (SASM), Chairperson

Dr. Marlys Misfeldt, SASM

Larry Lafrentz, SHSAA

Dr. Don Clark, University of Regina

Vern Blash

Lyle Hayes, Government of Sask

Scott Julé, Staff

Mark Henry, Staff



### **Constitution Committee Members**

Vern Blash, Chairperson  
Mark Henry, Staff

### **Organizational Development Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
Chuck Armstrong, SPS  
Louise Ashcroft, SPS  
Mark Henry, Staff  
Scott Julé, Staff

### **Resource Review Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
Howard Schweitzer (teacher)  
Mark Henry, Staff

### **Medical Coverage Committee Members**

Diane Crosby (SPS), Chairperson  
Mark Henry, Staff

### **Nominations Committee Members**

Chuck Armstrong (SPS), Chairperson  
Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
SMCS Drug Education Committee Members (see above)  
Allan Reine, Sask Health-Programs Branch  
Ron Knaus, Sask Health-Promotions Branch  
Tony Colley, Sask Education  
Bill Blanshard, RCMP  
John Lee, Sask Sport Inc.  
Scott McGibney, Coaches Association of Saskatchewan

- J.F. Alexander (SASM), Outgoing Past President is recognized for his outstanding contributions to the Council and the athletes of Saskatchewan at the AGM in March.
  - *Founder Saskatchewan Academy of Sports Medicine*
  - *Member of the Sport Medicine Council of Saskatchewan Organizing Committee-1986-87*
  - *Founder of the Sport Medicine Council of Saskatchewan – 1988*
  - *First President of the Sport Medicine Council of Saskatchewan – 1988-1992*
  - *Past President of the Sport Medicine Council of Saskatchewan – 1992-1994*
  - *Medical Coverage Committee member – 1992-1993*
  - *Sports Aid Committee Member – 1993-1994*
- **Note: Please see 1988 and 1994 (below) for a further list of Jacks accomplishments**
- Scott Julé hired to a full time position.
- Council begins selling First Aid Kits and Supplies to sports groups and other clients.

- Team Health Speakers Bureau – This program started out as a joint initiative of Sask Sport Inc., the Saskatchewan Roughriders Football Club and Saskatchewan Health to utilize role models from the Saskatchewan sport delivery network to provide educational and motivational sessions on the healthy lifestyles derived from participating in sport. The main target audience was the school system in Saskatchewan. Sask Sport Inc. approached the SMCS to become a partner in this program and we accepted.
- Council provides medical personnel, equipment and supplies for the 1994 Sask Winter Games Medical Committee in Kindersley, Sask.
- Dr. J.F. Alexander (SASM) receives Sask Sport Inc. Volunteer Recognition Award.
  - *Doctor of Medicine, College of Medicine, University of Saskatchewan - 1965*
  - *Fellowship of the College of Family Practice, College of Family Physicians of Canada - 1984*
  - *Diploma of Sport Medicine, Canadian Academy of Sport Medicine - 1989*
  - *Founder of the Saskatchewan Academy of Sports Medicine - 1974-75*
  - *President of the Saskatchewan Academy of Sport Medicine - 1975-78*
  - *President of the Canadian Academy of Sport Medicine - 1981-82*
  - *Team Physician Saskatchewan Roughriders since 1969*
  - *Chairman Saskatchewan Roughriders Medical Team 1979 to present*
  - *Team Physician Regina Rams 1967 to present*
  - *Medical Consultant – University of Regina Athletics ongoing*
  - *Team Physician with the University of Regina Cougar Hockey Club - 1978-87*
  - *Merit Award-Canadian Athletic Therapy Association - 1979*
  - *University of Regina-Award for Contribution to Athletics - 1979*
  - *Co-developer of the Regina High School Athletic Training Course – 1970's*
  - *Medical Chairman-Western Canada Summer Games in Regina – 1975*
  - *Member, Canadian Medical Team Pan American Games Mexico – 1975*
  - *COJO physician, Montreal Olympics – 1976*
  - *Member, Canadian Medical Team Pan American Games Puerto Rico – 1979*
  - *Member, Management Committee, National Training Centre Wrestling, University of Regina – 1983-84*
  - *OCO Physician, Calgary Olympics, Figure Skating - 1988*
  - *Medical Chairman and Committee member for countless of provincial and national championships*
  - *Co-Author of Sports Medicine Module- The Officials Development Program, Dept of Culture & Youth -1978*
  - *Founder Saskatchewan Academy of Sports Medicine*
  - *Member of the Sport Medicine Council of Saskatchewan Organizing Committee-1986-87*
  - *Founder of the Sport Medicine Council of Saskatchewan – 1988*
  - *First President of the Sport Medicine Council of Saskatchewan – 1988-1992*
  - *Past President of the Sport Medicine Council of Saskatchewan – 1992-1994*
  - *Medical Coverage Committee member – 1992-1993*
  - *Sports Aid Committee Member – 1993-1994*

**Note:** Jack was inducted into the Saskatchewan Sports Hall of Fame in 1988.  
(See 1988 highlights for details)

- Inaugural edition of the Council's newsletter: "Sport Med Talk" is launched. Scott Julé was the developer.

- The Council is approached by the Saskatchewan Games Council and the Government of Saskatchewan-Sport and Recreation Branch and asked to develop a policy and guideline manual for medical coverage for the Sask Winter and Summer Games. The Council completes the Medical Coverage Guidelines for reference. Acknowledgment to the following individuals who contributed their expertise to the development of this resource: Dr. Ron Ailsby (SASM), Dr. J.F. Alexander (SASM), Chuck Armstrong (SPS), Louise Ashcroft (SPS), Vern Blash, Deanna Chavich (SPS), Bruce Craven (SPS), Diane Crosby (SPS), Mitch Dahl (SPS), Liz Harrison (SPS), Lyle Hayes and Lorne Lasuita (Gov't of Sask), Marlys Misfeldt (SASM), Debbie Poncsak (SPS) and Judy Weenk (SPS).
- Our Drug Education and Doping Control Committee (Dr. Bryan Barootes, Chairperson) in partnership with the Government of Sask, Dept. of Community Services - Sport and Recreation Branch begins developing a "provincial drug education program" geared to all active people in Saskatchewan. The major emphasis was on the body image drug users. The SMCS received a \$20,000 grant from the Government of Sask - Dept. of Community Services to develop and implement this program. The Provincial Drug Education Advisory Committee assisted the Committee with the development of this program.

Key personnel involved with the initiative and on the provincial advisory committee included

Dr. Marlys Misfeldt, SMCS President	Mr. Bill Blanshard, RCMP
Dr. Bryan Barootes, Committee Chairperson	Mr. Scott McGibney, Coaches Assoc
Mr. Allan Reine, Sask Health	Mr. John Lee, Sask Sport Inc.
Mr. Ron Knaus, Sask Health	Mr. Don Clark, Coaches Assoc.
Mr. Lyle Hayes, Government of Sask –Sport Branch	Mr. Tony Colley, Sask Education
Mr. Warren Read, Sask High Schools	Mr. Vern Blash, SMCS

The provincial drug education program had three major focus areas;

1. Fitness and Health Clubs – Poster and Pamphlet Awareness Campaign
2. Education System – Worked with Bev Huntington, Sask Education Curriculum Development on the development of lesson plans and resources including a "Body Image Video" for use by teachers for grades 6-9.
3. Coaches and Athletes - Drug Education and Doping Control Workshops and Awareness

The provincial advisory committee and programs continue for the next few years.

- A summary of major events members provided event coverage services for:

Interprovincial Judo Tournament - Jan. (Regina)  
 Track and Field Meet - Feb. (Regina)  
 HOOPLA (Provincial Basketball Championships) - March (Regina) City  
 Wide Wrestling Championships - March (Saskatoon) 1994 Saskatchewan  
 Winter Games - Feb. (Kindersley)  
 Bantam Provincial Wrestling Championships - April (Prince Albert)  
 National Junior Broomball Championships - April (Regina) Saskatchewan  
 Gold Gloves Boxing Tournament - April (Regina) Saskatchewan Rhythmic  
 Gymnastics - May (Saskatoon) Saskatoon City Track and Field Meet -  
 May (Saskatoon) Soccer Tournament - May (Saskatoon)  
 Central District Track and Field Meet - May (Saskatoon)

Saskatchewan 55+ Senior Games - June (Regina)  
 Junior Rugby Crush Festival - June (Regina)  
 Provincial High School Track and Field Meet - June (Prince Albert) Regina  
 Rowing Club Regatta - June (Regina)  
 National Field Hockey Championships - July (Regina)  
 Montreal Lake Indigenous Summer Games - July (Montreal Lake)  
 Western Canadian Under19 Ladies Rugby Championships - July (Regina)  
 Interlocking Senior Men's Rugby Tournament - July (Regina)  
 Saskatoon Rugby Tournament - July (Saskatoon)  
 Prairie Cities Invitational Rugby Championships - August (Regina) Canada  
 Games Men's Hockey Selection Camp - August (Regina) Downtown Dash  
 - August (Regina)  
 1994 Canadian Senior Men's Fastball Championships - Sept. (Saskatoon)  
 National Team Karate Selection Camp - Sept. (Regina)  
 National Under 15 Soccer Championships - Oct. (Saskatoon)

- Sport Science Program develops a Strength and Flexibility Manual. The manual will be revised in 1997 and 2001 and reprinted in 2004 by the Sport Medicine and Science Council of Saskatchewan. The project was coordinated and edited by Bruce Craven with written contributions from Bart Arnold, Louise Ashcroft (SPS), John Barden, Scott Butcher, Bruce Craven, Shawn Kuster, Fraser Spriggins, Jason Weber and Heather Whelan.
- Sport Science Program responded to 723 consulting requests during the 1994 calendar year.
- Sport Science Program begins development of a Mental Training Manual with the assistance of Kevin Spink. (Coordinator Bruce Craven).
- Sport Science Program begins the development of an Exercise Physiology Manual. The project was coordinated by John Barden.
- Chuck Armstrong (SPS), Mark Henry and Scott Jule attend the latest meeting of the Interprovincial Sport Medicine Network in April in Winnipeg. This group is made up of provincial sport medicine councils and affiliate groups from across Canada. This group continues to get together twice a year to exchange ideas and information and discuss possible collaborative projects (eg. national programs).
- Sask Sport declares a 5% funding cut for all organizations who receive funding from Sask Lotteries Trust.

## 1995-1996

- Executive and Board of Directors 1995/96

President – Dr. Marlys Misfeldt (SASM)

President-Elect – Louise Ashcroft (SPS)

Secretary/Treasurer – Dr. William Elliott (SASM)

Past President – Chuck Armstrong (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Ian Hill

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Ron Ailsby

Charter Member – Sport Physiotherapy Saskatchewan, (SPS) Linda Bouchard

Charter Member – Sport Physiotherapy Saskatchewan, (SPS) Deanna Chavich

Charter Member – Sport Physiotherapy Saskatchewan, (SPS) Debbie Poncsak

User Group Member – Universities, Mr. Don Fry

User Group Member – Saskatchewan High Schools Athletic Association (SHSAA), Larry Lafrentz

User Group Member – Sask Sport Inc., Phil Flory

User Group Member – Coaches Association of Saskatchewan, Scott McGibney

Non-Charter Member (non-voting) – Sask Athletic Therapists Assoc., Jason Peeler

Member-at-Large (non-voting) – Vern Blash

Government of Sask-Sport and Rec., Lyle Hayes

Executive Director, Mark Henry

Assistant Executive Director, Scott Julé

Sport Science Program Staff, Bruce Craven

- Standing Committees 1995/96

**Sports Aid Committee Members**

Deanna Chavich, SPS

Louise Ashcroft, SPS

Dr. Don Clark, University of Regina, Faculty of PAS

Jason Peeler, SATA

Scott Julé, Staff

**Drug Education Committee Members**

Dr. Bryan Barootes (SASM), Chairperson

Lyle Hayes, Government of Sask

Scott Julé, Staff

Mark Henry, Staff

**Constitution Committee Members**

Vern Blash, Chairperson

Mark Henry, Staff

**Organizational Development Committee Members**

Chuck Armstrong (SPS), Chairperson

Louise Ashcroft, SPS

Mark Henry, Staff

Scott Julé, Staff

### **Resource Review Committee Members**

Bruce Craven (Staff), Chairperson  
Mark Henry, Staff

### **Medical Coverage Committee Members**

Diane Crosby (SPS), Chairperson  
Dr. Ron Ailsby, SASM  
Dr. J.F. Alexander, SASM  
Mitch Dahl, SPS  
Mark Henry, Staff  
Scott Julé, Staff

### **Nominations Committee Members**

Chuck Armstrong (SPS), Chairperson  
Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Bryan Barootes (SASM) and Dr. Marlys Misfeldt (SASM),  
Chairperson SMCS Drug Education Committee Members  
(see above) Allan Reine, Sask Health-Programs Branch  
Ron Knaus, Sask Health-Promotions Branch  
Tony Colley, Sask Education  
Bill Blanshard, RCMP  
John Lee, Sask Sport Inc.  
Scott McGibney, Coaches Association of Saskatchewan

- Sport First Aid and Sport Taping Program become the Canadian Sport Safety Program. This was a result of Scott Julé's work with all the Interprovincial Sport Medicine Network members.
- Saskatchewan Athletic Therapists Association (SATA) becomes a member of the Council.
- Sport Science Program completes the development of a Mental Training Manual (author Kevin Spink and coordinator Bruce Craven).
- Dr. Bob McCulloch resigns from the Sport Science Program Management Board to assume a different role at the University of Regina. Dr. Dave Malloy replaces him. Mr. Don Fry (University of Sask) and Dr. Marlys Misfeldt(SMCS) remain on the Board. The staff of the Sport Science Program and the SMCS are ex-officio members. The Management Board meets four to five times yearly. The program's day to day operations continue to be conducted by its two (2) coordinators Bruce Craven, University of Saskatchewan and John Barden, University of Regina. The program continues to deliver services in biomechanics, mental training, exercise physiology, sport nutrition and sport medicine to the sport community
- Sport Science Program and Coaches Association of Saskatchewan begin working together to host an annual Coaches Conference and Workshop.
- Sport Science Program continues providing consulting services to a variety of sports including:  
Rowing, Wrestling, Cross Country Skiing, Curling, Biathlon, Athletics, Hockey, Field Hockey, Multi-Sport, Baseball, Basketball, Swimming, Canoe/Kayak, Gymnastics, Soccer, Volleyball, Figure Skating, Speedskating, Badminton, Diving, Triathlon, Cycling, Football, Golf, Racquetball, Sailing, Rugby, Shooting, Softball, Synchronised Swim, Tennis, Wheelchair Sports, Skiing, Special Olympics and Bowling.

- Canadian Centre for Ethics in Sport - Spirit of Sport Wall Tour Press Conference and Program Launch. Scott Julé administers Saskatchewan component of the tour.
- Chuck Armstrong (SPS) receives Sask Sport Inc. Volunteer Recognition Award.
  - 1972 – BAPE, University of Saskatchewan, Saskatoon (the very last one offered before PE stopped being a school under the umbrella of Arts and Science and became a standalone college)
  - 1974 - Diploma in Physiotherapy, University of Saskatchewan, Saskatoon
  - 1975 - B'Ed PT, University of Saskatchewan, Saskatoon
  - 1983 – MSc.PT University of Alberta, Edmonton
  - 1989 – M.Ed University of Saskatchewan, Saskatoon
  - 1977 - Certified with the Canadian Athletic Therapy Association
  - 1982 – Received Certificate from the Sports Physiotherapy Division of the Canadian Physiotherapy Association
  - 1985 – Received Diploma from the Sports Physiotherapy Division of the Canadian Physiotherapy Association
  - Worked with the Saskatchewan Roughriders providing sport first aid and taping services for the team-1973-77.
  - Head Trainer/Physiotherapist (later called Head Therapist) at the College of Physical Education (later called the College of Kinesiology) at the University of Saskatchewan, Saskatoon. He was the first person hired exclusively to fill this role at the University of Saskatchewan – 1974-86
  - Chairman of the Saskatchewan Section of the Sports Physiotherapy Division of the Canadian Physiotherapy Association 1979-83
  - Host Medical Team Western Canada Summer Games, Regina 1975
  - Host Medical Team Western Canada Summer Games, Saskatoon 1979
  - Host Medical Team Sask Winter Games, Moose Jaw 1978
  - Host Medical Team Sask Summer Games, Estevan, 1980
  - Host Medical Team Sask Winter Games, 1982
  - Host Medical Team Alberta Winter Games-Lloydminster, 1982
  - One of the founding members of the Council 1986=87
  - First Vice-President in Council history 1988-1992
  - President of the Council 1992-1994
  - Past President of the Council 1995
  - In addition to his Board and Executive service Chuck instructed countless sport first aid and sport taping courses in Saskatchewan on behalf of the Council from 1980 to 1995. He was one of the founders of the program and developed it for the Council. It was one of the Council's core programs for years and is still provided today. He also conducted numerous other sport medicine education sessions for the athletes and coaches of Saskatchewan.
  - Attended numerous Canadian National Track and Field Championships providing medical and first aid services to athletes
  - Attended and volunteered at the following Canada Games as part of the Host Medical Team:
    - 1973 Summer-Burnaby/New Westminster, B.C. (received book award for most dedicated medical volunteer)
    - 1975 Winter-Lethbridge, Alberta
    - 1977 Summer-St. John's, Newfoundland
    - 1979 Winter-Brandon, Manitoba
    - 1981 Summer-Thunderbay, Ontario
    - 1985 Summer-St. John, New Brunswick (Therapy Service Coordinator)
    - 1987 Winter-Sydney, Cape Breton (partial time only)
    - 1989 Summer-Saskatoon, Sask

*-1991 Winter-Charlottetown, Prince Edward Island*

- *Held the following positions for the following national organizations;*
  - 1974 - Head Therapist for the Canadian National Speed Skating Team*
  - 1976-1995 Head Physiotherapist for Athletics Canada*
  - 1979-1983 Head Physiotherapist for Canadian National Diving Team*
  - 1981-1982 Treasurer of the Canadian Athletic Therapy Association*
  - 1981-1982 Western Vice-Chairman of the Canadian Athletic Therapy Association*
  - 1979-1981 Chairman-Elect of the Sports Physiotherapy Division of the Canadian Physiotherapy Association*
  - 1981-1983 Chairman of the Sports Physiotherapy Division of the Canadian Physiotherapy Association*
  - 1989-1990 Chairman-Elect of the Sports Medicine Council of Canada (later called the Sports Medicine and Science Council of Canada)*
  - 1990-1992 Chairman of the Sports Medicine and Science Council of Canada*
  
- *1976 Summer Olympics, Montreal, Quebec – One of five members on the original planning committee for the sports medicine coverage for these Olympics and served as one of the ten sports coordinators*
- *1980 Summer Olympics, Moscow, USSR - Selected by the Sport Medicine Council of Canada to be on the Canadian Medical Team for these Olympics but we boycotted.*
- *1984 Summer Olympics, Los Angeles, USA - Selected by the Sport Medicine Council of Canada to be on the Canadian Medical Team for these Olympics and was assigned to work with track and field*
- *1984 Winter Olympics, Sarajevo, Yugoslavia - Selected by the Sport Medicine Council of Canada to be on the Canadian Medical Team for these Olympics.*
- *1988 Summer Olympics, Seoul, South Korea - Selected by Athletics Canada to be part of their contingent to these Olympics.*
- *1992 Summer Olympics, Barcelona, Spain - Selected by the Sport Medicine Council of Canada to be on the Canadian Medical Team for these Olympics.*
- *1979 Pan American Games, San Juan, Puerto Rico - Selected by the Sport Medicine Council of Canada to be on the Canadian Medical Team for these Games and was given the position of Medical Clinic Coordinator..*
- *1995 Pan American Games, Mar del Plata, Argentina - Selected by the Sport Medicine Council of Canada to be on the Canadian Medical Team for these Games.*
- *1978 Commonwealth Games, Edmonton, Alberta – Dedicated therapist for the Canadian Track and Field Team.*
- *1982 Commonwealth Games, Brisbane, Australia – Selected by the Sport Medicine Council of Canada to be the Head Therapist and also dedicated to work with the Canadian Track and Field Team.*
- *1986 Commonwealth Games, Edinburgh, Scotland – Dedicated therapist for the Canadian Track and Field Team. Chuck travelled with the team 1 month prior to the event as their dedicated therapist.*
- *1994 Commonwealth Games, Victoria, Canada – Attended part of the Games and worked with the the Canadian Track and Field Team.*
- *1991 Pacific Rim Games, Auckland, New Zealand - Dedicated therapist for the Canadian Track and Field Team.*
- *1985 Pacific Rim Games, Berkley, USA - Dedicated therapist for the Canadian Track and Field Team.*
  
- *Selected to be part of Canadian Track and Field Medical Team for the following championships:*
  - 1983 World Outdoor Championships in Athletics, Helsinki, Finland*



- 1987 World Outdoor Championships in Athletics, Rome, Italy
  - 1991 World Outdoor Championships in Athletics, Toyko, Japan
  - 1993 World Outdoor Championships in Athletics, Stuttgart, Germany
  - 1995 World Outdoor Championships in Athletics, Gothenberg, Sweden
- o Selected to be part of Canadian Track and Field Medical Team for the following championships:
    - 1989 World Indoor Championships in Athletics, Budapest, Germany
    - 1991 World Indoor Championships in Athletics, Seville, Spain
    - 1993 World Indoor Championships in Athletics, Toronto, Canada
  - o Selected to be part of Canadian Cross-Country Medical Team for the following championships:
    - 1980 Paris, France
    - 1981 Madrid, Spain
    - 1982 Rome, Italy
    - 1983 Gateshead, England
    - 1984 Meadowlands, New Jersey, USA
    - 1985 Lisbon, Portugal
    - 1986 Neuchatel, Switzerland
    - 1987 Warsaw, Poland
    - 1988 Aukland, New Zealand
    - 1991 Antwerp, Belgium
    - 1994 Budapest, Germany
  - o 1983 World Student Games, Edmonton Canada – Site Coordinator and Head Therapist for Track and Field.
  - o 1987 World Student Games, Zagreg, Yugoslavia – Canadian Team Physiotherapist designated primarily for Track and Field.
  - o 1993 World Student Games, Buffalo, New York, USA – Canadian Team Physiotherapist designated primarily for Track and Field.

Pictured below is Chuck Armstrong (Courtesy of Saskatchewan Sports Hall of Fame)



- Council receives a Provincial Wellness Grant of \$8,000 from Saskatchewan Health for the development of a Provincial Drug Education, Doping Control and Body Image Program.
- Council receives a \$5,000 grant from Sask Sport Inc. for the development of a Provincial Drug Education, Doping Control and Body Image Program.
- Grey Cup Sport Medicine Symposium hosted in Regina by the University of Saskatchewan Continuing Medical Education Department and the SMCS at the Plains Health Centre in Regina. The

organizing committee included SMCS members, Dr. Jack Alexander (SASM), Dr. Ron Ailsby (SASM), Dr. William Elliott (SASM), Dr. Ian Hill (SASM), Dr. Donovan Brown (SASM), Ms. Marg Guest, Dr. Don Clark (University of Regina), Mr. Ivan Gutfriend (SATA) and Mark Henry. The conference had 188 participants.

- Sask Health SCN Drugs and Sport Training Event – The Council (Dr. Bryan Barootes and Scott Julé) in cooperation with Saskatchewan Health, SCN and the RCMP conduct a province wide Drugs and Sport Training Workshop. The workshop had 350 registrations at 27 sites across Saskatchewan. A video was also produced. The presenters were:

Dr. Bryan Barootes, SMCS  
Dr. Cyprian Enweani, SMCS  
Mr. Bill Blanschard, RCMP  
Scott Julé, SMCS Staff, MC and moderator

- The Council receives an \$8,200.00 grant from the 1989 Jeux Canada Games Foundation for the purchase of an interferential, treatment tables, physician's sport medicine bag and resuscitation kits.
- Council develops a Sport First Aid Booklet for insertion into our first aid kits. The booklet contains information on the basic contents of each kit and what each item is used for.
- A summary of major events members provided event coverage services for:

Interprovincial Judo Tournament - Jan. (Regina)  
Kinsmen Indoor Track and Field Meet - Feb. (Regina)  
National Junior Men's and Women's Curling Championships - Feb. (Regina)  
City Wide Wrestling Championships - March (Regina)  
Prince Albert Soccer Association Tournaments (2) - March (Prince Albert.)  
Saskatoon Indoor Track and Field Championships - April (Saskatoon)  
Regina Track and Field Event - May (Regina)  
Regina Rugby Union Senior Men's - May (Regina)  
West Central Track and Field Meet - May (Outlook) Saskatoon City  
Track And Field Meet - May (Saskatoon) Saskatoon Central District  
Track and Field Meet - May (Saskatoon) Sask Rugby Union Junior  
Crush Festival - June (Regina) Regina Rugby Union Interlocking  
Men's - June (Regina) Regina Rugby Union Interlocking Men's - July  
(Regina) National Under 21 Field Hockey Championships - July  
(Regina) Saskatoon Rugby Union Men's - July (Saskatoon) Regina  
Rugby Union Interlocking Men's - July (Regina)  
Men's and Women's Under 19 Field Hockey Nationals - July (Regina)  
Buffalothon Road Race - July (Regina)  
Tri-Provincial Track and Field Tournament - Aug. (Saskatoon)  
National Rugby Championships - Aug. (Saskatoon) Downtown  
Dash - Aug (Regina)  
National All-Star Boy's Under 15 Soccer Championships - Aug. (Prince Albert)  
Sask Provincial Soccer Championships - Aug (Prince Albert)  
National Junior Women's Softball Championships - Aug. (Saskatoon)  
Under 15 National Club Soccer Championships - Oct. (Saskatoon)  
Combative Arts - Nov. (Regina)  
Jingle Bell Run - Nov. (Regina)

- Dr. Bryan Barootes (SASM) named Chairperson of the Sports Medicine and Science Council of

## Canada.

- Judy Weenk (SPS) is selected to be the Medical Liaison for the 1995 Western Canada Summer Games in Abbotsford, B.C.
- The Interprovincial Sport Medicine Network continues to meet. This group is made up of provincial sport medicine councils and affiliate groups from across Canada. This group gets together once or twice a year to exchange ideas and information and discuss possible collaborative projects (eg. national programs). The future of this group is in question due to ongoing funding cuts at the national and provincial levels.
- Judy Weenk (Sport Physiotherapy Member) is selected to be the Medical Liaison for the 1995 Western Canada Summer Games in Abbotsford, B.C

## 1996-1997

- Executive and Board of Directors 1996/97

President – Dr. Marlys Misfeldt (SASM)

Vice-President – Scott Anderson

Secretary/Treasurer – Dr. William Elliott (SASM)

Past President – Chuck Armstrong (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Ian Hill

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Mike Nicholls

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Mitch Dahl

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Deanna Chavich

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Kate Fast

User Group Member –Universities, Mr. Don Fry

User Group Member – Saskatchewan High Schools Athletic Association, Warren Read

User Group Member – Sask Sport Inc., Phil Flory

User Group Member – Coaches Association of Saskatchewan, Scott McGibney

Non-Charter Member (non-voting) – Sask Athletic Therapists Assoc., Jason Peeler

Non-Charter Member (non-voting) – Chiropractic Sport Sciences Council, Don Zeman

Member-at-Large (non-voting) – Vern Blash

Government of Sask-Sport and Rec., Lyle Hayes

Executive Director, Mark Henry

Assistant Executive Director, Scott Julé

Sport Science Program Staff, Bruce Craven

- Standing Committees 1996/97

### **Sports Aid Committee Members**

Deanna Chavich, SPS

Louise Ashcroft, SPS

Dr. Don Clark, University of Regina, Faculty of PAS

Jason Peeler, SATA

Scott Julé, Staff

### **Drug Education Committee Members**

Dr. Bryan Barootes (SASM), Chairperson

Lyle Hayes, Government of Sask

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

Vern Blash, Chairperson

Mark Henry, Staff

### **Organizational Development Committee Members**

Chuck Armstrong (SPS), Chairperson

Scott Anderson, SPS

Mark Henry, Staff

Scott Julé, Staff

### **Resource Review Committee Members**

Bruce Craven (Staff), Chairperson  
Mark Henry, Staff

### **Medical Coverage Committee Members**

Mitch Dahl (SPS), Chairperson  
Dr. Bryan Barootes, SASM  
Diane Crosby, SPS  
Mark Henry, Staff  
Scott Julé, Staff

### **Nominations Committee Members**

Chuck Armstrong (SPS), Chairperson  
Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Bryan Barootes (SASM) and Dr. Marlys Misfeldt (SASM), Co-Chairperson's SMCS Drug Education Committee  
Allan Reine, Sask Health-Programs Branch  
Ron Knaus, Sask Health-Promotions Branch  
Tony Colley, Sask Education  
Bill Blanshard, RCMP  
John Lee, Sask Sport Inc.  
Scott McGibney, Coaches Association of Saskatchewan

- Dr. Bryan Barootes Volunteer Recognition and Farewell Dinner - Dr. Barootes (SASM) was a member of the SMCS since its inception in 1988. He served the organization in various capacities which included Sask Academy of Sports. Medicine Representative, Vice-President and Chairperson of the SMCS Drug Education Committee and Provincial Drug Education Advisory Committee. The SMCS organized a farewell dinner for Bryan and invited past and present Board members who had worked with Bryan during his volunteer term with the SMCS. Dr. Marlys Misfeldt (SASM), on behalf of the SMCS membership, presented Bryan with an engraved pen, pencil and letter opener desk set.
- Dr. Marlys Misfeldt (SASM) assumes Chair of the Provincial Drug Education Advisory Committee following the departure of Dr. Bryan Barootes (SASM).
- Chiropractors Association of Saskatchewan – Sport Sciences Council becomes a member of the Council. Dr. Don Zeman (Chiropractor) is instrumental for his group's success in becoming a member of the Council.
- Council provides medical personnel, equipment, supplies and an educational workshop for the 1996 Sask Summer Games Medical Committee in Moose Jaw, Sask.
- A summary of major events members provided event coverage services for:
  - BRIT Basketball Tournament - Jan. (Saskatoon)
  - Interprovincial YMCA Judo Tournament - Jan. (Regina)
  - Women's National Gymnastics Cup - Jan. (Saskatoon)

Regina Dolphins Swim Club - Jan. (Regina)  
Kinsmen Indoor Track and Field Meet - Feb. (Regina)  
Senior National Diving Championships - Mar. (Regina)  
Indoor Soccer Provincial Championships - Mar. (Prince Albert)  
City Wide Wrestling Championships - Mar. (Saskatoon)  
Provincial Gymnastics Championships and National Trials - Mar. (Regina)  
Canadian Cadet & Junior Wrestling Championships - Apr. (Regina) Sask  
Indian Winter Games - Apr. (Onion Lake)  
Kinsmen Indoor Games (Track and Field) - Apr. (Saskatoon)  
Saskatoon West School Division Track and Field Meet - May (Saskatoon)  
National Junior "A" Hockey Championships - May (Melfort)  
Sask First Soccer Tryouts - May (Saskatoon)  
Regina Spring Classic Track and Field Meet - May (Regina)  
Saskatoon City High School Track and Field Championships - May (Saskatoon)  
West Central District Track and Field Meet - May (Saskatoon) Crush Rugby  
Tournament - June (Saskatoon)

- Canadian Centre for Drug Free Sport changes their name to the Canadian Centre for Ethics in Sport.
- Canadian Sport Safety Program establishes University equivalency courses. Sport First Aider Certificate is awarded to University students that complete comparable courses to the sport first aid and sport taping courses as part of their University program.
- The Interprovincial Sport Medicine Network continues to meet. This group is made up of provincial sport medicine councils and affiliate groups from across Canada. This group exchanges ideas and information and discusses possible collaborative projects (eg. national programs). The ISMN is now a voting member of the Sport Medicine and Science Council of Canada.
- Sport Science program conducts a user survey.
- Sport Science Program nears completion of the Exercise Physiology Training Manual (John Barden, Coordinator and Editor).

- Executive and Board of Directors 1997/98

President – Dr. Marlys Misfeldt (SASM)

Vice-President – Scott Anderson (SPS)

Secretary/Treasurer – Dr. William Elliott (SASM)

Past President – Chuck Armstrong (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Ian Hill

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Mike Nicholls

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Karen Craven

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Nicki Lavoie

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Kate Fast

User Group Member – Dr. Don Clark, Universities

User Group Member – Warren Read, Saskatchewan High Schools Athletic Association

User Group Member – Phil Flory, Sask Sport Inc.

User Group Member – Laurie Burgess, Sask Sport Inc.

User Group Member – Shirley Kowalski, Coaches Association of Saskatchewan

Non-Charter Member (non-voting) – Jason Peeler, Sask Athletic Therapists Assoc.

Non-Charter Member (non-voting) – Don Zeman, Chiropractic Sport Sciences Council

Member-at-Large (non-voting) – Vern Blash

Government of Sask-Sport and Rec., Lyle Hayes

Executive Director, Mark Henry

Assistant Executive Director, Scott Julé

Sport Science Program Staff, Bruce Craven

- Standing Committees 1997/98

### **Canadian Sport Safety Program**

Deanna Chavich, SPS

Dr. Don Clark, University of Regina, Faculty of PAS

Jason Peeler, SATA

Dale Pitura, SPS

Scott Julé, Staff

### **Drug Education Committee Members**

Dr. Marlys Misfeldt (SASM) and Vern Blash, Co-Chairperson Dr. Don Clark

Lyle Hayes, Government of Sask

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

Vern Blash, Chairperson

Mark Henry, Staff

### **Organizational Development Committee Members**

Chuck Armstrong (SPS), Chairperson  
Scott Anderson, SPS  
Mark Henry, Staff  
Scott Julé, Staff

### **Resource Review Committee Members**

Bruce Craven (Staff), Chairperson  
Mark Henry, Staff

### **Medical Coverage Committee Members**

Dr. Mike Nicholls (SASM), Chairperson  
Mitch Dahl, SPS  
Mark Henry, Staff  
Scott Julé, Staff

### **Nominations Committee Members**

Chuck Armstrong, Chairperson  
Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
SMCS Drug Education Committee Members (see above)  
Allan Reine, Sask Health-Programs Branch  
Ron Knaus, Sask Health-Promotions Branch  
Tony Colley, Sask Education  
Bill Blanshard, RCMP  
John Lee, Sask Sport Inc.  
Scott McGibney, Coaches Association of Saskatchewan

### **Educational Upgrading Committee Members**

Chuck Armstrong, SPS  
Scott Anderson, SPS  
Mark Henry, Staff

### **Speakers Bureau Committee Members**

Chuck Armstrong, SPS  
Scott Anderson, SPS  
Mark Henry, Staff

- SMCS becomes a member of the Fair and Safe Play Committee – This Committee’s goal is to determine effective ways of reducing or alleviating the risk factors amongst children, youth and families during their participation in sport and recreational activities. The key organizations involved include: Sask Municipal Government-Sport Recreation and Lotteries Branch, Sask Safety Council, Sask Health, Sask Education, Sask Institute on the Prevention of Handicaps, Sask Parks and Recreation Association, Sask Sport Inc. and Federation of Saskatchewan Indian Nations.
- The SMCS becomes a member of the Active Living Coalition - This groups two main objectives are; (1) to promote physical activity/active living as crucial determinants of well being among the people of Saskatchewan and; (2) to develop inter-agency collaboration and communication among organizations committed to Active Living/Wellness.



- Fast Track Fund Raising Luncheon and Silent Auction featuring Donovan Bailey. Scott Anderson (SPS) was instrumental in organizing this fundraiser and bringing in Donovan Bailey. The luncheon raised \$4,500 for KidSport and the SMCS.

Pictured below is Donovan Bailey speaking at the luncheon and Scott Anderson with Bailey signing autographs



- John Barden, University of Regina Sport Science Program Coordinator resigns to pursue his PhD.
- Sport Science Program secures a toll free number 1-888-350-5558 (later becomes Council's toll free number).
- Sport Science Program has over 50 casual consultants providing service to Saskatchewan athletes.
- Sport Science Program begins a program aimed at enhancing service delivery to the aboriginal sport community.
- Sport Science Program involved with assisting and preparing Saskatchewan athletes for the 1997 Canada Summer Games in Brandon, Manitoba.
- A summary of major events members provided event coverage services for:
  - Interprovincial Judo Tournament, January (Regina)
  - Canada Cup Sprint Speedskating, January (Regina)
  - Kinsmen Indoor Track and Field Meet, February (Regina)
  - City Wide Wrestling Championships, March (Saskatoon)
  - Provincial Wrestling Championships, March (Saskatoon)
  - Sask First Women's Hockey Tournament, March (Regina)
  - Saskatoon Indoor Track and Field Championships, April (Saskatoon)
  - Western Canadian Men's and Women's Gymnastics Championships, April (Saskatoon)
  - Sask First Provincial Soccer Team Tryouts, April (Regina)
  - Regina Spring Classic Track and Field Meet, May (Regina)
  - Sask First Provincial Soccer Team Tryouts, May (Saskatoon)
  - Canadian Women's Weightlifting Championships, May (Regina)
  - Saskatoon West School Division Track and Field Meet, May (Saskatoon)
  - Saskatoon Separate School Division Track And Field Meet, May (Saskatoon)
  - Central Division Track and Field Meet, June (Saskatoon)
  - Western Canada Rowing Sprints, June (Regina)
  - Sask Special Olympics, June (Prince Albert)
  - Junior Rugby Festival, June (Regina)
  - Sask Bantam & Pee Wee Provincial Track & Field Championships, July (Regina)
  - Sask Provincial Track and Field Championships, July (Regina)
  - Interprovincial Lacrosse Tournament, August (Regina)
  - Downtown Dash Road Race, Aug., (Regina)
  - North Sask Rugby Union Summer League, May-Aug., (Saskatoon)
  - Tier II Rugby Nationals, Aug. (Regina)
  - Downtown Dash Roadrace, Aug. (Regina)
  - Spirit of the Dragon - Kickboxing Tournament, Sept. (Regina)
  - West Side Story Broadway Musical, Oct. (Regina)
  - Alberta Ballet, Oct., (Saskatoon)
  - 1997 Sask Skate Competition, Oct. (Saskatoon)
  - Tri-Provincial Karate Tournament, Nov. (Regina)
  - Canadian Team Handball Training Camp, Dec. (Regina)
- Jason Peeler, President of the Saskatchewan Athletic Therapists Association leaves his job at the University of Saskatchewan to pursue a career at the High Performance Training Centre in Winnipeg, Manitoba. Jason was an instructor, content contributor and committee member of the Canadian Sport Safety Program.

- Judy Weenk (SPS), Sask Mission Staff Medical Liaison for the 1997 Canada Summer Games completes her assignment.
- Sask Sport Inc. implements a 5% funding cut to all eligible funding organizations.
- The SMCS staff began working on the development of a sport medicine resource directory. This Directory will provide a list of sport medicine resource personnel and their medical, and/or paramedical backgrounds. The resource personnel included in this booklet will include physicians, physiotherapists, chiropractors, certified athletic therapists and sport first aiders. The booklet will be available to all coaches, athletes, recreational participants, provincial sport organizations and health care professionals. The SMCS staff continues to work on this booklet.
- The SMCS continues to be an active member on the Provincial Steering Committee for the Provincial Drug Awareness Week held annually in November. The big “Kick Off” for the week was held in Estevan where the Minister of Health officially declared Drug Education Week started.

## 1998-1999

- Executive and Board of Directors 1998/99

President – Dr. Marlys Misfeldt (SASM)

Vice-President – Karen Craven (SPS)

Secretary/Treasurer – Dr. William Elliott (SASM)

Past President – Chuck Armstrong (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Ian Hill

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Mike Nicholls

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Sue Meyers

Charter Member – Sport Physiotherapy Saskatchewan (SPS), AJ Tabin

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Leandre Gallais

User Group Member – Dr. Don Clark, Universities

User Group Member – Lee Reimer, Saskatchewan High Schools Athletic Association

User Group Member – Jim Fink, Sask Sport Inc.

User Group Member – Shirley Kowalski, Coaches Association of Saskatchewan

Non-Charter Member (non-voting) – Blaine Whyte, Sask Athletic Therapists Assoc.

Non-Charter Member (non-voting) – Don Zeman, Chiropractic Sport Sciences Council

Member-at-Large (non-voting) – Vern Blash

Government of Sask-Sport and Rec., Lyle Hayes

Executive Director, Mark Henry

Assistant Executive Director, Scott Julé

Sport Science Program Staff, Bruce Craven

- Standing Committees 1998/99

### **Canadian Sport Safety Program**

Scott Anderson (SPS), Chairperson

Dr. Mike Nicholls (SASM)

Dr. Don Clark, University of Regina, Faculty of PAS

AJ Tabin, SPS

Dale Pitura, SPS

Scott Julé, Staff

Mark Henry, Staff

### **Drug Education Committee Members**

Dr. Marlys Misfeldt (SASM) and Vern Blash, Co-Chairperson's

Dr. Don Clark, University of Regina, Faculty of PAS

Scott Anderson, SPS

Lyle Hayes, Government of Sask

Dr. Bryan Barootes (consultant)

Scott Julé, Staff

Mark Henry, Staff

### **Medical Coverage Committee Members**

Chuck Armstrong (SPS), Chairperson

Sue Meyers, SPS

Karen Craven, SPS

Mark Henry & Scott Julé (Staff)

### **Communication, Promotion and Sponsorship Committee Members**

Vern Blash, Chairperson

Dr. Don Clark, University of Regina, Faculty of PAS

Kate Fast, SPS

Scott Julé, Staff

Mark Henry, Staff

### **Organizational Development Committee Members**

Chuck Armstrong (SPS), Chairperson

Mark Henry, Staff

Scott Julé, Staff

### **Constitution Committee Members**

Vern Blash, Chairperson

Chuck Armstrong (SPS)

Mark Henry, Staff

### **Resource Review Committee Members**

Bruce Craven (SPS), Chairperson

Mark Henry, Staff

### **Nominations Committee Members**

Chuck Armstrong (SPS), Chairperson Mark Henry, Staff

### **Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

SMCS Drug Education Committee Members (see above)

Sask Health-Community Care Branch Representative

Sask Education Representative

Bill Blanshard, RCMP

Sask Sport Inc. Representative

Coaches Association of Saskatchewan Representative

### **Educational Upgrading Committee Members**

Chuck Armstrong, SPS

Scott Anderson, SPS

Mark Henry, Staff

### **Speakers Bureau Committee Members**

Chuck Armstrong, SPS

Scott Anderson, SPS

Mark Henry, Staff

- Sask Sport Inc does a review of all organizations eligible for Annual Funding to determine which organizations would be worthy of receiving a funding upgrade. The Council is one of the organizations selected and receives \$20,000 in an Annual Funding Upgrade

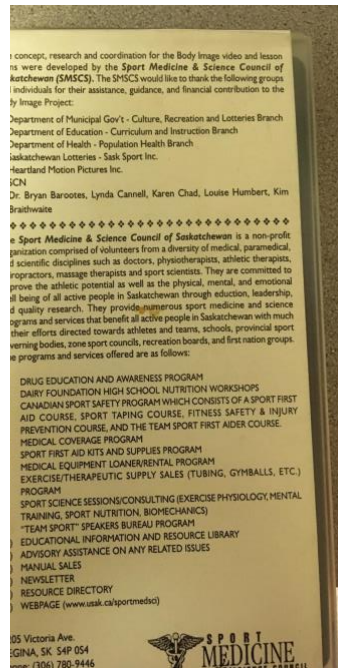
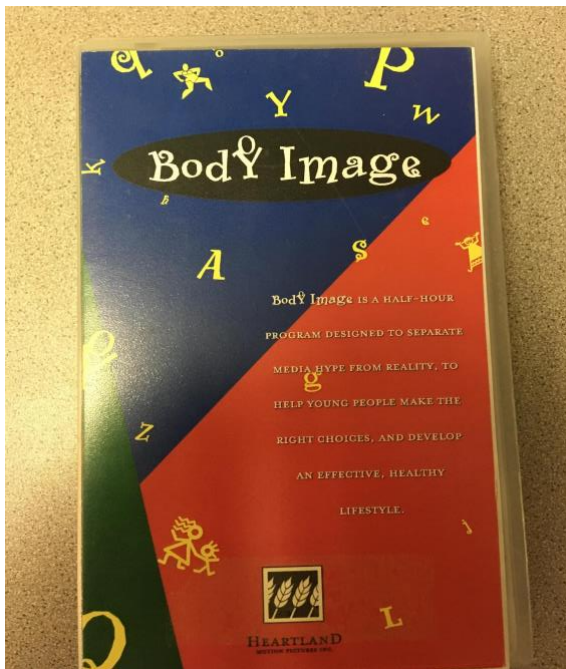
- Council produces award winning “Body Image Video” with Heartland Motion Pictures. The video is used with Sask Education Grade 6-9 school lessons plans (developed with Bev Huntington, Sask Education Curriculum Development). Note: Part of the funds for the project were supplied by a \$8,000 Provincial Wellness Grant that and \$5,000 received from Sask Sport Inc in 1995. Council holds a media conference and video viewing and establishes a school distribution plan for the video and lesson plans.

Key contributors to the Body Image Video Project were:

Dr. Marlys Misfeldt, President SMCS  
 Dr. Bryan Barootes, SMCS  
 Mr. Vern Blash, SMCS  
 Ms. Bev Huntington, Sask Education  
 Ms. Karen Chad, University of Sask  
 Ms. Kim Braithwaite, Nutritionist

Mr. Bill Blanshard, RCMP  
 Dr. Don Clark, Coaches Assoc.  
 Mr. Lyle Hayes, Government of Sask –Sport Branch  
 Sask Dept. of Health  
 Ms. Louise Humbert, University of Sask  
 Ms. Lynda Cannell, Sport Med B.C.

Shown below is the Body Image Video and Lesson Plan



## Body Image and Nutrition Grade 6

### F.Y.I.

The media is constantly bombarding students with images of tall, physically fit, slim people. Faced with such obvious and repeated messages, many students become dissatisfied with their body size and/or shape. Some students try desperate measures to change their body size and/or shape.

The purpose of this unit is to help students understand that there are no "right" or "wrong" body types. In this unit, students learn of some wise and healthy ways in which they may enhance or maintain their body image. They also become aware of some unsafe ways to change body image.

Topics include the influence of the media and societal values, proper nutrition, physical activity, and normal growth and development.

- SMCS Constitution and Bylaws are revised. Vern Blash, Chairperson, Dr. Marlys Misfeldt (SASM), President and Chuck Armstrong (SPS), Past President responsible for providing direction and the accepted revisions.
- Council receives a special project grant of \$4,150.00 from Sask Sport Inc. for the purchase of medical equipment including; Treatment Tables, Major Events Medical Kits and Split Kits. Special thanks given to Jim Fink, Sask Sport Inc. for assisting the Council in securing this grant.
- Council becomes a committee member of the Regina Health District – Child Injury Prevention Coalition
- Council becomes a member of the Provincial Acquired Brain Injury Prevention and Education Committee. Initial project was to conduct a "Concussion in Sport Symposium" with Dr. Rangy Gregg and Carl Lindros.
- Bruce Craven (Staff) completes updating of the Council "Medical Coverage Guidelines for Multi-Sport Games" Manual

- A summary of major events members provided event coverage services for:

Interprovincial Judo Tournament, January (Regina)  
 Scott Tournament of Hearts National Ladies Curling Championship, Feb., (Regina)  
 Kinsmen Indoor Track and Field Meet, Feb., (Regina)  
 Sask Winter Games, Feb., (Nipawin)  
 Canada West GPAC Wrestling Championships, Feb. (Regina)  
 Sask First Hockey Tournament, March, (Regina) City  
 Wrestling Championships, March, (Saskatoon)  
 Prov. & National Men's and Women's Gymnastics Championships, Mar. (Prince Albert) CIAU  
 University Cup, Mar. (Saskatoon)  
 Sask Provincial Soccer Team Training Camp, April (Regina)  
 Moose Jaw Girls Softball Tournament, May (Moose Jaw)  
 Sask Provincial Soccer Team Training Camp, May (Saskatoon)  
 Gymnastics Saskatchewan Tournament, May (Regina)  
 Saskatoon West School Division Track and Field Meet, May (Saskatoon)  
 Provincial High School Track and Field Championships, June (Prince Albert)  
 Regina Rowing Regatta, June (Regina) Prairie  
 Fire Rugby (May-July) Regina  
 Can Am Police and Fire Games, June (Regina)  
 Sask Senior Games, July (Saskatoon)  
 Sask Highland Dance Assoc., July (Regina)  
 Senior Diving Nationals, July (Regina)  
 Under 15 & 18 All Star Soccer Championships, July (Regina)  
 Sask Women's Hockey Training Camp, July (Regina)  
 Pro Beach Volleyball Tournament, August (Saskatoon)  
 Regina Youth Soccer Provincials, August (Regina)  
 Downtown Dash Roadrace, August (Regina)  
 Sask Soccer Senior Men's, Women's & Under 17 Tournament, Sept. (Saskatoon) National  
 Under 15 Boys and Girls National Club Championship, Oct. (Prince Albert)

- Scott Julé, Staff, finalizes Sponsorship agreement reached with the Saskatchewan Elks Foundation to sponsor the Drug Education and Doping Control Program for \$15,000 for 3 years.

Pictured below are Dr. Marlys Misfeldt (SASM), SMSCS President (left) and the Saskatchewan Elks Foundation representative's signing the agreement and receiving the sponsorship cheque







- Le Bret Eagles Drug Education and Testing Program developed and launched at media conference. Scott Julé, Vern Blash and Marlys Misfeldt lead this initiative.
- Council develops a “Harassment Policy”.
- Council provides medical personnel, equipment, supplies for the 1998 Sask Winter Games Medical Committee in Nipawin, Sask.
- Sport Science Program changes its administrative structure. Program is now administered out of the University of Saskatchewan only and Bruce Craven becomes the head staff person and Director of the Program. Don Fry, University of Saskatchewan is Chairperson of the Management Board that includes Dr. Ernie Nicholls, University of Regina and Dr. Marlys Misfeldt, SMCS President. Expands later to include Coaches Association of Saskatchewan. New staff include Travis Laycock (Saskatoon) hired as a 2/3rds time administrative coordinator and a part time program assistant,

Dan Farthing (Regina)

- Shawn Kuster hired by the Sport Science Program as the Staff Exercise Consultant following the resignation of Dan Farthing.
- Sport Science Program also establishes an Advisory Committee with representatives from
  - Sask Sport (Noreen Murphy)
  - Government of Sask-Sport and Recreation Branch (Lyle Hayes)
  - Sask Games Council (Marlene Hoffman)
  - Sask High School Athletic Association (Lee Reimer)
  - Provincial Association of Zones (Brenda Dowling)
  - Coaches Association of Sask (Mark Lammens, Lori Chomniak, Mark Thomas)
  - Sport Science Management Board
  - Science Consultants (Shawn Kuster, Kimberley Braithwaite, Sharleen Hoar)

The Advisory Committee's role is to review program operations and procedures and provide advice to the Board of Management.

- Sport Science Program sets up display and promotes services at 1998 Sask Winter Games in Nipawin, Sask.
- Sport Science Program provides services to the Summer International Training Camp hosted by Synchronized Swimming Saskatchewan.
- Sport Science Program completes Exercise Physiology Manual written by K. Shawn Davison and reviewed by Bruce Craven.
- Sport Science Program conducts a Multi-Sport Camp for the sports attending the 1999 Canada Winter Games in Corner Brook, Newfoundland.
- Travis Laycock (Sport Science Program Staff) develops and implements a new website for the Sport Science Program based out of the University of Saskatchewan.
- The Sport Medicine and Science Council of Canada is dissolved. Lack of interest and funding from Sport Canada is the main reason for the dissolution. Sport Canada begins directing their efforts and funding towards High Performance Centre's across Canada.

## 1999-2000

- Executive and Board of Directors 1999/2000

President – Dr. Marlys Misfeldt (SASM)

President-Elect – Dr. Mike Nicholls (SASM)

Secretary/Treasurer – Dr. Ian Hill (SASM)

Past President – Chuck Armstrong (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Elizabeth Gibbings

Charter Member – Saskatchewan Academy of Sports Medicine, (SASM) Dr. Warren Dufour

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Sue Meyers

Charter Member – Sport Physiotherapy Saskatchewan (SPS), AJ Tabin

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Leandre Gallais

User Group Member – Dr. Keith Russell, Universities

User Group Member – Lee Reimer, Saskatchewan High Schools Athletic Association

User Group Member – Phil Flory, Sask Sport Inc.

User Group Member – Dwayne Dreher, Coaches Association of Saskatchewan

Non-Charter Member (non-voting) – Blaine Whyte, Sask Athletic Therapists Assoc.

Non-Charter Member (non-voting) – Don Zeman, Chiropractic Sport Sciences Council

Member-at-Large (non-voting) – Vern Blash

Member-at-Large (non-voting) – Don Clark

Government of Sask-Sport and Rec., Lyle Hayes

Executive Director, Mark Henry

Assistant Executive Director, Scott Julé

Sport Science Program Staff, Bruce Craven

- Standing Committees 1999/2000

### **Canadian Sport Safety Program**

Scott Anderson, Chairperson

Dr. Mike Nicholls, SASM

Dr. Don Clark, University of Regina, Faculty of PAS

AJ Tabin, SPS

Dale Pitura, SPS

Scott Julé, Staff

Mark Henry, Staff

### **Drug Education Committee Members**

Dr. Mike Nicholls (SASM), Chairperson

Dr. Don Clark, University of Regina, Faculty of PAS

Vern Blash

Lyle Hayes, Government of Sask

Scott Julé, Staff

Mark Henry, Staff

### **Medical Coverage Committee Members**

Sue Meyers, Chairperson

Leandre Gallais, SPS

Dr. Ian Hill, SASM

Dr. Mike Nicholls, SASM

Kregg Ochitwa, SPS  
Mark Henry, Staff  
Scott Julé, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Vern Blash, Chairperson  
Dr. Don Clark, University of Regina, Faculty of PAS  
Scott Julé, Staff  
Mark Henry, Staff

### **Organizational Development Committee Members**

Chuck Armstrong (SPS), Chairperson  
Mark Henry, Staff  
Scott Julé, Staff

### **Constitution Committee Members**

Vern Blash, Chairperson  
Chuck Armstrong, SPS  
Mark Henry, Staff

### **Resource Review Committee Members**

Bruce Craven (Staff), Chairperson  
Mark Henry, Staff

### **Nominations Committee Members**

Chuck Armstrong (SPS), Chairperson  
Mark Henry, Staff

### **Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
SMCS Drug Education Committee Members (see above)  
Sask Health-Community Care Branch Representative  
Sask Education Representative  
Bill Blanshard, RCMP  
Sask Sport Inc. Representative  
Coaches Association of Saskatchewan Representative

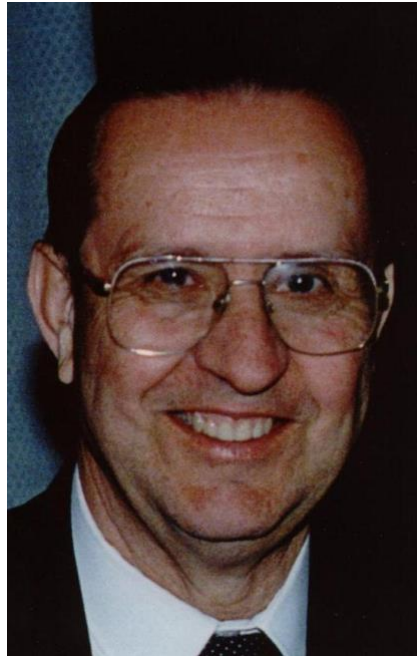
- Scott Julé, Staff resigns to pursue a career as Executive Director of the Saskatchewan Blind Sports Association.
- Tom Graham, Mental Trainer hired by the Sport Science Program on Contract.
- Kimberley Braithwaite, Nutritionist hired by the Sport Science Program on Contract.
- The Sport Science Program continues with three employees, Bruce Craven, Director (Saskatoon), Travis Laycock (Saskatoon), Administrative Assistant and Shawn Kuster, Program Assistant (Regina).

- The Council reaches an agreement with the Sport Science Program Management Board that would see Travis Laycock, Staff Sport Science Program work 1/3rd time for the Council until the end of 1999.
- The Council (Dr. Marlys Misfeldt (SASM), President, Dr. Mike Nicholls (SASM), President-Elect and Chuck Armstrong (SPS), Past President) and Mark Henry (Staff) meet with representatives of Sask Sport Inc, Government of Sask-Sport and Recreation Unit and the Coaches Association of Saskatchewan regarding possible expansion and improvements of services to high performance athletes in Saskatchewan. These discussions lead to the appointment of a “working committee” whose job is review the services currently being offered by the Council and the Sport Science Program and see where improvements can be made.
- “High Performance Services Working Committee” is established to develop and implement a comprehensive plan for the delivery of sport medicine and science services to athletes and coaches in Saskatchewan; Committee members include; Marlys Misfeldt (SASM), Mike Nicholls (SASM), Chuck Armstrong (SPS), Louise Ashcroft (SPS), Vern Blash, Lyle Hayes (Government of Sask) and Bruce Craven (Staff) and Mark Henry (Staff).
- The Management Committee of the Sport Medicine Council of Saskatchewan (Marlys Misfeldt, Mike Nicholls, Chuck Armstrong and Mark Henry, Staff), the Sport Science Program Management Board (Don Fry, Chairperson-University of Saskatchewan) with assistance from Sask Sport Inc (John Lee) begin discussions on developing one non-profit organization (with 1 administrative structure) with science and medicine representation that would offer sport medicine and science services to Saskatchewan athletes.
- A summary of major events members provided event coverage services for:
  - 2000 Sask Summer Games (Yorkton)
  - University of Regina Wrestling Tournament (Regina)
  - Sask Open Judo Tournament (Regina)
  - Western Regional Long Track Speedskating Championships (Regina)
  - Kinsmen Indoor Track and Field Championships (Regina)
  - Special Olympics Winter Games (Regina)
  - Saskatoon City Wrestling Championships
  - Provincial Elementary Wrestling Championships (Regina)
  - Sask Soccer All Star Identification Camp (Regina)
  - Sask Soccer Provincial Team Tryouts (Saskatoon)
  - Regina Spring Classic Track and Field Meet (Regina) Royal
  - Bank Cup Junior Hockey Championship (Yorkton)
  - Saskatoon Rugby League (Saskatoon)
  - Saskatoon West Track and Field Meet (Saskatoon)
  - Saskatoon City Track and Field Meet (Saskatoon)
  - Ratfest Track and Field Meet (Regina)
  - Kickboxing Tournament (Regina)
  - National Karate Tournament (Regina)
  - Sask Women’s Provincial Rugby Team Exhibition Game (Regina)
  - Sask Field Hockey Under 21 Western Regional Championships (Regina)
  - Downtown Dash Roadrace (Regina)
  - 1999 Western Canada Summer Games (Prince Albert)
  - World Junior Volleyball Championships (Saskatoon)
  - Regina Speedskating Short Track Classic (Regina)
  - Nutcracker Ballet (Regina and Saskatoon)
  - Canadian Division Figure Skating Championships (Regina)

- Dr. Walter Hader inducted into the Saskatchewan Sports Hall of Fame and Museum. (Information below courtesy of the Saskatchewan Sports Hall of Fame)
  - *Walter Hader has been involved as a medical volunteer and administrator serving a variety of sports in Saskatchewan. He was the team physician for the University of Saskatchewan football (1990 and 1996) and hockey (1983) teams that were Canadian champions. He served in a number of capacities with the Canadian Amateur Speed Skating Association (CASSA) including director and vice-president. He was actively involved with the Saskatchewan Academy of Sport Medicine, the Canadian Academy of Sport Medicine and the Sport Medicine Council of Saskatchewan. His long list of volunteering includes the 1976 Montreal Olympics, 1974 and 1989 Saskatchewan Indoor Games, Western Canada Summer Games, 1971 Canada Winter Games, 1973 Special Olympics and the 1998 Saskatchewan Summer Games. He was inducted into the Saskatoon Sports Hall of Fame in 1997.*

**Note:** See 1988 (Sask Sport Volunteer Recognition Award) for further details on Dr. Hader's accomplishments

Pictured below is Dr. Walter Hader (Courtesy Sask Sports Hall of Fame) (Circa 1999)



- Judy Weenk, Physiotherapist attends the 1999 Canada Winter Games in Cornerbrook, Newfoundland as the Medical Liaison on the Team Saskatchewan Mission Staff.
- Dr. Mike Nicholls (physician) and Mrs. Julie Hughes (athletic therapist) attend the 1999 Western Canada Summer Games in Prince Albert as the Co-Medical Liaisons on the Team Saskatchewan Mission Staff.
- Sue Meyers, physiotherapist is the Host Medical Committee Coordinator for the 1999 Western Canada Summer Games in Prince Albert.
- "Media Release" of award winning "Body Image Video".

- Canadian Sport Massage Therapy Association-Sask Section becomes a member of the Council due to the work of Al Bodnarchuk and Geraldine Barrett.
- Sask Games Council agrees to allow the Sport Science Program to send staff members to the 1999 Canada Winter Games in Newfoundland. This will lead to a permanent science position being allocated to the Sask Mission Staff for every Canada and Western Canada Games. Bruce Craven attends the games as the Science Liaison/Consultant. Travis Laycock attends as part of Team Saskatchewan Mission Staff. Both represent the Sport Science Program.
- Judy Weenk, Sask Mission Staff Medical Liaison for the 1999 Canada Winter Games completes her assignment.
- Sport Science Program sends all Staff members and Consultants on retainer to the 1999 Western Canada Summer Games in Prince Albert. (Bruce Craven, Travis Laycock, Shawn Kuster, Tom Graham and Kimberly Braithwaite).
- Sport Science Program and the Coaches Association of Saskatchewan conduct a joint Consultant/Coaches Conference in October.

## 2000-2001

- Executive and Board of Directors 2000/2001

President – Dr. Marlys Misfeldt (SASM)  
Vice-President – Dr. Mike Nicholls (SASM)  
Secretary/Treasurer – Don Fry (University of Saskatchewan, College of Kinesiology)  
Past President – Chuck Armstrong (SPS)  
Charter Member – Sport Physiotherapy Saskatchewan (SPS), Sue Meyers  
Charter Member – Sport Physiotherapy Saskatchewan (SPS), AJ Tabin  
Active Member – University of Regina, Faculty of PAS, Dr. Bob Haennel  
User Group Member – Saskatchewan High Schools Athletic Association, Lee Reimer  
User Group Member – Sask Sport Inc., Phil Flory  
User Group Member – Coaches Association of Saskatchewan, Dwayne Dreher  
Non-Charter Member (non-voting) – Sask Athletic Therapists Assoc., Blaine Whyte  
Non-Charter Member (non-voting) – Chiropractic Sport Sciences Council, Don Zeman  
Member-at-Large (non-voting) – Vern Blash  
Member-at-Large (non-voting) – Don Clark  
Government of Sask-Sport and Rec., Lyle Hayes  
Executive Director, Mark Henry  
Director- Athlete Services, Bruce Craven  
Program Coordinator, Scott Julé  
Program Coordinator, Travis Laycock

- Standing Committees 2000/2001

### **Sport Science Program Committee**

Don Fry (University of Saskatchewan), Chairperson  
Dr. Kelly Lockwood, University of Regina-Faculty of PAS  
Dr. Keith Russell, University of Sask-College of Kinesiology  
Pat Odnokon, Mental Training Consultant  
Tom Hamilton, Sport Nutrition Consultant  
Tim Comfort, Exercise Physiology Consultant  
John Neufeld, Coaches Association of Saskatchewan  
Bruce Craven, Staff  
Mark Henry, Staff  
Travis Laycock, Staff

### **Drug Education Committee Members**

Dr. Mike Nicholls (SASM), Chairperson  
Dr. Don Clark, University of Regina, Faculty of PAS  
Vern Blash  
Lyle Hayes, Government of Sask  
Scott Julé, Staff  
Mark Henry, Staff

### **Medical Coverage Committee Members**

Sue Meyers (SPS), Chairperson  
Leandre Gallais, SPS  
Dr. Ian Hill, SASM  
Dr. Mike Nicholls, SASM



Kregg Ochitwa, SPS  
Mark Henry & Scott Jule, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Vern Blash, Chairperson  
Dr. Don Clark, University of Regina, Faculty of PAS  
Scott Julé, Staff  
Mark Henry, Staff

### **Organizational Development Committee Members**

Chuck Armstrong (SPS), Chairperson  
Mark Henry, Staff  
Scott Julé, Staff

### **Constitution Committee Members**

Vern Blash, Chairperson  
Chuck Armstrong, SPS  
Mark Henry, Staff

### **Resource Review Committee Members**

Bruce Craven (Staff), Chairperson  
Mark Henry, Staff

### **Nominations Committee Members**

Chuck Armstrong (SPS), Chairperson  
Mark Henry, Staff

### **Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
SMCS Drug Education Committee Members (see above)  
Sask Health-Community Care Branch Representative  
Sask Education Representative  
Bill Blanshard, RCMP  
Sask Sport Inc. Representative  
Coaches Association of Saskatchewan Representative

- The amalgamation of the Sport Medicine Council of Saskatchewan and the Saskatchewan Sport Science Program into one non-profit organization called the Sport Medicine and Science Council of Saskatchewan (SMSCS) occurs in 2000. Board composition changes to include a voting position for the University of Saskatchewan, College of Kinesiology and the University of Regina, Faculty of Kinesiology and Health Studies in order to ensure sport science is fairly represented. In addition one of the University reps will be part of the Management Committee as Secretary/Treasurer. Staff of the new organization is as follows; Mark Henry, Executive Director, Bruce Craven, Director of Athlete Services, Travis Laycock, Program Coordinator, Scott Julé, Program Coordinator, Shawn Kuster, Exercise Physiology consultant (part-time), Kimberley Braithwaite, Nutrition Consultant (part-time), Tom Graham, Mental Training Consultant (part-time). Council also establishes two main Committees to oversee the programming of the Council. Sport Science Programs Committee (Don Fry, Chairperson) and the Sport Medicine Programs Committee (Dr. Mike Nicholls, Chairperson).

- The Council's "High Performance Services Working Committee" submits a proposal to enhance sport medicine programming to Saskatchewan's high performance athletes to Sask Sport Inc-Sport Funding Committee. The proposed new programs included:
  - Sport Medicine Directory
  - Sport Medicine Consultants
  - Team "Trainers" Program
  - Injury Care and Prevention Education for Athletes
  - Saskatchewan Athlete Insurance Program
  
- Scott Julé returns as staff member, March 2000
  
- Dr. Marlys Misfeldt (SASM), President, Dr. Mike Nicholls (SASM), Vice-President and Mr. Chuck Armstrong (SPS), Past President are instrumental in the amalgamation of the Sport Medicine Council of Saskatchewan and the University of Saskatchewan Sport Science Program.
  
- The new Sport Medicine and Science Council of Saskatchewan (SMSCS) mission and strategic objectives are as follows: the Council provides a unique service in Saskatchewan amateur sport committing itself to the delivery of quality sport science services and programs in the targeted areas of sport biomechanics, exercise physiology, mental training, sport medicine (injury prevention and care), and sport nutrition. Services are available to all levels and caliber of athletes and coaches throughout Saskatchewan. Our major clients include the provincial sport governing bodies and the two Universities. Services are provided by a combination of full time staff and casual sport medicine and science consultants. The spectrum of sport science and sport medicine services offered includes:
  - Sport Medicine
  - Injury Care and Prevention
  - Injury Assessment
  - Rehabilitation Exercise Prescription
  - Drug Education and Doping Control
  - Sport Safety Program
  - Event Coverage Program
  - Members Professional Development
  - Sport First aid Kits and Supplies
  - Mental Training
  - Parent-Athlete-Coach-Relations
  - Communication Skills
  - Team Building and Group Dynamics
  - Attentional control (concentration)
  - Emotional Self-control (stress management)
  - Regulating Activation (arousal & confidence)
  - Goal Setting
  - Mental Imagery (visualization)
  - Self-Talk Strategies
  - Routines before, during and after competition
  - Maximizing effectiveness of practice
  - Sport Nutrition
  - Basic Sport Nutrition
  - Nutrition & Weight Loss
  - Nutrition on the Road
  - Pre/Post Event Nutrition
  - Fluids for Sport

Tournament & Multi-Event Nutrition  
Supplements, Herbals, & Homeopathics  
Exercise Physiology  
Core Strength  
Flexibility  
Metabolic Conditioning (Aerobic/Anaerobic Systems)  
Periodization  
Plyometric Training  
Resistance Training Programs  
Speed & Agility Training  
Warm-up & Cool-down Concepts  
Weight Training Technique  
Functional Movement Screen  
Biomechanics  
Skill Analysis  
DartFish Video Technique Analysis

- Implementation of a Toll Free Number to better serve the sporting community (1-888-350-5558).
- Development of website ([www.smscs.ca](http://www.smscs.ca)).
- Sport Medicine and Science Consultants Directory Published.
- Council receives over 1000 requests for service for the first time in its history.
- Sponsorship agreement reached with Sissel Spine Care for the purchase of Exercise Equipment to be sold by the Council to athletes and coaches.
- Bruce Craven, Staff is instrumental in securing sponsorship agreement with the Dairy Foundation of Saskatchewan to sponsor Nutrition workshops provided by the Council to high school students across Saskatchewan. Original grant from Dairy Foundation is \$4,000 per year. (By 2013 the grant is \$10,000 and the Dairy Foundation becomes SaskMilk).
- The Council partnered with Sask Sport Inc. (John Lee), the Government of Saskatchewan-Sport and Recreation Branch (Lyle Hayes) and the Coaches Association of Saskatchewan (John Neufeld) on the development of a proposal for submission to Sport Canada to secure funding to establish a National Sport Centre in Saskatchewan. The proposal is approved. The Centre provides the following services to all levels of athletes (and coaches) with a focus on nationally carded athletes and training groups;
  - Sport Science
  - Sport Medicine
  - Personal Development/Counseling
  - Career Development
  - Future Best (financial support)
  - Speakers Bureau Athlete Insurance
  - Drug Education and Doping Control
  - Educational Resource Material
- Council secures contract with the National Sport Centre - Saskatchewan (later called Canadian Sport Centre Saskatchewan) to provide sport science and sport medicine services to the Centre athletes, coaches and registered training groups. Some of the initial training groups the Council provided service to included:

Gymnastics (Men and Women)  
Curling  
Para Cross Country Ski  
Racquetball  
Wrestling

- The Council becomes a member of Sask Sport Inc's High Performance Coordinating Committee. This Committee consists of representatives from the Sport Medicine and Science Council of Saskatchewan, Sask Sport Inc., Government of Sask-Sport and Rec. Branch, and the Coaches Association of Saskatchewan. Initial issues addressed include; sports preparation for major games and high performance funding strategies for the sports.
- The Regina administrative offices move from 1860 Lorne St. to 2205 Victoria Ave.
- Signed Brenda Comfort as a Nutritionist on Contract (following resignation of Kimberley Braithwaite).
- Signed Louise Ashcroft as a Sport Medicine Consultant on Contract.
- Bruce Craven (Staff) and Louise Ashcroft (SPS) begin designing and implementing the Team Trainers Program. The program's objective will be to provide Saskatchewan's High Performance Teams with medical personnel. This would be done by:
  - Recruiting qualified sport medicine experts (eg. therapists, physicians, chiropractors, massage therapists, etc.) who would be interested in working as a team therapist or team physician for a high performance team or athlete.
  - Developing a "Team Sport First-Aider Program" (20-hour course) that would be designed and taught by the sport medicine consultants with the support of other sport medicine experts. The Council will solicit individuals interested in being a part of this program. Potential First-Aiders would be individuals who have an interest or background in injury care and prevention. They would include nurses, first responders, emergency medical technicians and individuals who have already taken our sport first aid and sport taping courses.
- The Council works with the Saskatchewan Games Council and the Host of the 2000 Sask Summer Games in Yorkton, Sask to ensure Games are conducted in a safe and healthy environment. Specifically, our role was one of providing advice to the Sask Games Host Medical Committee on all aspects of coordinating the medical and paramedical coverage for the Games. This included:
  - Act as a medical advisor available to meet with the host medical organizing committee and assist during the preparation phases, providing specific consultations as required.
  - Recruit qualified sport medicine experts (physicians, physiotherapists, athletic therapists and chiropractors) who are willing to volunteer their services to assist the host community during the Games.
  - Provide medical equipment and supplies which includes, first aid kits, trauma kits, spine boards, air splints, treatment tables, ultrasound, interferential and various medical supplies.
  - Providing a Pre-Games Educational Symposium for all local medical volunteers. The Council developed a standardized two day course which includes: general and sport specific injury prevention concerns, injury protocols and referral patterns, emergency protocols and

procedures, assessment and on-site management of life threatening conditions and basic principles and techniques of taping.

**Note:** All of the above information is contained in our Medical Coverage Guidelines for Multi-Sport Games Resource Manual. This manual is provided to the Host Medical Committee prior to the Games.

- Millennium Sport Conference is held in Saskatoon. The conference sponsored by the, Sport Medicine and Science Council of Saskatchewan, Sask Sport Inc., Sport Physiotherapy Canada, Saskatchewan Academy of Sport Medicine, Coaches Association of Saskatchewan and the Jeux Canada Games Foundation involves 3 days of workshops and presentations for coaches and professionals involved in sport throughout Saskatchewan.
- Bruce Craven (Staff) and Blaine Whyte (SATA) were solicited by the Sport Medicine Committee to review the course content and instructor qualifications of the Sport First Aid Component of the Canada Sport Safety Program. They completed the course content review and a new Revised Sport First Aid Program Instructor Manual and content was developed.
- A summary of major events members provided event coverage services for:
  - Labatt Brier
  - CIAU Men's Hockey Championship
  - North America Short Track Speed Skate Championship
  - National Softball Championships
  - National Soccer Championships
  - World Ranked Squash Tournament
- World Children's Baseball Fair takes place in Regina. Scott Julé (Staff), provides planning and medical consultation for the event. Council members provide medical services for the event.
- The Council in association with the Saskatchewan Hockey Association initiates a pilot project to develop a base of "hockey trainers" for the S.H.A.'s Sask First Bantam and Midget Programs. One trainer from each of the eight zones was recruited through mail-outs done by the Council. These trainers then attended the two SHA Identification Tournaments. We provided a Supervisor for both events where he gave instructional workshops on injury care and prevention as well as acting as the head therapist for the weekend. The two supervisors were Bruce Craven (Staff) (Midget Tournament) and A.J. Tabin (SPS)(Bantam Tournament).
- Council Budget Revenue = \$465,000.
- Team Health Speakers Bureau" changes to "Team Sport Speakers Bureau" and expands. The Council continues to administer the program. The Speakers Bureau includes the following partnering agencies: Red Cross, RCMP, Kids Help Phone, Department of Municipal Affairs, Saskatchewan Roughriders, National Sport Centre and Sask Sport Inc. The Council organized a press conference to launch the program.

- Dr Paul Schwann is inducted into the Saskatchewan Sports Hall of Fame (information below courtesy Saskatchewan Sports Hall of Fame)
  - *Dr. Paul Schwann was a pioneer in the field of sport medicine in Saskatchewan and Canada. He did some of the initial Canadian research on Risk Based and Preventative Medicine. He pioneered several areas in the evaluation, training, rehabilitation and care of injured athletes. In 1972, he received official recognition from the Canadian Academy of Sport Medicine for his work with athletic injuries. He was instrumental in designing fitness programs for amateur and professional athletes, including athletes with mental and physical disabilities. He was the team physician for the Saskatchewan Roughriders, Regina Rams and the O'Neill and Miller High School Football Teams. He initiated the Medical and Equipment Standards Committees for high school football. He also organized medical coverage for numerous other high school events and athletic endeavors throughout the City of Regina.*

Pictured below is Dr. Paul Schwann (courtesy of the Saskatchewan Sports Hall of Fame)



## 2001-2002

- Executive and Board of Directors 2001/2002

President – Dr. Marlys Misfeldt (SASM)

Vice-President – Dr. Mike Nicholls (SASM)

Secretary/Treasurer – Don Fry (University of Saskatchewan, College of Kinesiology)

Past President – Chuck Armstrong (SPS)

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Sue Meyers

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Rhonda Shishkin

Active Member – University of Regina, Faculty of PAS, Dr. Bob Haennel

Active Member – Sask Sport Inc., Shannon Kekula-Kristiansen

Director-at-Large , Vern Blash

Government of Sask-Sport and Rec., Lyle Hayes

Executive Director, Mark Henry

Director- Athlete Services, Bruce Craven

Program Coordinator, Scott Julé

Program Coordinator, Travis Laycock

- Standing Committees 2001/2002

### **Sport Science Program Committee**

Don Fry (University of Saskatchewan), Chairperson

Vacant, University of Regina-Faculty of PAS

Dr. Keith Russell, University of Sask-College of Kinesiology

Pat Odnokon, Mental Training Consultant

Tom Hamilton, Sport Nutrition Consultant

Tim Comfort, Exercise Physiology Consultant

John Neufeld, Coaches Association of Saskatchewan

Bruce Craven, Staff

Travis Laycock, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

Dr. Mike Nicholls (SASM), Chairperson

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Blaine Whyte, Saskatchewan Athletic Therapists Association (SATA)

Vacant, Chiropractors Association of Saskatchewan

Sue Meyers, SPS

Dr. Don Clark, Coaches Association of Saskatchewan

Vern Blash

Bruce Craven, Staff

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Vern Blash, Chairperson

Dr. Don Clark, Coaches Association of Saskatchewan

Scott Julé, Staff

Mark Henry, Staff

### **Organizational Development Committee Members**

Chuck Armstrong (SPS), Chairperson

Mark Henry, Staff

Scott Julé, Staff

### **Constitution Committee Members**

Vern Blash, Chairperson

Chuck Armstrong, SPS

Mark Henry, Staff

### **Nominations Committee Members**

Chuck Armstrong (SPS), Chairperson

Mark Henry, Staff

### **Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Sask Health-Community Care Branch Representative

Sask Education Representative

Bill Blanshard, RCMP

Sask Sport Inc. Representative

Coaches Association of Saskatchewan Representative

Council Staff

- The Council approves constitutional changes removing non-voting members from Board on advice from Phil Flory, Sask Sport Inc. Board Member and employee of the Saskatchewan Justice Corporations Branch. (Chiropractic Sport Science Council and the Saskatchewan Athletic Therapists Association removed from the Board of Directors but are still members of the Council and attend Annual General Meetings).
- The Council secures \$105,000 in grant funds per Games cycle from Sask Sport Inc. to provide sport medicine and science services to the Canada Winter and Canada Summer Games teams. The Council (Bruce Craven, Coordinator and Developer) develops service “core competencies for all sport science and sport areas. These service areas are implemented using the funding secured above for athletes and coaches attending the 2005 Canada Summer Games and are still used today.
- Consultant Policy Manual and High Performance Service Eligibility Criteria developed.
- Council (Bruce Craven and Scott Julé) provide assistance in an advisory role capacity to the medical organizers on the 2002 Saskatchewan Winter Games in Humboldt. Assistance and advice was provided on the following topics; (1) Role of the Council (2) Infirmary Coverage, (3) Venue/Site Coverage, (4) Nutrition Guidelines and (5) Facility Guidelines.
- Hired Exercise/Sport Medicine Consultant Scott Butcher as Staff.
- Hired Mental Trainer Ryan Flett as Staff after resignation of Scott Butcher.



- The Council completed another successful round of Drug Education and Doping Control Workshops for all Saskatchewan Teams participating in the 2001 Canada Summer Games in London, Ontario.
- A summary of major events members provided event coverage services for:
  - Canadian Long Track Speedskating Championships
  - National Precision Skating Championships
  - Western Canadian Gymnastics Championships
  - National Team Handball Championships
  - National Cadet and Juvenile Wrestling Championships
  - Western Canadian Field Hockey Championships
  - National Under 15 and 17 Soccer Championships
  - National Senior Lacrosse Championships
  - Olympic Curling Trials
- Dr. Graeme McMaster (chiropractor) receives Sask Sport Inc. Volunteer Recognition Award
  - *For over 25 years provided sport medicine services for a variety of sports including basketball, volleyball, track and field, hockey and football in Moose Jaw*
  - *Arranged sport medicine services for numerous events in Moose Jaw including the Canadian Small College Basketball Championships at SIAST and Provincial High School track and field meet.*
  - *Coach of Moose Jaw High School District Cross-Country team 1993-2001*
  - *Coach of Moose Jaw Rotary Track Club 1994-1996*
  - *Head Coach of Moose Jaw Rotary Track Club 1996-2001*
  - *Coach Moose Jaw Minor Hockey*
  - *Coordinator Cycling Venue Sask Summer Games*
  - *Organizer for several years of the Sask Athletics Provincial Cross-Country Running Championships in Moose Jaw*
  - *Recipient of the Saskatchewan High Schools Athletic Association Service Award 1998*

Pictured below is Graham McMaster (Circa 2011)



## 2002-2003

- Dr. Mike Nicholls becomes President
- Executive and Board of Directors 2002/2003

President – Dr. Mike Nicholls (SASM)

Vice-President – Mrs. Sue Meyers (SPS)

Secretary/Treasurer – Dr. Bob Haennel (University of Regina, Faculty of KHS)

Past President – Dr. Marlys Misfeldt (SASM)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Paul Taillon

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Rhonda Shishkin

University of Saskatchewan, College of Kinesiology, Dr. Bob Faulkner

Active Member – Sask Sport Inc., Shannon Kekula-Kristiansen

Director-at-Large , Vern Blash

Government of Sask-Sport and Rec., Vacant

Executive Director, Mark Henry

Director- Athlete Services, Bruce Craven

Program Coordinator, Scott Julé

Program Coordinator, Travis Laycock

- Standing Committees 2002/2003

### **Sport Science Program Committee**

Dr. Bob Faulkner (University of Saskatchewan), Chairperson

Dr. Kim Dorsch, University of Regina-Faculty of KHS

Dr. Keith Russell, University of Sask-College of Kinesiology

Pat Odnokon, Mental Training Consultant

Stephanie Thoms, Sport Nutrition Consultant

Barry Stockbrugger, Exercise Physiology Consultant

Bart Arnold, Exercise Physiology Consultant

John Neufeld, Coaches Association of Saskatchewan

Bruce Craven, Staff

Travis Laycock, Staff

Ryan Flett, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

Dr. Mike Nicholls (SASM), Co-Chairperson

Rhonda Shishkin (SPS), Co-Chairperson

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Blaine Whyte, Saskatchewan Athletic Therapists Association (SATA)

Dr. Brad Waddell, Chiropractors Association of Saskatchewan

Sue Meyers, SPS

Dr. Don Clark, Coaches Association of Saskatchewan

Bruce Craven, Staff

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Vern Blash, Chairperson

Dr. Don Clark, Coaches Association of Saskatchewan

Kate Fast, SPS

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

Vern Blash, Chairperson

Chuck Armstrong, SPS

Mark Henry, Staff

### **Nominations Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Dr. Mike Nicholls (SASM) & Rhonda Shishkin (SPS), Co- Chairperson's

Sask Health-Community Care Branch Representative

Sask Education Representative

Bill Blanshard, RCMP

Sask Sport Inc. Representative

Coaches Association of Saskatchewan Representative

Council Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Marlys Misfeldt (SASM)

- Chuck Armstrong (SPS), Dr. Marlys Misfeldt (SASM) and Don Fry (University of Saskatchewan- College of Kinesiology receive volunteer recognition awards for their many years of services at the Council's Annual General Meeting in March.

Pictured below from left to right, Chuck Armstrong, Dr. Marlys Misfeldt and Don Fry



- Chuck Armstrong (SPS) completes his term as Past President. His accomplishments with the Council include:
  - *Member of the organizing committee to develop the Sport Medicine Council of Saskatchewan and one of the founding members of the Council 1986-87*
  - *First Vice-President in Council history 1988-1992*
  - *President of the Council 1992-1994*
  - *Past President of the Council 1995-2002*
  - *Sports Aid Committee Member 2003-2004*
  - *Organizational Committee Member and Chairman 1993-2001*
  - *Speakers Bureau Committee Member 1997-1998*
  - *Educational Upgrading Committee Member 1997-1998*
  - *Medical Coverage Committee Member 1998*
  - *Fifteen (15) years of Board/Executive Service*
  - *Instrumental in the amalgamation of the Sport Medicine Council of Saskatchewan and the University of Saskatchewan Sport Science Program 1999-2000 into the Sport Medicine and Science Council of Saskatchewan*
  - *Instructed countless sport first aid and sport taping courses in Saskatchewan on behalf of the Council from 1980 to 1995. He was one of the founders of the program and developed it for the Council. It was one of the Council's core programs for years and is still provided today*
  - *Conducted numerous other sport medicine education sessions for the athletes and coaches of Saskatchewan*
  
- Budget Revenue of \$560,000, Staff includes five full time employees and 1 part-time employee.
  
- Saskatoon administrative offices move from the University of Saskatchewan to the Sask Sport Inc. Administrative Centre on 510 Cynthia St.
  
- Signed Heather Hynes as a Nutritionist on Contract (following resignation of Brenda Comfort).
  
- Tom Graham, Mental Trainer signs contract to become a “dedicated consultant” for the Council.
  
- Dale Pitura (SPS), Sport Medicine Consultant signs contract to become a “dedicated consultant” for the Council.
  
- Louise Ashcroft (SPS), Sport Medicine Consultant signs contract to become a “dedicated consultant” for the Council.
  
- Steve Cornish, Barry Stockbrugger, Shawn Kuster and Dan Farthing, Exercise Consultants sign contracts to become “dedicated consultants” for the Council.
  
- Council establishes agreements with the University of Regina, and University of Saskatchewan athletic programs for provision of sport science services.
  
- Dr. Mike Nicholls (SASM) encourages the Council begin distributing the following educational resources; “Concussions: Diagnosis and Management” developed by the Canadian Academy of Sport Medicine and another resource called “Management of Concussion in Sports” that was developed by the Canadian Brain Injury Coalition.
  
- Sask Sport Inc. approaches the Council and asks us for our input on a research grant application put forward by the Saskatoon Health District- “In Motion” Committee. Their goal was to make Saskatoon

and district the healthiest community in Canada. The program is called PACE (physician assessment and counseling to promote physical activity) and if successful it was anticipated that the program would be implemented province wide. Dr. Marlys Misfeldt (SASM) and Dr. Mike Nicholls (SASM) reviewed the program and approved of the concept. Sask Sport Inc. decided to fund the project for \$20,000.

- Sport Medicine Rounds – AJ Tabin (SPS) reports to the Council that medical professionals interested in sport medicine in the Saskatoon area have been putting on a multi-disciplinary sport medicine workshop once a month for anyone who is interested. They have a different topic each month and have a sponsor who supplies refreshments. His request was to ask if the Council would consider assisting with the organization of the workshop and possibly develop it into a provincial educational upgrading program offered alternately in Saskatoon and Regina. Tabin agreed to be the volunteer representative for the north and Dr. Mike Nicholls offered to be the volunteer representative for the south.
- Drug Education Program – Fitness and Health Club Project – This was the final component of the Council’s provincial drug education program that received special funding from the Government of Sask-Sport and Recreation Branch. A resource package developed by the Canadian Centre for Ethics in Sport with information on the dangers of steroid use and educational information on a healthy body image was distributed to over 70 health and fitness clubs throughout the province.
- Saskatchewan Pharmaceutical Association Project – The Council worked in partnership with the Saskatchewan Pharmaceutical Association to get a “banned substance” booklet in the hands of every pharmacy in the province. Tent cards were also developed to be placed at dispensary counters at all pharmacies. The cards indicated that athletes and coaches could ask the pharmacist for assistance when choosing over the counter medications.
- Dr. Paul Taillon (SASM) was selected as the Council’s Medical Liaison on the Saskatchewan Team’s Mission Staff for the 2003 Canada Winter Games. Unfortunately, Dr. Taillon was unable to attend the 2003 Canada Winter Games for the full two weeks. A.J. Tabin (SPS) was selected to fill the role of medical liaison in his place.
- 2003 Canada Winter Games-Host Medical Team Hockey Therapist – During the summer of 2002 a new volunteer opportunity developed for our Certificate and Diploma Sport Physiotherapists and our Certified Athletic Therapist members. Mr. Vern Blash, Chef de Mission-2003 Canada Winter Games informed the Council that the Canada Games Council had approved a “pilot project” that would allow each province to nominate a therapist to be part of the Host Medical Team and to be assigned by the Host Medical Team to work with their respective provincial Men’s and Women’s Hockey Teams at the 2003 Canada Winter Games in Bathurst-Campbelton. The individual selected and nominated would have a dual responsibility and was required to work as part of the Host Medical Team as well. The successful candidate was also required to do some work with both the male and female hockey teams prior to the Games, attending training camps, competitions and practices. Karen Craven, Sport Physiotherapist was the successful candidate. However, she was unable to accept the position. The position was filled by Athletic Therapist, Schad Richea.
- The Council sent the following members and staff to the 2003 Western Canada Summer Games as part of Team Saskatchewan Mission Staff: Medical Liaison - AJ Tabin (SPS) was selected as the Council’s Medical Liaison on the Saskatchewan Team’s Mission Staff for the 2003 Western Canada Summer Games. Unfortunately, due to personal reasons AJ was unable to attend the Games. Mr. Schad Richea (Athletic Therapist) was selected to fill the role of medical liaison in his place. His primary responsibility was to ensure the health and safety of athletes both prior to and during the Games. Ryan Flett, Staff Mental Training Consultant was selected as the Science Liaison on

mission staff.

- An initial meeting in 2001 facilitated by Scott Julé (Staff) and Bruce Craven (Staff) determined that the Sask Games Host Committee would benefit from a pre-Games Workshop. In January 2002, the Council provided a one-day pre-games workshop that involved topics ranging from sport taping techniques to emergency medical situations. Dr. Paul Taillon (SASM) and Bruce Craven (Staff) facilitated this workshop. The Council also provided all of our medical equipment (spine boards, treatment tables, sport 1st aid kits, ultrasound, etc) to the Games. In addition, Ryan Flett (Staff) and Bruce Craven (Staff) attended the Games to promote the Council's programs and services.
- SCN-Overtime Show - Dr. Mike Nicholls (SASM), Dr. Bob Haennel (University of Regina, Faculty of PAS) and Ryan Flett (Staff) participated in an SCN Show sponsored by Sask Sport Inc. and produced by Birdsong Communications. It was a weekly program about amateur sports in Saskatchewan. Topics discussed included mental training, sports injuries and benefits of sport and exercise.
- The Council becomes a member of the Sask Sport Inc High Performance Coordinating Committee. Bruce Craven, Staff and Travis Laycock, Staff represent the Council.
- Dr. Mike Nicholls (SASM) attends the "Doping in Sports among Youth in Canada" Conference hosted by the Federal Government.
- The Council provided Drug/Supplement Education and Doping Control Workshops for all Saskatchewan Teams participating in the 2003 Canada Winter Games in New Brunswick. In total 18 group sessions were conducted with a total of 493 athletes and coaches from 89 communities attended this round of workshops. This was the 1st time we had 100% participation from the individual sports.
- A summary of major events members provided event coverage services for:
  - CIS Women's Hockey Championship
  - Sask Open Judo Championship
  - Marian 2002 Gymnastics Invitational Meet
  - World Women's Softball Championship
  - National Youth Water Polo Team (month long training camp)
  - National Junior Team Handball Championship.

## 2003-2004

- Executive and Board of Directors 2003/2004

President – Dr. Mike Nicholls (SASM)

Vice-President – Mrs. Sue Meyers (SPS)

Secretary/Treasurer – Dr. Bob Haennel (University of Regina, Faculty of KHS)

Past President – Dr. Marlys Misfeldt (SASM)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Paul Taillon

Charter Member – Sport Physiotherapy Saskatchewan (SASM), Rhonda Shishkin

Active Member – University of Saskatchewan, College of Kinesiology, Mark Tennant

Active Member – Sask Sport Inc., Cheryl Willoughby

Director-at-Large , Vern Blash

Director-at-Large, Barry MacDougall

Government of Sask-Sport and Rec., Vacant

Executive Director, Mark Henry

Director- Athlete Services, Bruce Craven

Program Coordinator, Scott Julé

Program Coordinator, Travis Laycock

- Standing Committees 2003/2004

### **Sport Science Program Committee**

VACANT, Chairperson

Sue Meyers, SPS

Dr. Kim Dorsch, University of Regina-Faculty of Kinesiology & Health

Dr. Keith Russell, University of Sask-College of Kinesiology

Pat Odnokon, Mental Training Consultant

Stephanie Thoms, Sport Nutrition Consultant

Barry Stockbrugger, Exercise Physiology Consultant

Bart Arnold, Exercise Physiology Consultant

John Neufeld, Coaches Association of Saskatchewan

Bruce Craven, Staff

Ryan Flett, Staff

Travis Laycock, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

Rhonda Shishkin (SPS), Chairperson

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Blaine Whyte, Saskatchewan Athletic Therapists Association

Dr. Brad Waddell, Chiropractors Association of Saskatchewan

Bruce Craven, Staff

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

VACANT, Chairperson

Scott Julé, Staff

Mark Henry, Staff



### **Constitution Committee Members**

Vern Blash, Chairperson

Chuck Armstrong, SPS

Mark Henry, Staff

### **Nominations Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Rhonda Shishkin (SPS), Chairperson

Sask Health Representative

Sask Education Representative

RCMP Representative

Sask Sport Inc. Representative

Coaches Association of Saskatchewan Representative

Council Staff

### **Canadian Sport Centre Saskatchewan Representative**

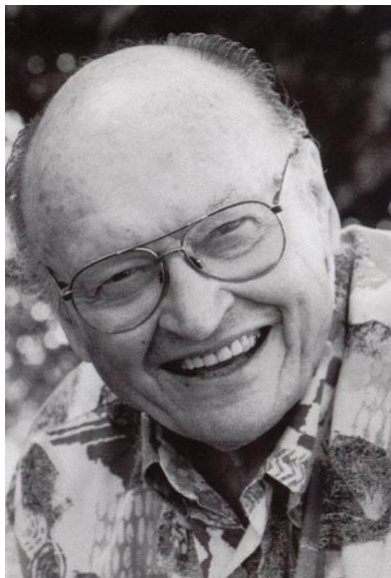
Dr. Marlys Misfeldt (SASM)

- Rhonda Shishkin's (SPS) leadership and hard work leads to the development and implementation of the member's professional development workshop called Sport Med Rounds (later Sport Med Saturdays). These rounds were held monthly. The Sport Med Saturdays were held semi-annually in Saskatoon and Regina. DJ Ortho and Whitehall Robins sponsor the program.
- In November, the Council held a 15th Anniversary Celebration in conjunction with the Grey Cup Sport Medicine Symposium. The Council's staff and Past Presidents (Dr. J.F. Alexander (SASM), Mr. Chuck Armstrong (SASM) and Dr. Marlys Misfeldt (SASM) hosted the event.
- The Council's staff developed an Athlete Training Diary (hard copy) which is used to assist athletes and coaches who were preparing for Canada Games.
- The Council hired Heather Hynes as the Council Staff Nutritionist.
- The Council received a \$40,000 funding grant from Sask Sport Inc. to develop a talent identification (sport match) program. The program was implemented into schools in Saskatchewan. The project plan was to identify potential athletes and provide feedback to them as to what sports they may be suited for based upon some general fitness testing parameters. Staff member, Bruce Craven was in charge of the project with additional services being provided by other individuals. John Crocker (hired under contract) developed the fitness testing parameters and protocol. Jeff Whiting (contract) developed the database for entering the resulted data into and Amy Brockman (contract) was the administrator of the project. All individuals were working on the project on a casual contract basis. The administrator organized regional zone testing camps and conducted data analysis for all the participants that were tested throughout the 6 months. At the conclusion of the summer, 781 pieces of data were printed off for the 508-sample student population. Each participant received information back regarding their test results as well as information about sports that they may be suited for based upon their test results. A final report of the "pilot project" was turned into Sask Sport

Inc.

- 2005 Canada Summer Games Medical Coordinating Committee – A change at the top of the Medical Division hierarchy took place in 2003. Dr. Mike Nicholls (SASM) stepped down as the Vice-President of the Medical Division for the 2005 Canada Summer Games and was replaced by Donna Alport (SPS). Nicholls stayed involved as the Games' CMO. Mark Henry also stepped down as Assistant Vice President and was replaced by Scott Julé. Henry becomes the Council Liaison to the Medical Division.
- Dr. Bill Orban (sport scientist) was inducted into the Saskatchewan Sports Hall of Fame and museum at its annual induction dinner in June of 2003. The Council's Board of Directors endorses Dr. Orban's application. (Information below courtesy Saskatchewan Sports Hall of Fame)
  - *While growing up in Regina, Bill Orban participated in a wide variety of sports. In high school he starred in hockey, football, boxing and athletics. He continued with these throughout his academic career enjoying football, hockey, and boxing at the senior levels in Canada. Orban was the first Canadian to obtain a Ph. D. in Exercise Physiology and while working on this degree became involved in the testing of world-class athletes. He was employed by the Canadian Department of Defence where he developed the famous "5 BX" (Five Basic Exercises) fitness program that proved to be one of the most popular fitness regimens ever developed with over 23 million copies sold worldwide. Soon after this success, Orban went to the University of Saskatchewan as the Director of the School of Physical Education. In 1963 he became associated with a very successful longitudinal study on Child Growth and Development in which a randomly selected group of boys in Saskatoon was followed and studied for ten years. Bill moved to the University of Ottawa in 1966 as Professor and Dean of the School of Physical Education. In 1967, he worked with the Medical Research Team at the Winnipeg Pan-American Games and acted on the Advisory Committee of the National Hockey League. He maintained a steady involvement with the Canadian Association for Health, Physical Education and Recreation (CAPHER) throughout his academic career and reached the level of president by 1971. Through these types of involvement, Bill Orban brought a scientific approach to fitness. His list of papers, publications, research papers, and honours is very lengthy, and all point to the significant contributions Bill has made to the field of sport medicine in Canada and around the world.*

Pictured below is Dr. Bill Orban (Courtesy Saskatchewan Sports Hall of Fame).



- Council staff (Henry, Craven) and members worked on the planning of the 2003 Grey Cup Sport Medicine Symposium held in Regina and hosted by University of Saskatchewan, Continuing Medical Education. Members involved included Dr. W.S. Elliott (SASM), Dr Ron Ailsby (SASM), Dr. J.F. Alexander (SASM), Scott Anderson (SPS), Ivan Gutfriend and Barry Stockbrugger.
- ACL Injury Prevention Awareness Program – The Council assisted Dr. Ron Ailsby (SASM) in the promotion of their ACL Injury Prevention Program.
- The Council completes the remaining workshops in January for the athletes and coaches going to the Canada Winter Games in February. In addition, workshops were held for the Western Canada Summer Games teams, with the final workshop being held on July 30.
- A summary of major events members provided event coverage services for:
  - Junior National Track and Field Championship (Saskatoon)
  - Under 21 National Field Hockey Championship (Regina)
  - National Under 15 and Under 17 All-Star Soccer Nationals (Regina)
  - CIS Women's Hockey Championship (Regina)
  - National Karate Championship (Prince Albert)
  - Regina Queen City Marathon

## 2004-2005

- Sue Meyers (SPS) becomes President
- Saskatchewan Athletic Therapists Association becomes an Active (voting) member of the Council due to the hard work of Lisa Swallow (SATA) and Dale Pitura (SATA). Lisa Swallow becomes the first representative of SATA on the Council's Board of Directors.
- Executive and Board of Directors 2004/2005

President – Mrs. Sue Meyers (SPS)

Vice-President – Rhonda Shishkin (SPS)

Secretary/Treasurer – Mark Tennant (University of Saskatchewan, College of Kinesiology)

Past President – Dr. Mike Nicholls (SASM)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Paul Taillon

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Murray Opdahl

Active Member – University of Regina, Faculty of KHS, Dr. Kim Dorsch

Active Member – Saskatchewan Athletic Therapists Association, Lisa Swallow

Active Member – Sask Sport Inc., Cheryl Willoughby

Director-at-Large, Barry MacDougall

Government of Sask-Sport and Rec., Vacant

Executive Director, Mark Henry

Director- Athlete Services, Bruce Craven

Program Coordinator, Scott Julé

Program Coordinator, Travis Laycock

- Standing Committees 2004/2005

### **Sport Science Program Committee**

VACANT, Chairperson

Dr. Kim Dorsch, University of Regina-Faculty of Kinesiology & Health

Dr. Keith Russell, University of Sask-College of Kinesiology

Pat Odnokon, Mental Training Consultant

Stephanie Thoms, Sport Nutrition Consultant

Barry Stockbrugger, Exercise Physiology Consultant

Bart Arnold, Exercise Physiology Consultant

John Neufeld, Coaches Association of Saskatchewan

Bruce Craven, Staff

Travis Laycock, Staff

Ryan Flett, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

Rhonda Shishkin (SPS), Chairperson

Dr. Paul Taillon, SASM

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Lisa Swallow, Saskatchewan Athletic Therapists Association Dr. Brad

Waddell, Chiropractors Association of Saskatchewan Bruce Craven

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Vern Blash, Chairperson

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

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Chuck Armstrong, SPS

Mark Henry, Staff

### **Nominations Committee Members**

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Mark Henry, Staff

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Mark Henry, Staff

### **Drug Education Advisory Committee Members**

Rhonda Shishkin (SPS), Chairperson

Sask Health Representative

Sask Education Representative

RCM P Representative

Sask Sport Inc. Representative

Coaches Association of Saskatchewan Representative

Council Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Marlys Misfeldt (SASM)

- Sask Sport Inc. approves the Council for a \$105,000 in funding to provide science and medicine services to the athletes and coaches attending the 2007 Canada Winter Games in Whitehorse, Yukon.
- Sask Sport Inc. approves the Council for \$116,000 in funding over two years to develop and implement a Sport Match (Athlete Talent Identification Program). Other program partners included the Federation of Saskatchewan Indian Nations (FSIN), Metis Nation of Saskatchewan, Sport Canada (federal) and the Provincial Government. The focus of the program was on aboriginal youth. The program provided students aged 12-plus with the opportunity to discover sports in which they can achieve participation or developmental success, based on their athletic skills, fitness, natural abilities and personal preferences and interests. The program fostered self-esteem and life-long enjoyment of sport and physical activity as well as a healthy, active lifestyle. Teachers implemented a detailed, but easy to follow package of instructions which incorporates various basic fitness and skill evaluation tests. The testing protocols were developed by the Sport Medicine and Science Council of Saskatchewan. Results will be forwarded to a centralized Sport Match database. All students will receive feedback on their results and receive information on sports they are interested in or have demonstrated an athletic affinity towards. From these tests, potential athletes will be identified for more specialized skill development training and development with specific sport organizations.

- The Council renewed sponsorship agreements with DJ Ortho (\$3,000.00) and Whitehall Robins (\$5,650.00) the sponsors of our professional development workshop (Sport Med Rounds) and with the Dairy Farmers of Saskatchewan (\$5,000.00) to provide nutrition workshops to high school athletes.



- The Council renewed its contract for approximately \$30,000 yearly with the Canadian Sport Centre Saskatchewan to provide sport medicine and science services to all the national, international and Olympic caliber athletes and coaches registered with the Centre and training in the province.
- Dartfish Video Analysis Software Program – The Council negotiated the purchase of 15 copies of the Dartfish program and re-sold them to interested Provincial Sport Governing Bodies. Dartfish is a software training tool that brings cutting edge visual technology to the training site and places powerful video analysis tools at the fingertips of coaches and athletes. The software uses digital video graphics to deliver instant visual feedback without disrupting the flow of the training session. In return, the Council receives a \$2,900 USD upgrade to our own Biomechanics Dartfish Training Program.
- Scouting Solutions-On-Line Training Diary – In partnership with Sask Sport Inc., the Council worked with a local company to develop an on-line training diary that Saskatchewan teams could use for their athletes. The on-line training diary is a resource where Games athletes can log their training, nutritional, mental, and physical fitness data into an on-line calendar. This information can then be accessed by their coaches to view how the athletes are progressing, and to help keep athlete accountability for pre-games preparation.
- Service agreements were reached with the University of Regina, Faculty of Kinesiology and Health Studies-Athletic Department and the University of Saskatchewan, College of Kinesiology- Athletic Department for the provision of sport science consulting services. The Council agreed to allocate from its budget \$20 per University Athlete (traveling team size) for each Universities athletic program. These funds were used for the provision of sport science consulting by the council's Consultants and Staff.
- The Council becomes a partner in the Aboriginal Excellence Program. The program is a Federal-Provincial Bi-lateral Agreement (Sport Canada, Sask Sport Inc, Provincial Government - Department of Culture, Youth and Recreation). The Aboriginal Excellence Program Management Committee is a diverse team of partners that together will build the capacity for aboriginal high performance sport in our province. The partners included the Council and the following; Federation of Saskatchewan

Indian Nations (FSIN), Metis Nation of Saskatchewan (MNS), Coaches Association of Saskatchewan (CAS) and the Provincial Government - Dep't of Culture, Youth, Recreation (CYR), Provincial Sport Governing Bodies (PSGB), Northern Recreation Coordination Committee (NRCC), Sask Sport Inc (SSI). The purpose of the program was to raise the performance level of Aboriginal athlete, coaches, officials, and volunteers leading to increased participation in mainstream sport, aboriginal competitions, and multi-sport games. The target for Aboriginal Excellence funding support is designated to enhance aboriginal sport development initiatives within Saskatchewan. The Council's role included providing science and medicine services to the athletes and coaches attending the North American Indigenous Games (NAIG).

- A summary of major events members provided event coverage services for:
  - 2004 Brier
  - Provincial High School Wrestling Championships,
  - Western Canadian Synchro Skating Championships,
  - National Goalball Championships
  - Canadian Team Handball Championship
  - Canadian Junior Track and Field Championship
  - NTCC Volleyball Championship Canadian Jr.
  - Softball Championship National Juvenile
  - Basketball Championship
  - Saskatchewan Summer Games
  - Queen City Marathon

## 2005-2006

- Executive and Board of Directors 2005/2006

President – Mrs. Sue Meyers (SPS)

Vice-President – Rhonda Shishkin (SPS)

Secretary/Treasurer – Mark Tennant (University of Saskatchewan, College of Kinesiology)

Past President – Dr. Mike Nicholls (SASM)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Paul Taillon

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Murray Opdahl

Active Member – University of Regina, Faculty of KHS, Dr. Kim Dorsch

Active Member – Saskatchewan Athletic Therapists Association, Lisa Swallow

Active Member – Sask Sport Inc., Dale Beck

Director-at-Large, Dr. Brad Waddell

Government of Sask-Sport and Rec., Vacant

Executive Director, Mark Henry

Director- Athlete Services, Bruce Craven

Program Coordinator, Scott Julé

Program Coordinator, Travis Laycock

- Standing Committees 2005/2006

### **Sport Science Program Committee**

VACANT, Chairperson

Dr. Kim Dorsch, University of Regina-Faculty of Kinesiology & Health

Dr. Keith Russell, University of Sask-College of Kinesiology

Pat Odnokon, Mental Training Consultant

Tom Hamilton, Sport Nutrition Consultant

Dr. Shawn Davison, Exercise Physiology Consultant

John Neufeld, Coaches Association

Bruce Craven, Staff

Travis Laycock, Staff

Brie Jedlic, Staff

Heather Hynes, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

Rhonda Shishkin (SPS), Chairperson

Dr. Paul Taillon, Saskatchewan Academy of Sports Medicine

Dr. Mike Nicholls, Saskatchewan Academy of Sports Medicine

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Lisa Swallow, Saskatchewan Athletic Therapists Association

Dale Pitura, Saskatchewan Athletic Therapists Association

Dr. Mark Labrecque, Chiropractors Association of Saskatchewan

Dr. Brad Waddell, Chiropractors Association of Saskatchewan

Bruce Craven, Staff

Scott Julé, Staff

Mark Henry, Staff



## **Communication, Promotion and Sponsorship Committee Members**

VACANT, Chairperson

Scott Julé, Staff

Mark Henry, Staff

## **Constitution Committee Members**

Dr. Mike Nicholls (SASM), Chairperson

Mark Henry, Staff

## **Nominations Committee Members**

Dr. Mike Nicholls (SASM), Chairperson

Mark Henry, Staff

## **Harassment Committee Members**

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Mark Henry, Staff

## **Drug Education Advisory Committee Members**

Rhonda Shishkin (SPS), Chairperson

Sask Health Representative

Sask Education Representative

RCM P Representative

Sask Sport Inc. Representative

Coaches Association of Saskatchewan Representative

Council Staff

## **Canadian Sport Centre Saskatchewan Representative**

Dr. Marlys Misfeldt (SASM)

- Dr. J.F Alexander Volunteer Recognition Dinner – The Council with assistance from Dr. Bryan Barootes (SASM) and Donna Alport (SPS) host a volunteer recognition dinner for Dr. Alexander (SASM). Please see below for pictures from Jacks volunteer recognition dinner.

Pictured below are Cherie and Dr. J. F. Alexander.



Pictured below is the engraved watch presented to Jack in recognition as founder of the Sport Medicine Council of Saskatchewan



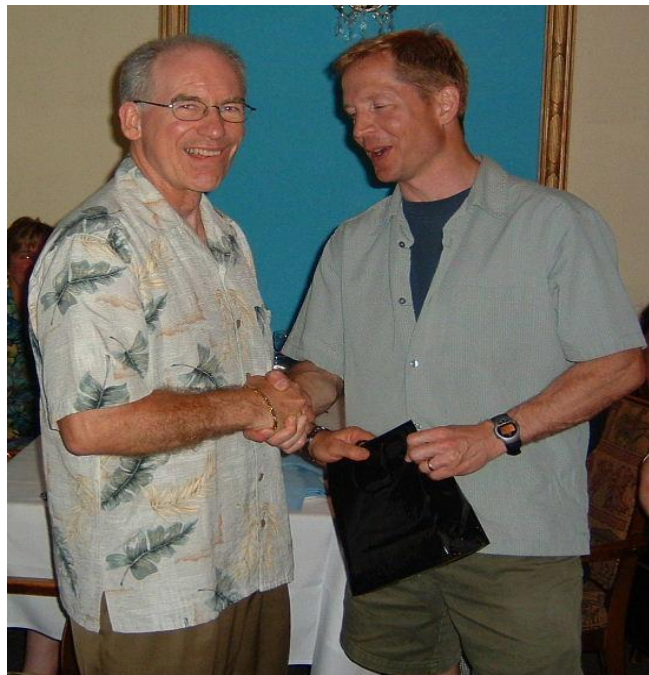
Pictured below are Dr. Bryan Barootes (left) and Dr. Jack Alexander



Pictured below are Louise Ashcroft (left) and Scott Anderson



Pictured below are Dr. Jack Alexander (left) and Dr. Mike Nicholls



Pictured below (left to right) are Dan Farthing, Dr. Mike Nicholls, Sue Ann Farthing and Diane Crosby



Pictured below (left to right) are Sue Pitura, Deanna Chavich and Dr. Warren Dufour



Group Picture (Note: Dale Pitura pictured in centre with white shirt )



- Dr. J.F. Alexander (SASM) receives the Centennial Leadership Award from the Government of Saskatchewan in recognition for his years of volunteer work for the Sport Medicine and Science Council of Saskatchewan. The award and certificate was designed by the Government of Saskatchewan for the 2005 Centennial Celebrations to recognize those volunteers who made a significant contribution to the history of an organization.
- Ryan Flett, Staff Mental Trainer resigns so that he can further his education.
- Mrs. Brie Jedlic is hired (full time) on September 1, 2005 as the Staff Mental Trainer/Canada Games Coordinator. Jedlic was a 5-time National Rowing team member under the name (Ellard) and won silver at the World's in 1997. From there she went on to acquire her M.A. in Kinesiology from the University of Western Ontario, and continued in her sport as a head coach at Grand Valley State University in Michigan.
- Event Medical Coverage - The primary highlight for the year was the Council's involvement with the Canada Summer Games. Other sports we assisted with were speedskating, volleyball, gymnastics, judo, athletics, hockey, cycling, marathon, world disabled volleyball, junior football, rodeo, and cheer leading. The Council also provided coverage for numerous high school wrestling, soccer, and track and field events.
- Medical Coverage of Event Guidelines Manual is revised and rewritten by staff members Bruce Craven and Scott Julé.
- The Council, in partnership with the Canadian Sport Centre Saskatchewan, receives a grant from the National Para Nordic Ski team in the amount of \$50,000. The funds are used to provide science and medicine services to the para-nordic ski team leading up to the 2010 Paralympics. The proposal consisted of services through a Performance Enhancement Team (PET) as well as sport science services through a "Top Secret" research program. Staff (Bruce Craven and Travis Laycock) headed up this program.
- 2005 Canada Summer Games – The Council and its members were extensively involved with the

2005 Canada Summer Games at various levels of the planning process.

Donna Alport (SPC-Sask Member) - Vice-President, Medical Division  
Scott Julé (Council Staff) - Assistant Vice-President, Medical Division and the Council Liaison  
Dr. Mike Nicholls (SASM) - Chief Medical Officer. Louise Ashcroft (SPC-Sask member) - Co-Chair of the Personnel Unit Dale Pitura, (SATA & SPC-Sask member) - Co-Chair of the Venues Unit  
Dr. Warren Dufour, (SASM) - Co-Chair of the Personnel Unit  
Lisa Swallow (SATA) - Team Leader – Athletic Therapists  
Deanna Chavich (SPC) - Team Leader – Physiotherapists  
Gord Chadwick (SCSSC) – Medical Sport Venue Leader  
Brenda Collacott (SPC) – Medical Sport Venue Manager

Other members involved in the Games included: Ryan Debusschere, Duane Banman, Darren Scrapper, Wayne Baiton, Jeff Reihl, Alison Matsyk.

- In addition, many other members were involved during actual Games' time volunteering many hours providing actual medical/paramedical services.

- In total the Medical Division had 550 volunteers:

65 Planning Volunteers  
62 Lifeguards at outdoor venues and Physiotherapists (including students)  
58 Nurses/LPN's  
48 Athletic Therapists  
43 Paramedics and EMT's  
40 Massage Therapists  
40 Physicians  
32 Data Entry Clerks  
27 Support Services personnel  
25 Pharmacists  
23 Doping Control Chaperones  
18 Chiropractors  
7 Ski Patrollers

## 2006-2007

- Rhonda Shishkin (SPS) becomes President
- Executive and Board of Directors 2006/2007

President – Rhonda Shishkin (SPS)

Vice-President – Dale Pitura (SPS)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Mrs. Sue Meyers (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Tom Smith-Windsor

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Marlys Misfeldt

Active Member – University of Saskatchewan, College of Kinesiology, Dr Carol Rodgers

Active Member – Saskatchewan Athletic Therapists Association, Greg Mayer/Lisa Swallow

Active Member – Sask Sport Inc., Rob Kennedy, Staff & Barbara Deets, Volunteer

Director-at-Large, Brad Waddell

Government of Sask-Sport and Rec., Vacant

Executive Director, Mark Henry

Director- Athlete Services, Bruce Craven

Program Coordinator, Scott Julé

Program Coordinator, Travis Laycock

- Standing Committees 2006/2007

### **Sport Science Program Committee**

VACANT, Chairperson

Dr. Kim Dorsch, University of Regina-Faculty of Kinesiology & Health

Dr. Carol Rodgers, University of Sask-College of Kinesiology

Tom Graham, Mental Training Consultant Tom Hamilton, Sport Nutrition Consultant

Dr. Shawn Davison, Exercise Physiology Consultant

John Neufeld, Coaches Association

Bruce Craven, Staff

Travis Laycock, Staff

Heather Hynes, Staff

Brie Jedlic, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

Rhonda Shishkin (SPS), Chairperson

Dr. Mike Nicholls, Saskatchewan Academy of Sports Medicine

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Dale Pitura, Saskatchewan Athletic Therapists Association

Dr. Mark Labrecque, Chiropractors Association of Saskatchewan

Dr. Brad Waddell, Chiropractors Association of Saskatchewan

Bruce Craven, Staff

Scott Julé, Staff

Mark Henry, Staff

## **Communication, Promotion and Sponsorship Committee Members**

VACANT, Chairperson

Scott Julé, Staff

Mark Henry, Staff

## **Constitution Committee Members**

Dr. Mike Nicholls (SASM), Chairperson

Mark Henry

## **Nominations Committee Members**

Sue Meyers (SPS), Chairperson

Mark Henry

## **Harassment Committee Members**

Sue Meyers (SPS), Chairperson

Mark Henry

## **Drug Education Advisory Committee Members**

VACANT, Chairperson

Sask Health Representative

Sask Education Representative

RCM P Representative

Sask Sport Inc. Representative

Coaches Association of Saskatchewan Representative

Council Staff

## **Canadian Sport Centre Saskatchewan Representative**

Dr. Carol Rodgers, University of Saskatchewan, College of Kinesiology

- Mike Nicholls (SASM), Outgoing Past President is recognized for his outstanding contributions to the Council and the athletes of Saskatchewan at the AGM in March.
  - *Instrumental in the amalgamation of the Sport Medicine Council of Saskatchewan and the University of Saskatchewan Sport Science Program 1999-2000 into the Sport Medicine and Science Council of Saskatchewan*
  - *Introduces Concussion resources to the Council and the Sask Sport community through the Saskatchewan Academy of Sports Medicine (SASM) and the Canadian Academy of Sport Medicine*
  - *Chief Medical Officer - 2005 Canada Summer Games in Regina*
  - *Co-Chairperson, Sport Medicine Programs Committee - 2002*
  - *Co-Chairperson, Drug Education Advisory Committee – 2002*
  - *Regular Guest of the SCN Overtime Show sponsored by Sask Sport Inc which is a weekly program discussing amateur sports in Saskatchewan*
  - *Represents Saskatchewan at the “Doping in Sport Among Youth in Canada” Conference hosted by the Federal Government*
  - *Board member 2000-2001*
  - *Vice-President 2001-2002*
  - *President 2002-2004*
  - *Past President 2004-2006*



Pictured below is Mike Nicholls (Circa 2006)



- The Sport Medicine Program Committee (Rhonda Shishkin, Chair) revised and improved our member's professional development seminars (Sport Med Rounds). The new and improved program is called Sport Med Saturday's. The Council continued to receive sponsorship for the program from Whitehall Robins (\$6,000) and DJ Ortho (\$3,000).
- The Council negotiates an increase to our Dairy Farmers of Saskatchewan Grant from \$5,000 to \$8,000.
- The Council renewed the contract with the Canadian Sport Centre Saskatchewan (CSCS). The new contract will also include extra funding in the amount of \$40,000. This funding will be used to administer 3 new initiatives on behalf of the CSCS. The initiatives include:
  1. Weekly CSCS athlete social training activities in Regina and Saskatoon through the CSCS GymFit partners.
  2. Monthly coach professional development opportunities with the Canada Games coaches and the CSCS Regional Training Group coaches.
  3. Monthly monitoring of the Canada Games teams Yearly Planning Instrument (YPI) and camp coordination.
- National Para-Nordic Ski Team - The Council continues its contract with the National Para-Nordic Ski team to provide a Performance Enhancement Team (PET) for their national and developmental team. Direct funding for the PET was provided in the amount of \$30,000 for the 2005/2006 budget year and \$40,000 for the 2006/2007 budget year. In addition, the Council is involved in TOP SECRET Research with the National Team. Direct funding for TOP SECRET has been provided in the amount of \$20,000 for the 2005/2006 budget year. Staff members, Bruce Craven and Heather Hynes, as well as Board Member, Carol Rodgers are members of the PET.

- Rhonda Shishkin (SPS) and Bruce Craven (Staff) complete the manual and course content revision of the Sport Taping Course. The manual becomes a compulsory component of the course with each participant receiving a copy of it.
- Sport Match Program takes on a new direction and the Council's role with the program is completed. The Program's focus was to educate students about sport as well as finding potential athletes for the 2006 North American Indigenous Games. Sport Match decided to expand the mandate of the program by pursuing a partnership with In-Motion as well as a partnership with the Saskatchewan Physical Education Association (SPEA). As a result, the program decided to adopt and implement the Legacy 2010 Sport BC program known as "SportFit". The implementation of this new program will focus on sport awareness and participation instead of talent identification.
- The North American Indigenous Games (NAIG) take place in Denver, Colorado in July of 2006. Heather Hynes (Staff) attended the games as part of Team Saskatchewan Mission Staff as well as organizing the nutritional requirements for the 16-hour bus trip to and from the games.
- The Council provides (sells) Sport First Aid supplies and medical bags to the World Cricket Championships in Barbados. This turns out to be a large fundraiser for the Council.
- The Council provides Drug Education & Doping Control presentations for the 2007 Canada Winter Games teams. In total 13 workshops were held for Canada Winter Games teams in 2006. Throughout the year a number of other workshops were also held for the following organizations and teams:
  - University of Regina rookies
  - University of Regina – Veterans
  - University of Regina - Soccer
  - Saskatoon Hilltops
  - Regina Thunder
  - Junior National Women's Volleyball team
  - Team Canada Jr. Curling team
  - Team Sask Provincial Water polo team
  - Football Sask Senior Bowl participants
  - Football Sask U19 All Star program
- A summary of major events members provided event coverage services for:
  - U17 World Hockey Championships
  - Knights of Columbus Indoor Games
  - Queen City Gymnastics Invitational Meet
  - 2006 Sask Winter Games
  - Sask High School Athletics Association Wrestling & Track and Field Events
  - Tim Horton's Brier (Men's Curling Championship)
  - Sask Hockey Association Provincial Bantam Tournament
  - Saskatoon Track & Field Championships
  - Canadian Senior Wrestling Championship
  - Tae Kwon Do Nationals
  - Canadian U16 & U14 All Star Soccer Championships
  - World Karate (Black Belt) Championship
  - Sask High School Soccer Championships
  - CIS Western Soccer Championship Regina
  - Agribition Rodeo
  - Numerous high school wrestling events

## 2007-2008

- Executive and Board of Directors 2007/2008

President – Rhonda Shishkin (SPS)

Vice-President – Dale Pitura (SPS)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Mrs. Sue Meyers (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Tom Smith-Windsor

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Marlys Misfeldt

Active Member – University of Saskatchewan, College of Kinesiology, Dr. Carol Rodgers

Active Member – Saskatchewan Athletic Therapists Association, Lisa Swallow

Active Member – Sask Sport Inc., Rob Kennedy, Staff & Harvey Lavigne, Volunteer

Director-at-Large, Dr. Brad Waddell

Executive Director, Mark Henry

Director- Athlete Services, Bruce Craven

Program Manager, Scott Julé

Program Manager, Travis Laycock

- Standing Committees 2007/2008

### **Sport Science Program Committee**

VACANT, Chairperson

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Dr. Carol Rodgers, University of Sask-College of Kinesiology

Tom Graham, Mental Training Consultant Tom Hamilton, Sport Nutrition Consultant

Dr. Shawn Davison, Exercise Physiology Consultant

John Neufeld, Coaches Association of Saskatchewan

Bruce Craven, Staff

Travis Laycock, Staff

Heather Hynes, Staff

Brie Jedlic, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

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Dr. Mike Nicholls, Saskatchewan Academy of Sports Medicine

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Kim Jones and Kari Hiebert, Saskatchewan Athletic Therapists Association

Dr. Mark Labrecque, Chiropractors Association of Saskatchewan

Dr. Brad Waddell, Chiropractors Association of Saskatchewan

Bruce Craven, Staff

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

VACANT, Chairperson

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

Dale Pitura (SPS), Chairperson

Mark Henry, Staff

### **Nominations Committee Members**

Sue Meyers (SPS), Chairperson

Mark Henry, Staff

### **Harassment Committee Members**

Sue Meyers (SPS), Chairperson

Mark Henry

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Carol Rodgers, University of Saskatchewan, College of Kinesiology

- The Council renewed its contract with the Canadian Sport Centre Saskatchewan for approximately \$135,000 annually.
- The Aboriginal Excellence Program Committee approves the Council for a \$15,000 grant to provide science and medicine services to aboriginal athletes and coaches. The purpose of the program is to raise the performance level of Aboriginal athletes, coaches, officials and volunteers leading to increased participation in mainstream sport, aboriginal competitions, and multi-sport games.
- Mental Training Laboratory – The Council in partnership with the Canadian Sport Centre Saskatchewan (CSCS) begins working towards an agreement with the University of Regina, Faculty of Kinesiology and Health Studies. The agreement would see the establishment of a Mental Training Laboratory at the University of Regina whereby the Council Mental Training Staff person would have office space. Dr. Kim Dorsch, University of Regina member, would lead this initiative.
- The Council creates the “Learning to Play and Practice” pilot project initiative based on the “Canadian Sport for Life” publication on Long-Term Athlete Development with a special focus on exercise skill training, mental wellness, nutrition, and recovery. The “Canadian Sport for Life” model takes into consideration principles of growth and development, notably the developmental age of athletes. The Council hires Sarah Junkin and Jon Little on a contract basis to develop and implement the program. A resource binder is created with age appropriate games and activities for grades 4 to 8 focused on development of fundamental movement skills and physical literacy across the 6 areas of the LTAD: Stamina (Endurance), Strength, Speed, Skill, and Suppleness (Flexibility). The Council meets with a few key players in the Saskatoon Public School Board and In-Motion to get feedback on the pilot project. Feedback received is positive. Our team partners with 5-10 physical educators in the Saskatoon area to pilot the resource binder in a school setting. The “pilot project” was reviewed at the end of December 2007 and it was decided to continue with the “pilot project” until June of 2008.
- Sport Science Fellowships - The Council contracted 2 individuals in Saskatoon to fulfill the need of casual consulting and special projects. Jonathon Little was contracted for 40 hours a month in the area of Exercise Physiology and Sarah Junkin was contracted for 80 hours a month in the area of Mental Training. In addition to providing some casual consulting on behalf of the Council the two worked on the “Sport for Life” – Long Term Athlete Development initiative.
- 2007 Canada Winter Games - The Council works extensively with the Teams in their preparation for the Games. Brie Jedlic, Staff Mental Trainer and Heather Hynes, Staff Nutritionist represented the Council on the Team Sask Mission Staff. Also attending the Games was Dr. Dave Millar

(chiropractor), who was the Medical Liaison. The Games took place in Whitehorse, Yukon, Feb. 24th – Mar.10th, 2007.

- 2007 Western Canada Summer Games – The Council provides services to the coaches and athletes in preparation for these Games. The Western Canada Summer Games took place in Sherwood Park, Alberta, August 3-11, 2007. Contracted Staff Mental Trainer, Sarah Junkin, attended the Games as the Science Liaison on Mission Staff, and Athletic Therapist, Kari Hiebert, attended the Games as the Medical Liaison on Mission Staff.
- 2009 Canada Summer Games – The Council assists in developing a Yearly Planning Tool to help the PSGB's in planning for sport science in their Canada Games grant application. In addition, the Council conducted 2 coaches' workshops on planning during the fall of 2007. The Council has been working very closely with the full-time coaches that were hired through the Canada Games Building Dreams and Champions Coach Employment Program.
- The Council continued its work with the National Para Nordic Ski Team.
- 2007 saw the Council provide 33 Drug Education and Doping Control Workshops/Consults. This was the most since 2003 when 36 workshops were completed.
- Heather Hynes, Staff completed her CCES Doping Control Training and begins working with Scott Julé in providing our Drug Education and Doping Control Workshops.
- The Council hosts two successful Sport Med Saturday's Members Professional Development seminars. In March in Regina at the University of Regina (98 registered attendees) and in Saskatoon at the University of Saskatchewan in October 95 registered attendees).
- Sponsors of Sport Med Saturdays', Dj Ortho (\$4,000) and Whitehall Robins (\$2,000) were secured for the 2007 fiscal year.
- A summary of major events members provided event coverage services for:
  - Saskatoon High School Wrestling Championship
  - Canadian Gymnastics Championship in Regina
  - West Central Track Meet in Saskatoon
  - Provincial Track and Field Championship in Yorkton
  - U19 Men's Volleyball Championship in Regina

## 2008-2009

- Dale Pitura (SPS) becomes President
- Executive and Board of Directors 2008/2009
  - President – Dale Pitura (SPS)
  - Vice-President – Dr. Marlys Misfeldt (SASM)
  - Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)
  - Past President – Rhonda Shishkin (SPS)
  - Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Tom Smith-Windsor
  - Charter Member – Sport Physiotherapy Saskatchewan (SPS), Scott Anderson
  - Active Member – University of Saskatchewan, College of Kinesiology, Dr. Carol Rodgers
  - Active Member – Saskatchewan Athletic Therapists Association (SATA), Lisa Swallow
  - Director-at-Large, Dr. Brad Waddell
  - Sask Sport Inc. Advisor, Rob Kennedy, Staff
  - Executive Director, Mark Henry
  - Director- Athlete Services, Bruce Craven
  - Program Manager, Scott Julé
  - Program Manager, Travis Laycock
- Standing Committees 2008/2009

### **Sport Science Program Committee**

VACANT, Chairperson

Dr. Kim Dorsch, University of Regina-Faculty of Kinesiology & Health

Dr. Carol Rodgers, University of Sask-College of Kinesiology

Tom Hamilton, Sport Nutrition Consultant

Bruce Craven, Staff

Travis Laycock, Staff

Heather Hynes, Staff

Brie Jedlic, Staff

Mark Henry, Staff

### **Sport Medicine Program Committee**

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Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Lisa Swallow, Saskatchewan Athletic Therapists Association

Dr. Mark Labrecque, Chiropractors Association of Saskatchewan

Bruce Craven, Staff

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

VACANT, Chairperson

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

Dale Pitura (SPS), Chairperson  
Mark Henry

### **Nominations Committee Members**

Rhonda Shishkin (SPS), Chairperson  
Mark Henry

### **Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
Mark Henry, Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Carol Rodgers, University of Saskatchewan, College of Kinesiology

- Rhonda Shishkin (SPS), Outgoing President is recognized for her outstanding contributions to the Council and the athletes of Saskatchewan at the AGM in March.
  - *Board of Directors 2001-2004*
  - *Chairperson, Sport Medicine Programs Committee 2003-2008*
  - *Chairperson, Drug Education Advisory Committee 2003-2005*
  - *Instrumental in the development and implementation of the member's professional development workshop called Sport Med Rounds (later Sport Med Saturday's)*
  - *Vice President 2004-2006*
  - *Revised Sport Taping Manual 2007*
  - *President 2006-2008*
  - *Past President 2008-2009*

Pictured below is Rhonda Shishkin



- Sue Meyers (SPS, Outgoing Past President is recognized for her outstanding contributions to the Council and the athletes of Saskatchewan at the AGM in March.
  - *Board Member 1998-2002*
  - *Medical Coverage Committee Chairperson 1999-2000*
  - *Sports Medicine Programs Committee Member 2001-2002.*
  - *Vice President 2002-2004*
  - *President 2004 2006*
  - *Past President 2006-2008*
  - *Provided countless hours of medical coverage to numerous events and major games in*

*Saskatchewan, especially in the northern part of the province.*

Pictured below is Sue Meyers (Circa 2018)



- Under the leadership of President Dale Pitura (SPS) the Council begins a review and update of our current strategic and long range planning document. This document includes our mission statement, vision, strategic goals and objectives.
- The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS). The Council received approximately \$135,000 in funding for services.
- Mental Training Laboratory – The Council, University of Regina, Faculty of Kinesiology and Health Studies and the Canadian Sport Centre Saskatchewan reach an agreement to establish a Sport Psychology Laboratory at the University of Regina, Faculty of Kinesiology and Health Studies. The Canadian Sport Centre Saskatchewan provided \$30,000 in funding for the lab. The primary purpose for the lab is:
  - to assist mental training practitioners to better service athletes, coaches, officials and other sport professionals in Saskatchewan;
  - to enable the University to position itself for research opportunities and applied programming;
  - provide the necessary office space to enable Council and CSCS to have a fixed location at the University to better serve athlete and coach clients.
  - house equipment for academic research and applied service for athletes and coaches.
- Sask Sport Inc. /Coaches Association of Saskatchewan Coaching Conference – The Council plays an active role in the planning for this conference. Bruce Craven & Travis Laycock were members on the committee. Staff members, Brie Jedlic, Bruce Craven, and Heather Hynes all conducted sessions at the conference. Sport Science Consultants, Kim Dorsch, Ralph Schoenfeld, and Shawn Kuster also presented. Dr. Kim Dorsch (University of Regina, Faculty of KHS) is the director of the laboratory.

(Pictured below is Dr. Kim Dorsch)





- National Sport Science & Medicine Advisory Committee – Staff member Bruce Craven is selected as a member of this Committee. It meets 2 times per year to discuss future sport science planning. Heather Hynes and Brie Jedlic also attend science specific meetings at the National Committee level.
- A summary of major events members provided event coverage services for:
  - Canadian Tae Kwon Do Olympic Trials
  - Four Saskatoon High School Wrestling tournaments
  - Senior Saskatoon High School Wrestling Championship
  - Junior Saskatoon High School Wrestling Championship
  - Saskatchewan High School Athletics Association Wrestling Championship
  - National Cadet and Juvenile Wrestling Championship
  - National Senior Team Handball Championship
  - West Central School Division Track and Field Championship
  - Saskatoon High Schools Track and Field Championship
  - Saskatchewan High School Athletics Association Track and Field Championship
  - Canadian Masters Track and Field Championship
  - KickStart Soccer Tournament
  - Agribition Rodeo
- Sport Med Saturday's Professional Development Seminars – Two very successful events were held in 2008. The first one was in April in Regina (The Neck) at the University of Regina and the second one was in Saskatoon at the University of Saskatchewan (The Shoulder Problems in the Overhead Athlete).

- Executive and Board of Directors 2009/2010

President – Dale Pitura (SPS)

Vice-President – Dr. Marlys Misfeldt (SASM)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Vacant

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Tom Smith-Windsor

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Scott Anderson

Active Member – University of Saskatchewan, College of Kinesiology, Dr. Carol Rodgers

Active Member – Saskatchewan Athletic Therapists Association (SATA), Lisa Swallow

Director-at-Large, Dr. Brad Waddell

Sask Sport Inc. Advisor, Rob Kennedy, Staff

Executive Director, Mark Henry

Manager, Education and Safety Programs, Scott Julé

Manager, High Performance Programs, Travis Laycock

- Standing Committees 2009/2010

**Sport Science Program Committee**

VACANT, Chairperson

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Dr. Carol Rodgers, University of Sask-College of Kinesiology

Tom Hamilton, Sport Nutrition Consultant

Travis Laycock, Staff

Heather Hynes, Staff

Brie Jedlic, Staff

Mark Henry, Staff

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Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Lisa Swallow, Saskatchewan Athletic Therapists Association

Dr. Mark Labrecque, Chiropractors Association of Saskatchewan

Scott Julé, Staff

Mark Henry, Staff

**Communication, Promotion and Sponsorship Committee Members**

VACANT, Chairperson

Scott Julé, Staff

Mark Henry, Staff

**Constitution Committee Members**

Dale Pitura (SPS), Chairperson

Mark Henry, Staff

**Nominations Committee Members**

VACANT, Chairperson

Mark Henry, Staff

**Dispute Resolution/Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson  
Mark Henry, Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Carol Rodgers, University of Saskatchewan, College of Kinesiology

- Dr. Marlys Misfeldt receives Sask Sport Inc. Volunteer Recognition Award
  - *Doctor of Medicine 1981, University of Saskatchewan.*
  - *Diploma in Sport Medicine, Canadian Academy of Sports Medicine 1995*
  - *Vice President of Saskatchewan Academy of Sport Medicine 1993 to 1994.*
  - *President of Saskatchewan Academy of Sport Medicine 1995 to 1997.*
  - *Board Member Sport Medicine Council of Saskatchewan 1991-1992*
  - *Instrumental in the amalgamation of the Sport Medicine Council of Saskatchewan and the University of Saskatchewan Sport Science Program back in 2000*
  - *President of Saskatchewan Sport Medicine Council of Saskatchewan and the Sport Medicine and Science Council of Saskatchewan (2010), March 1994 to 2002.*
  - *Chairperson, Provincial Drug Education Advisory Committee 1996-1999*
  - *Oversaw the development of the Council's award winning Body Image Video 1996-1998*
  - *Vice President of Saskatchewan Sport Medicine and Science Council 2009*
  - *Treasurer of the Saskatchewan Academy of Sport Medicine 2009*
  - *Traditional Karate Canada Sport Medicine Chairperson, 1991 to present.*
  - *Saskatchewan In Motion Ambassador 2003 to present.*
  - *Chief Medical Officer for the Canadian Special Olympics Winter Games, Saskatoon (February 1992).*
  - *Chief Medical Officer for World Junior Volleyball Tournament 1999.*
  - *Chief Medical Officer for the Mastercard Skate Canada 2003.*
  - *Medical Staff at Canada Summer Games 1985.*
  - *Medical Staff at Canadian National Track and Field Meet, Saskatoon (1992).*
  - *Medical Staff, Dive Canada, Saskatoon (1992).*
  - *Medical Staff, Saskatchewan Provincial Track and Field Championships, Saskatoon (June 1993).*
  - *Medical Staff, Saskatchewan Winter Games, Kindersley (February 1994).*
  - *Medical Staff for gymnastic competitions in Saskatoon.*
  - *Volunteer team physician for Saskatoon Storm (1990- 1992) and Saskatoon Slam (1993-1994) professional basketball teams.*
  - *Team physician for the Huskie Basketball teams, men and woman, 2004 to present*
  - *Huskie wrestling tournament (regularly).*
  - *Huskie hockey tournaments, (occasional).*
  - *Huskie track and field meets (occasional).*
  - *Knights of Columbus Track and Field meets (regularly).*
  - *Medical staff National Junior Rugby Tournament and rugby league games.*
  - *High school wrestling from 1996 to present from school events, city and provincial tournaments plus high school football, soccer games over the years.*
  - *I have been recognized by the Saskatoon Hilltops for my volunteering at practices and helping out with injured players.*
  - *National Ballet of Canada events in Saskatoon.*
  - *National Soccer events in Saskatoon including training camps and coverage for teams playing games.*
  - *International Traditional Karate Federation, Sport Medicine Committee, 1995 to present.*
  - *CASM Women in Sport Medicine Committee member, 1990 to 1995.*

- *Sport Nutrition Advisory Committee of Sport Medicine Council of Canada, 1991 to 1993.*
- *Canadian Sport Center, Saskatchewan, 2006 – 2008.*
- Bruce Craven resigns as an employee of the Council after more than 15 years of providing high quality sport science and sport medicine services to athletes and coaches in Saskatchewan. He goes into private business full time. Craven continues to provide services to high performance athletes and coaches on behalf of the Council through his private business, Craven Sport Services with his spouse, Karen.
- The following article recognizing Bruce's accomplishments appeared in our 2009 Summer Newsletter
  - When Bruce Craven was initially handed some survey results and an executive summary back on May 1, 1991 and tasked to start the Saskatchewan Sport Science Project (at that time a 16 month term with a budget from Sask Sport which was administered through the U of S) I don't think he could have ever imagined that this initial step would lead him to a career and employment that would span the next 17 years and 9 months. That is how long he was employed within the 'system' until his recent resignation on February 28 of this year from the Sport Medicine and Science Council of Saskatchewan. The contributions Bruce made to the Sport Science Project (1991- 1993), the Sport Science Program (1993- 2000), and the Sport Medicine and Science Council of Saskatchewan (2000 – 2009) have been instrumental in the development of countless athletes across this province. Many of the athletes who worked with Bruce have competed at World Championships, Olympics, Paralympics, National Championships, the Canada Games, as well as many local events. It was evident immediately of Bruce's 'true calling' for this type of a career when the salary for his first job with the sport science project was actually less than what he was making as a part time physio and grad student the year previous, but as Bruce always said "I loved what I did" . It would be futile to even attempt to list all of Bruce's highlights and major achievements during his almost 18 year tenure with the Council as well as his work at with the Canadian Sports Centre - Saskatchewan and the U of S, as he had so many, but in the following paragraphs we will touch on some of the more memorable ones. Bruce was always on the 'cutting-edge' in providing sport medicine and science services (or at least as cutting edge as he could be considering the funding available in the non- profit world). A few examples of this were in February of 1999 when he conducted sport medicine and science consulting through video conferencing between Saskatchewan and Newfoundland during the Canada Winter Games; and in 1993 when he purchased a 1 Gigabyte Hard Drive (at the time this was big!) for our new Peak Illustration video analysis program for approx. \$1000 and had to get a special technician to install a hard drive so it could run DOS. He started the Human Performance Center at the University of Saskatchewan and the Elite Hockey Conditioning Program at the University of Saskatchewan as a mechanism to provide practical experience for graduate students to apply sport science knowledge. His first student was Bart Arnold, followed by Jason Weber, and numerous other consultants that continue to work with our athletes today. His attendance and involvement at National and International events as well as with National teams/ organizations was always vital to the success of Saskatchewan athletes at those events or on those teams. He attended the 1993, 1995, 1997, 1999, and 2005 Canada Games as well as the 1999 Pan Am Games; and has for a number of years represented Saskatchewan on the National Sport Science and Medicine Advisory Committee and continues to do so at the request of the Director of Sport Medicine and Science for Podium Canada. He was the head of the IST (integrated support team) for the Para-Nordic National team and was an IST member for the Canadian Yachting (Sailing) Association. He also worked with and travelled with the Canadian Goalball team from 1998 – 2004. His expertise was vital in the development of the Sport Medicine and Science Council's Strength and Flexibility Training Manual and Exercise Physiology Manual (written by Shawn Davison), as well the role he played in the development of Hockey Canada's 'Hockey Trainers Safety Program' and 'Speak-Out'. Bruce noted he has always been grateful to the Council that he was allowed to have the flexibility to enjoy his family during their early years as well the added flexibility to teach in the College of Kinesiology and School of Physical Therapy. "I never went to 'work' a day for almost 18 years...I was lucky enough to have a job that I loved and the ability to excel within that environment". The athletes and coaches ... that is who I truly worked for ... as I said to many, "I am simply the help! Also, the opportunity to learn from so many professionals and consultants in many different areas was amazing. But in the end, what I'll miss most is the people!" Bruce's current and future plans are to work in the 'private industry' where he and his wife Karen own and operate Craven Sports Services in Saskatoon. A move such as this only seems 'natural' as it falls into what Bruce does best - working with athletes. He will also be one the Council's casual consultants where he will have the opportunity to work with many of the athletes he had been involved with while with the Council. The Sport Medicine and Science Council of Saskatchewan cannot thank Bruce enough for his expertise, work ethic, and his overall contribution to the Council and the athletes and coaches of the province. The Council is, in no small part, where we are today because of Bruce. Good luck, Bruce!

Pictured below is Mark Henry, Executive Director (left) presenting Bruce Craven with a staff service recognition award.



- The Council makes significant progress on the development of our long range planning document. As part of this process a strategic planning workshop was held in April. Key stakeholders provided us with valuable feedback during the weekend. Using the gathered information the Board and Staff worked on the development of a “strategic plan draft”.
- Brie Jedlic (Staff, Mental Trainer) and Heather Hynes (Staff, Nutritionist) are trained to be Learning Facilitators for the NCCP Competition-Development modules through the Coaches Association of Saskatchewan. Numerous other Consultants also became Facilitators.
- The Council works with the Aboriginal Coaches Association in providing coach education. One (1) day sessions with presentations on Nutrition, Mental Training, Strength & Conditioning, and Injury Prevention occur in La Ronge, Meadow Lake, Saskatoon and Whitewood.
- Lisa Benz, Staff Mental Trainer is hired to fulfill Brie Jedlic’s position while she is on maternity leave starting November 1, 2009.
- 2009 Canada Summer Games –The Council completed working with the sport teams that attended the Games in P.E.I. Staff Mental Trainer, Brie Jedlic (Staff) attended the Games as the Sport Science representative on the Team Sask Mission Staff, while Sport Physiotherapy Saskatchewan (SPS) Member, Louise Ashcroft attended the Games as the Sport Medicine (medical liaison) representative on the Team Sask Mission Staff.
- The Council continues to be contracted to work with the Canadian Sport Centre Saskatchewan. Some of the groups we provide services to include the National Wrestling Team and nationally recognized Saskatchewan Curling Teams.
- 2010 Sask Winter Games - As a result of the Council’s extensive experience with Event Coverage as well as our involvement with the Canada Summer Games in 2005, we were asked by the Saskatchewan Games Council to become involved with the Moose Jaw Host Medical Committee. Our role is to assist the organizing committee in the establishment of basic roles & responsibilities, time lines, personnel recruitment plan, polyclinic development plans and procurement of medical equipment and supplies. Scott Julé represents the Council.
- National Sport Science Medicine Advisory Committee (NSSMAC) – With the resignation of Staff member Bruce Craven, Heather Hynes is appointed by the Council and the Canadian Sport Centre Saskatchewan to represent Saskatchewan on the National Sport Science and Medicine Advisory

Committee (NSSMAC).

- Dairy Farmers of Saskatchewan Grant - The Council renewed our contract for an amount of \$9,000 to provide nutrition workshops to athletes and students throughout the province. The new contract allowed for "FREE" service to groups outside of the High Schools providing it targets audience would be children aged 13-18 years. As a result of this change, the Program name was changed to the "Dairy Farmers of Saskatchewan Nutrition Program"
- The Council completes the provision of our Drug Education and Doping Control Workshops for the 2009 Canada Summer Games teams. These were a total of 24 workshops conducted for this Canada Summer Games cycle.
- Heather Hynes (Staff) is selected to be one the Doping Control Officers for the 2010 Olympics in Vancouver.
- The Canadian Centre for Ethics in Sport develops 'on-line' drug education and doping control presentations. The Council and the Sask Games Council agree that the Council will continue conducting the in-person workshops to Western Canada and Canada Games athletes/teams and will use the on-line resource as a backup to the workshops.
- The Council Staff (Scott Julé) provided consultative services to the Medical Committee for the World Junior Hockey Championship held in Regina and Saskatoon. We also provided medical equipment for the event.
- A summary of major events members provided event coverage services for:
  - Saskatoon High School Wrestling
  - Tae Kwon Do Tournament, Regina
  - Saskatoon High School Wrestling Tournaments (3)
  - Saskatoon High School Wrestling City Championship
  - Provincial High School Wrestling Championship
  - Canadian Wrestling Championship
  - Canadian Junior Team Handball Championship
  - West Central Track and Field Meet
  - Softball Canada National Try-outs
  - Senior Soccer Club Nationals CCA
  - National Finals Rodeo
- The Council conducts 147 sales transactions for sport first aid kits and supplies, the most ever.
- The Council conducts two very successful Sport Med Saturday's Conferences. The first one was held in Regina at the University of Regina. The topic was 'Shin Splints and Related Lower Leg Injuries'. A total of 112 people attended (the most ever). The second one was held on Saskatoon at the University of Saskatchewan with the topic being 'Knee Injuries'. In total 97 people attended.
- The Saskatchewan Physiotherapy Association awarded the Council with a Special Recognition Award for the Sport Med Saturday's Program and the opportunity it provides to the physiotherapists in the province. Dale Pitura (SPS) accepted the award on behalf of the Council in April in Saskatoon.
- The Council filled 1241 Program Service Requests in 20 Service Areas throughout the year of 2009.

- Dr. Marlys Misfeldt (SASM) becomes President
- Executive and Board of Directors 2010/2011
  - President – Dr. Marlys Misfeldt (SASM)
  - Vice-President – Scott Anderson (SPS)
  - Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)
  - Past President – Dale Pitura (SPS)
  - Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Alex Yatsina
  - Charter Member – Sport Physiotherapy Saskatchewan (SPS), Jill Apskrum
  - Active Member – University of Saskatchewan, College of Kinesiology, Doug Hillis
  - Active Member – Saskatchewan Athletic Therapists Association, Lisa Swallow
  - Director-at-Large, Brad Waddell
  - Sask Sport Inc. Advisor, Rob Kennedy, Staff
  - Executive Director, Mark Henry
  - Manager, Sport Medicine Services, Scott Julé
  - Manager, Sport Science Services, Travis Laycock

- Standing Committees 2010/2011

### **Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health  
Mr. Doug Hillis, University of Sask-College of Kinesiology  
Mark Henry, Staff  
Travis Laycock, Staff  
Heather Hynes, Staff Nutritionist  
Lisa Benz, Staff Mental Trainer

### **Sport Medicine Program Committee**

Scott Anderson (SPS), Chairperson  
Dr. Marlys Misfeldt, SASM  
Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter  
Lisa Swallow, Saskatchewan Athletic Therapists Association  
Dr. Mark Labrecque, Chiropractors Association of Saskatchewan  
Scott Julé, Staff  
Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

VACANT, Chairperson  
Scott Julé, Staff  
Mark Henry, Staff

### **Constitution Committee Members**

Dale Pitura (SPS), Chairperson  
Lisa Swallow, SATA  
Mark Henry, Staff

### **Nominations Committee Members**

Dale Pitura (SPS), Chairperson  
Mark Henry, Staff

## **Dispute Resolution/Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

## **Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS

- Brie Jedlic resigns as the Council's Mental Trainer. Lisa Benz is hired as her replacement.
- The following letter appeared in our 2010 Summer Newsletter. Brie Ellard-Jedlic – Saying goodbye, but not going far...

*I will be eternally grateful to the staff and the board of the Sport Medicine and Science Council of Saskatchewan (SMSCS), as well as to all my colleagues, for their support and encouragement during my employment with the Council for the last 4 years. I also want to thank all of the great athletes and coaches who I had the pleasure of working with. It was an incredible challenge and a very rewarding experience! My work with the Council allowed me to hone my skills as a professional in the field of mental training, and, building on my experience there, I am proud to announce that I have now started up my own business, called Good to Great Mental Training. This new venture will enable me to continue to pursue my passion, working as a mental trainer, while allowing me more time with my young family. Although I am branching out on my own, I will also be on the consultant list for the SMSCS. I am really looking forward to building my new consulting business, continuing to work with my current clients, and beginning to work with many new clients. I look forward to helping them achieve their greatest potential in sport, and in life! Thank you again!*

Pictured below is Brie Jedlic



- Under the leadership of Dale Pitura, the Council completes its 2010-2012 Strategic and Long Range Plan and begins its implementation. One of the major objectives is to increase the amount of sport medicine services the Council provides.
- The Council enhances its sport medicine education program. Sessions are now available on the following:
  - Injury Prevention (Warm up/Cool down, Stretching, Flexibility, Biomechanics)
  - Injury Assessment & Recognition
  - Emergency Action Plan
  - Injury Care of Common Injuries
  - Life Threatening Injuries



- The Council provides 28 Drug Education and Doping Control Workshops for athletes preparing for the 2011 Canada Winter Games.
- The Council's event coverage program provided services to 9 major events in 2010.
  - Grand Master Kim's Tae Kwon Do Tournament
  - Saskatchewan Winter Games
  - Ringette Nationals
  - Western Canadian Gymnastics Championship
  - Provincial Youth Team Handball Championship
  - West Central School District Track and Field Championship
  - Provincial High School Track and Field Championship U20
  - Prairie Rugby Championship
  - Canadian Agribition Rodeo
- The Council renewed its service contract with the Canadian Sport Centre Saskatchewan. The Council received approximately \$104,000 in funding for services provided in 2010.
- Sask Sport completes the Annual Funding review for all members including the Council. The review results in the elimination of the Council's sport science and medicine service grant for the Canada Games teams. However, these funds are still available but will be incorporated into our Annual Funding. Provincial Sport Governing Bodies are now expected to develop an annual high performance sport science and medicine plan for all their athletes (not just Canada Games eligible) based on the Canadian Sport for Life-Long Term Athlete Development Model.

- Executive and Board of Directors 2011/2012

President – Dr. Marlys Misfeldt (SASM)  
Vice-President – Scott Anderson (SPS)  
Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)  
Past President – Dale Pitura (SPS)  
Charter Member – Saskatchewan Academy of Sports Medicine, Vacant  
Charter Member – Sport Physiotherapy Saskatchewan, Jill Apshkrum  
Active Member – University of Saskatchewan, College of Kinesiology, Doug Hillis  
Active Member – Saskatchewan Athletic Therapists Association, Lisa Swallow  
Director-at-Large, Dr. Brad Waddell  
Sask Sport Inc. Advisor, Rob Kennedy, Staff  
Executive Director, Mark Henry  
Manager, Sport Medicine Services, Scott Julé  
Manager, Sport Science Services, Travis Laycock

- Standing Committees 2011/2012

**Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health  
Mr. Doug Hillis, University of Sask-College of Kinesiology  
Mark Henry, Staff  
Travis Laycock, Staff  
Heather Hynes, Staff Nutritionist  
Lisa Benz, Staff Mental Trainer

**Sport Medicine Program Committee**

Scott Anderson (SPS), Chairperson  
Dr. Marlys Misfeldt, SASM  
Dale Pitura, SPS  
Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter  
Lisa Swallow, Saskatchewan Athletic Therapists Association  
Dr. Mark Labrecque, Chiropractors Association of Saskatchewan  
Scott Julé, Staff  
Mark Henry, Staff

**Communication, Promotion and Sponsorship Committee Members**

Scott Anderson (SPS), Chairperson  
Scott Julé, Staff  
Mark Henry, Staff

**Constitution Committee Members**

Dale Pitura (SPS), Chairperson  
Lisa Swallow, SATA  
Mark Henry, Staff

**Nominations Committee Members**

Dale Pitura (SPS), Chairperson  
Mark Henry, Staff

## Dispute Resolution/Harassment Committee Members

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

## Canadian Sport Centre Saskatchewan Representative

Dr. Kim Dorsch, University of Regina, Faculty of KHS

- As a result of Sask Sport Inc.'s annual funding review all Provincial Sport Governing Bodies are now categorized into four Tiers. The Council offers their "free service hours" based on this new tier structure. The Council Tier Service chart is as follows:

### Tier System

TIER	ELIGIBILITY	SERVICES
<b>Canadian Sport Centre Saskatchewan (Podium)</b>	Athletes who receive Top 3 finish at <ul style="list-style-type: none"> <li>Olympics</li> <li>Paralympics</li> <li>World Championships (SFAF/FAFAD)</li> </ul>	<ul style="list-style-type: none"> <li>Unlimited Science Service Access</li> <li>Limited Medical Treatment/Service reimbursement is available (see chart below)</li> </ul>
<b>Canadian Sport Centre Saskatchewan (Canadian Elite)</b>	<ul style="list-style-type: none"> <li>Sport Canada AAP Senior Carded Athletes</li> <li>Athletes in Olympic/Paralympic events &amp; ranked Top 16 in the World &amp; Top half of the field</li> <li>Athletes in upcoming Pan Am Games events &amp; ranked Top 8 in the world</li> </ul>	<ul style="list-style-type: none"> <li>35 hours of Science Service Access (50% of which can be used in 1 specific service)</li> <li>Limited Medical Treatment/Service reimbursement is available (see chart below)</li> </ul>
<b>Canadian Sport Centre Saskatchewan (Canadian Development)</b>	<ul style="list-style-type: none"> <li>Sport Canada AAP Development Carded Athletes</li> <li>Athletes in Olympic/Paralympic events &amp; ranked Top 3 in Canada</li> <li>Junior Athletes in Olympic/Paralympic events &amp; ranked Top 16 in the World &amp; Top half of the field</li> </ul>	<ul style="list-style-type: none"> <li>30 hours of Science Service Access (50% of which can be used in 1 specific service)</li> <li>Limited Medical Treatment/Service reimbursement is available (see chart below)</li> </ul>
<b>Canadian Sport Centre Saskatchewan (Provincial Development)</b>	<ul style="list-style-type: none"> <li>Developing Junior National Team Athletes as designated by the NSO</li> </ul>	<ul style="list-style-type: none"> <li>10 hours of Science Service Access (50% of which can be used in 1 specific service)</li> <li>Limited Medical Treatment/Service reimbursement is available (see chart below)</li> </ul>
<b>Canadian Sport Centre Saskatchewan (Regional Development)</b>	<ul style="list-style-type: none"> <li>PSO Nominated High Performance Athletes               <ul style="list-style-type: none"> <li>Future Best</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>5 hours of Science Service Access (50% of which can be used in 1 specific service)</li> <li>Limited Medical Treatment/Service reimbursement is available (see chart below)</li> </ul>
<b>PSGB (Tier 1)</b>	*See notes below in regards to SMSCS services.	<ul style="list-style-type: none"> <li>24 Hours for Group Science Services</li> <li>12 Hours for Group Medicine Services</li> <li>20 Hours Enhanced Services</li> </ul>
<b>PSGB (Tier 2)</b>	*See notes below in regards to SMSCS services.	<ul style="list-style-type: none"> <li>18 Hours for Group Science Services</li> <li>10 Hours for Group Medicine Services</li> </ul>
<b>PSGB (Tier 3)</b>	*See notes below in regards to SMSCS services.	<ul style="list-style-type: none"> <li>12 Hours for Group Science Services</li> <li>8 Hours for Group Medicine Services</li> </ul>
<b>PSGB (Tier 4)</b>	*See notes below in regards to SMSCS services.	<ul style="list-style-type: none"> <li>12 Hours for Group Science or Medicine Services</li> </ul>
<b>UNIVERSITY TEAM &amp; INDIVIDUAL (University)</b>	<ul style="list-style-type: none"> <li>Huskie athletes/teams</li> <li>Cougar/Rams athletes/teams</li> </ul> <p>*See notes below in regards to SMSCS services.</p>	<ul style="list-style-type: none"> <li>Each Saskatchewan University is allocated a specific dollar allocation, with each team receiving an equal amount of service. (currently \$500 per University team per year)</li> <li>Requests must be made through the Coach.</li> </ul>
<b>ABORIGINAL EXCELLENCE</b>	<ul style="list-style-type: none"> <li>Sport Teams preparing for North American Indigenous Games</li> <li>Other Elite Teams attending Nationals</li> </ul>	<ul style="list-style-type: none"> <li>Each identified PSGB has access to \$300 per year</li> <li>Other reasonable expenses (ie: travel) will also be provided on a case per case basis.</li> </ul>
<b>GRASS ROOTS</b>	<ul style="list-style-type: none"> <li>Grassroots Athletes, Schools, Club Teams, Rec. Boards, Health Districts, Recreational Athletes, Non-Profits</li> <li>Corporate, Retail, and for-profit Businesses</li> </ul>	<ul style="list-style-type: none"> <li>Cost of \$65/hr.</li> <li>Consulting will be provided as per the SMSCS Policy.</li> <li>Cost of \$100/hr. for Corporate, Retail, for-profit Business</li> </ul>

- The Council renews its contract with the Canadian Sport Centre Saskatchewan (CSCS). The Council receives \$153,000 to provide service to Centre athletes and coaches.
- The Council approves constitutional changes that allow the Saskatchewan Athletic Therapists Association members to be elected as Vice-President and/or President. Prior to this change only Charter members (Saskatchewan Academy of Sport Medicine and Sport Physiotherapy Saskatchewan) could be appointed to the positions of Vice-President and President.
- The Council enters into an agreement with the CSCS to manage their Medical Services/Treatment Reimbursement Program. Funding was received to manage and operate the program as well as to pay for the reimbursement of approved medical services to Centre athletes.
- Heather Hynes, Staff Nutritionist continues to represent the Centre on the National Sport Science & Medicine Advisory Committee (NSSMAC).
- The Council re-signed a contract for the period of one year with SaskMilk (formerly Dairy Farmers of Saskatchewan) for an amount of \$9,000. This funding was utilized to conduct 115 hours of presentations across the province in 2011.
- Sport Med Saturday's Professional Development Seminars – Two events were held in 2011 but attendance is not as good as in previous years.
- Sport Medicine Programs Committee decides to change the Sport Med Saturday's Professional Development Workshop from two sessions a year to 1 session yearly. The Committee decides that in 2012 a session will be held in Saskatoon and in 2013 the Council will organize a Sport Medicine Symposium in conjunction with the 2013 Grey Cup being held in Regina.
- Sport Medicine Programs Committee suggests that the SMSCS should do more to promote educational awareness on the topic of concussion. The Committee ultimately decides that the SMSCS should develop a Concussion Awareness presentation as part of the Sport Medicine Education Sessions program that we currently offer. Scott Julé (Staff) begins to have informal discussions with Sask Sport Inc. regarding their interest/desire to see a program developed around this area and to find out if funding would be available for initial meetings, and eventually program development.
- The Council provides service to the athletes and teams preparing for the 2011 Canada Winter Games that take place in Halifax, N.S., in February 2011.
- Dr. Julie Brandt, Chiropractors Association of Saskatchewan member was selected as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaison was Ms. Lisa Benz, Staff Mental Trainer.
- The Council provides service to the athletes and teams preparing for the 2011 Western Canada Summer Games that take place in Kamloops, B.C., in August 2011.
- Mr. James McKee, Chiropractors Association of Saskatchewan member was selected as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaison was Ms. Lisa Benz, Staff Mental Trainer.
- The Council provides 12 professional development grants to members, staff and consultants. This amount is an all time high.

- A summary of major events members provided event coverage services for:
  - Sask Athletics Tri-Western Meet
  - CCA Nationals Final Rodeo
  - Tae Kwon Do Regina Tournament
  - Tae Kwon Do Provincials
  - West Central Track and Field Championships
  - Team Handball High School Provincials
  - Skate Canada Challenge
  - Provincial High School Track and Field Championships
- The Council filled 1134 Program Service Requests in 20 Service Areas throughout the year of 2011.

## 2012-2013

- Scott Anderson (SPS) becomes President
- Executive and Board of Directors 2012/2013

President – Mr. Scott Anderson (SPS)

Vice-President – Ms. Lisa Swallow, Saskatchewan Athletic Therapists Association (SATA)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Dr. Marlys Misfeldt (SASM)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Cole Beavis

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Wendy Chrusch

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Jill Apshkrum

Active Member – University of Saskatchewan, College of Kinesiology, Doug Hillis

Director-at-Large, Dr. Brad Waddell

Sask Sport Inc. Advisor, Dale Kryzanowski, Staff

Executive Director, Mark Henry

Manager, Sport Medicine Services, Scott Julé

Manager, Sport Science Services, Travis Laycock

- Standing Committees 201 2/2013

### **Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health

Mr. Doug Hillis, University of Sask-College of Kinesiology

Mark Henry, Staff

Travis Laycock, Staff

Heather Hynes, Staff Nutritionist

Lisa Benz, Staff Mental Trainer

### **Sport Medicine Program Committee**

Scott Anderson (SPS), Chairperson

Dr. Marlys Misfeldt, SASM

Dr. Paul Taillon, SASM

Dr. Wendy Chrusch, SASM

Dale Pitura, Past President

Jill Apshkrum, SPS

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Lisa Swallow, SATA

Dr. Mark Labrecque, Chiropractors Association of Saskatchewan

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Scott Anderson (SPS), Chairperson

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

Brad Waddell, Chairperson

Mark Henry, Staff

### **Nominations Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Dispute Resolution/Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS

Council Staff (Henry, Laycock, Jule)

- Lisa Swallow becomes the first Saskatchewan Athletic Therapists Association representative appointed to the position of Vice-President.
- Dale Pitura, Outgoing Past President is recognized for his outstanding contributions to the Council and the athletes of Saskatchewan at the AGM in March. His accomplishments are listed below:
  - *Board Member - 2006-2007*
  - *Vice-President - 2007-2008*
  - *President - 2008-2010*
  - *Past President - 2010-2012*
  - *Development of the Council's initial Strategic and Long Range Plan*
  - *Member of Sport Medicine Programs Committee 2007-2007 and 2011-2013*
  - *Reviewed and updated the Council's Articles of Incorporation and Bylaws*
  - *Reviewed and updated Board and Staff Policies and Procedures*

Pictured below is Dale Pitura



- The Sport Medicine Program's Committee oversees the development of a revised and updated Concussion Education and Awareness Workshop. The Workshop is developed by Trevor Len, SATA with input from Rhonda Shishkin, SPS, Dr. Paul Taillon, SASM, Dr. Cole Beavis, SASM, Lisa Swallow, SATA and Al Bodnarchuk, CSMTA and reviewed by Dr. Marlys Misfeldt, SASM; Dale Pitura, SPS and Dr. Mark Labrecque, CAS. The workshop is added to the sport medicine education sessions area in the program manual.

- The Council revises its professional development grant program to allow for larger sums to be granted.
- Budget revenue for 2012 is \$765,000.
- Council renews contract with the Canadian Sport Centre Saskatchewan to provide services to their athletes and coaches for \$129,000.00.
- The Council Staff began participating in the Canadian Sport Centre Saskatchewan Staff meetings which are held on a regular basis. Staff members, Travis Laycock, Scott Julé and Mark Henry represent the Council.
- Scott Julé, Staff begins assisting the Centre by providing intake and retake interviews of athletes from southern Saskatchewan in addition to administering the Centre's Medical Reimbursement Program.
- The Council's contract with the Canadian Sport Centre Saskatchewan includes setting up services for nationally recognized athlete teams/groups including; Saskatoon Wrestling Club, Cyclones Road and Track Club and the Stephanie Lawton and Steve Laycock Curling Teams. Sport Canada through the Own The Podium (OTP) Program provides the funding.
- Canadian Paralympic Committee (CPC) provides \$5,300 to establish Integrated Support Teams (IST) or services to all Paralympic sport athletes registered with the CSCS. The Council coordinates and provides the services.
- Heather Hynes, Staff continues her role as the CSCS representative to the National Sport Science and Medicine Advisory Committee. She is the nutrition lead for the group.
- Council renews its contract with SaskMilk for 1 year for \$10,000. The funding is used to provide 123.5 hours of nutrition presentations throughout the province to athletes and students ages 13-18. The Council hosts two Functional Movement System Courses (Level One and Two) in October in Saskatoon. They were extremely well received with 21 of the 50 approved Council consultants attending.
- A summary of major events members provided event coverage for:
  - Canadian Gymnastics Championships
  - CCA Nationals Final Rodeo
  - Canadian Diving Championships
  - O'Neill High School Wrestling Tournament
  - Provincial High School T
  - Track and Field Championships Provincial High School Wrestling Championships Tae
  - Kwon Do Provincials
  - Tae Kwon Do Regina Tournament
  - Rugby High School Provincials
  - Sask Soccer Assoc Provincial Training Camps West Central Track and Field Championships
- The Council filled 989 Program Service Requests in 2012.



## 2013-2014

- Executive and Board of Directors 2013/2014

President – Mr. Scott Anderson (SPS)

Vice-President – Ms. Lisa Swallow (SATA)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Dr. Marlys Misfeldt (SASM)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Cole Beavis

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Wendy Chrusch

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Jill Apshkrum

Active Member – University of Saskatchewan, College of Kinesiology, Doug Hillis

Director-at-Large, Dr. Brad Waddell

Director-at-Large, Mr. Al Bodnarchuk

Sask Sport Inc. Advisor, Dale Kryzanowski,

Staff, Executive Director, Mark Henry

Manager, Sport Medicine Services, Scott Julé

Manager, Sport Science Services, Travis Laycock

- Standing Committees 2013/2014

### **Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health

Mr. Doug Hillis, University of Sask-College of Kinesiology

Mark Henry, Staff

Travis Laycock, Staff

Heather Hynes, Staff Nutritionist

Lisa Benz, Staff Mental Trainer

### **Sport Medicine Program Committee**

Scott Anderson (SPS), Chairperson

Dr. Marlys Misfeldt, SASM

Dr. Wendy Chrusch, SASM

Dale Pitura, SPS

Jill Apshkrum, SPS

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter

Lisa Swallow, Saskatchewan Athletic Therapists Association

Dr. Garth LaPlante, Chiropractors Association of Saskatchewan

Scott Julé, Staff

Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Scott Anderson (SPS), Chairperson

Scott Julé, Staff

Mark Henry, Staff

### **Constitution Committee Members**

Brad Waddell, Chairperson

Mark Henry, Staff

### **Nominations Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry

### **Dispute Resolution/Harassment Committee Members**

Dr. Marlys Misfeldt (SASM), Chairperson

Mark Henry, Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS

Council Staff (Henry, Laycock, Jule)

- Council's budget revenue is now \$800,000.00.
- Council has to cancel plans to host a Sport Medicine Symposium during the 2013 Grey Cup in Regina due to lack of hotel rooms. The plan is to host a symposium in the spring of 2014.
- The Council hosts the Selective Functional Movement Assessment Seminar (SFMA) in May. Fifty six (56) participants take part in the seminar. The Council realizes a small profit on the workshop.
- Council decides to discontinue with the SaskMilk contract in order to focus on its core strategic goals.
- Heather Hynes, Staff continues her role as the CSCS representative to the National Sport Science and Medicine Advisory Committee. She is the nutrition lead for the group.
- The Council (Sport Medicine Program's Committee), in conjunction with other agencies, hosts a Concussion in Sport Grassroots Education and Management Protocol/Guidelines Symposium in Saskatoon at the University of Saskatchewan on April 26 & 27. Over 100 coaches, athletes and medical professionals attend. Rhonda Shishkin (SPS/SATA) was a presenter and organizer of this event. Other members who were involved included; Trevor Len (SATA), Dr. Paul Taillon (SASM), Ted Tilbury (SPS) and Kregg Ochitwa (SPS).
- As a result of the Concussion Management Symposium the Council's Concussion Program saw a component added to it in 2013. In addition to the one hour concussion education presentation the SMSCS begins helping the provincial sport governing bodies with the development and/or review of their Concussion Management Protocol and Policies. Sask Soccer and the SHSAA utilize this service in 2013. Rhonda Shishkin (SPS) provides the first services in this area.
- The Council was involved in assisting the athletes and coaches in their preparation for the Games that took place in Sherbrooke, Quebec in August 2013. Council members Dale Pitura (SPS/SATA) and Dashya Shuya (SPS) shared the Saskatchewan Mission Staff Medical Liaison duties (1 week each) and the Saskatchewan Mission Staff Science Liaison was Ms. Lisa Benz, Staff Mental Trainer.
- The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2013. The Council received \$132,274.00 in funding for services provided this past year. The Council

provides sport medicine and science services to all the Saskatchewan athletes and coaches who are registered with the CSCS.

- Chuck Armstrong (former President and founding member of the Council) was inducted into the Saskatchewan Sports Hall of Fame and Museum as a builder of sport medicine. The Council submitted the nomination, purchased tickets for the event and attended the ceremony. (Information below courtesy of the Saskatchewan Sports Hall of Fame and Museum)
  - *Chuck Armstrong completed his Bachelor of Education in Physiotherapy from the University of Saskatchewan in 1975. At that time, the field of sports medicine was in its infancy. As his career progressed, Armstrong would become a leading figure in advancing the role of sports medicine throughout Saskatchewan and Western Canada. Early in his career, Armstrong worked as the head trainer/physiotherapist at the College of Physical Education (later called the College of Kinesiology) at the University of Saskatchewan. In his spare time, he volunteered his first aid and taping skills at numerous high school track and field meets, football games and wrestling matches in and around Saskatoon. Armstrong was part of the original planning committee for sports medicine coverage at the 1976 Olympic Games in Montreal. He was subsequently named to be part of Canadian Medical Team for the Olympic Games in 1980, 1984, 1988, 1992 and 1996. He has also been a part of the Canadian Medical Team for two Pan-American Games, and a therapist for the Canadian Track and Field Team for four Commonwealth Games, two Pacific Rim Games, and one Jeux de la Francophonie. In total, Armstrong has been part of the medical staff for one or more Canadian National Teams at more than thirty-five international events. In 1988, Armstrong was a founding member of the Sport Medicine and Science Council of Saskatchewan. He served as the vice-president initially, moving on to become president of the council from 1992 to 1994, and then past-president from 1994 to 2002. Additionally, he instructed many sports first aid and taping courses in the province from 1980 to 2004. Armstrong has also served terms as the Western Vice-Chair of the Canadian Athletic Therapy Association, the Chairman of the Sports Physiotherapy Division of the Canadian Physiotherapy Association, and the Chairman of the Sports Medicine and Science Council of Canada. Armstrong's skills as a trainer and physiotherapist have taken him around the world, but he believes his greatest accomplishment in the field of sports medicine has been the students he has worked with. Many of these students, with his encouragement, volunteered to cover local sporting events and then went on to develop their own niche in the sports medicine community.*  
*Installed in the Saskatchewan Sports Hall of Fame on June 15<sup>th</sup>, 2013.*

Pictured below is Chuck and Mark Henry, Executive Director



**Note:** For further details on Chuck's accomplishments please see 1995 and 2002.

- The Council celebrated its 25<sup>th</sup> anniversary of incorporation on September 21<sup>st</sup> in Regina at the Hotel Sask by recognizing the contributions of its founders, volunteers, staff and consultants. Past Presidents, former Board members, science and medicine consultants were among the attendees at the event. Founders in attendance included: Dr. Jack Alexander (SASM), Dr. Walter Hader (SASM), Dr. Lionel Lavoie (SASM), Diane Crosby (SPS), Chuck Armstrong (SPS) and John Lee former Sask Sport Inc employee. Scott Anderson (SPS), President hosted the evening.

Pictured below - Past Presidents from left to right; Dr. J.F. (Jack) Alexander, Chuck Armstrong, Dr. Marlys Misfeldt, Sue Meyers, Scott Anderson and Rhonda Shishkin. Missing Dr. Mike Nicholls and Dale Pitura.



Pictured below - Council Staff from left to right; Heather Hynes, Staff Dietician, Scott Jule, Manager Sport Medicine Services, Mark Henry, Executive Director, Travis Laycock, Manager Sport Science Services and Lisa Hoffart, Staff Mental Performance Consultant.



- Al Bodnarchuk, Member of the Council's Board of Directors and Canadian Sport Massage Therapist Member was inducted into the Saskatoon Sports Hall of Fame as a builder of sport medicine. The Council purchased a congratulatory ad in the Saskatoon Sports Hall of Fame Hall Induction Booklet and recognized Al's accomplishments in the Council's newsletter. (Pictured below is Al Bodnarchuk)



- Bruce Craven, sport physiotherapist and former Council staff member received the Joyce Manton Award for Leadership and/or Professional Involvement from the Saskatchewan Physiotherapy Association. The Council recognized Bruce's accomplishments in the Council's newsletter. (Pictured below is Bruce Craven)



## 2014-2015

- Lisa Swallow (SATA) becomes President
- Executive and Board of Directors 2014/2015

President – Ms. Lisa Swallow (SATA)

Vice-President – Ms. Louise Ashcroft (SPS)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Scott Anderson (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Cole Beavis

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Wendy Chrusch

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Jill Apshkrum

Active Member – University of Saskatchewan, College of Kinesiology, Doug Hillis

Director-at-Large, Dr. Brad Waddell

Director-at-Large, Mr. Al Bodnarchuk

Executive Director, Mark Henry

Manager, Sport Medicine Services, Scott Julé

Manager, Sport Science Services, Travis Laycock

- Standing Committees 2014/2015

### **Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health

Mr. Doug Hillis, University of Sask-College of Kinesiology

Travis Laycock, Staff

Heather Hynes, Staff Nutritionist

Lisa Hoffart (Benz), Staff Mental Trainer  
Mark Henry, Staff

### **Sport Medicine Program Committee**

Lisa Swallow (SATA), Chairperson  
Dr. Marlys Misfeldt, SASM  
Dr. Wendy Chrusch, SASM  
Dale Pitura, SPS  
Jill Apshkrum, SPS  
Scott Anderson, SPS  
Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter  
Dr. Garth LaPlante, Chiropractors Association of Saskatchewan  
Scott Julé, Staff  
Mark Henry, Staff

### **Communication, Promotion and Sponsorship Committee Members**

Vacant, Chairperson  
Scott Julé, Staff  
Mark Henry, Staff

### **Constitution Committee Members**

Lisa Swallow (SATA), Chairperson  
Mark Henry, Staff

### **Nominations Committee Members**

Scott Anderson (SPS), Chairperson  
Mark Henry, Staff

### **Dispute Resolution/Harassment Committee Members**

Lisa Swallow (SATA), Chairperson  
Mark Henry, Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS  
Council Staff (Henry, Laycock, Jule)

### **Professional Development Temporary Committee**

Lisa Swallow (SATA), Chairperson  
Jill Apshkrum, Sport Physiotherapy Canada – Sask Section  
Scott Anderson, Past President  
Kim Dorsch, University of Regina, Faculty of KHS  
Doug Hillis, University of Saskatchewan, College of Kinesiology  
Staff (Henry, Jule, Laycock)

- Council's budget revenue is now \$800,000.00.
- The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2014. The Council received approximately \$128,500.00 in funding for services provided in 2014. The Council provided sport medicine and science services to all the Saskatchewan athletes and coaches who are registered with the CSCS. These athletes and coaches are members of Canada's national, international and Olympic teams. In addition, we provided service to CSCS recognized Saskatchewan Training Groups and professional development workshops to recognized coaches

and athletes. Council Staff also provided administrative support to the Centre by assisting with the athlete intake interview process, medical treatment reimbursements and participation in Centre Staff and Management Committee meetings.

- In 2014, the Council began work on developing a permanent (standing) Professional Development Committee. Lisa Swallow, President, along with staff member Scott Julé, initiated this process by meeting with selected individuals from the SMSCS's provider groups (medicine and science) to get their input on potential educational opportunities and ideas. This Committee will be responsible to develop a strategic and operational plan for the provision of professional development opportunities for our members and consultants.
- The Council provided more than \$5,800 in professional development grants to active consultants and staff who attended various conferences.
- The Council partnered with the Sask Weightlifting Association to host a Level I Powerlifting Course for our strength consultants.
- The Council received a grant of \$4,300.00 from the 1989 Jeux Canada Games Foundation to purchase automated external defibrillators (AED's) for use by our medical personnel who provide event medical coverage
  
- Dr Marlys Misfeldt was recognized as outgoing Past President (2012-2014) and for her many years of volunteer service to the Council at our AGM in March. Highlights of her service to the Council are listed below;
  - *Saskatchewan Academy of Sport Medicine Rep./Vice-President for 4 years (1992-1993 2008-2009)*
  - *President for 12 years (1994-2002 & 2010-2012)*
  - *Past President for 6 years*
  - *Instrumental in the amalgamation of the Sport Medicine Council of Saskatchewan and the University of Saskatchewan Sport Science Program 1999-2000 into the Sport Medicine and Science Council of Saskatchewan*
  - *Council Representative to the Canadian Sport Centre Saskatchewan Management Committee*
  - *Chairperson, Provincial Drug Education Advisory Committee*
  - *Oversaw the development of our award winning Body Image Video*
  - *Member of the Sport Medicine Programs Committee*
  - *Longest serving Board member in the Council's history*

**Note:** Please see Sask Sport Inc Volunteer Recognition Award Winner, Dr Marlys Misfeldt in 2009 for further details on her outstanding contributions to the Council and athletes of Saskatchewan

Pictured below is Dr. Marlys Misfeldt





- The Council's Sport Medicine Program's Committee - Concussion Education and Awareness Program received National recognition in an article from the Canadian Press. It noted that Sask Soccer's Concussion policy was one of the most comprehensive in Canada, and that they received guidance and direction from the SMSCS.
- Representatives from the Government of Saskatchewan-Department of Sport, Culture and Recreation ask the Council to review and provide an opinion on the Departments athlete safety and pre-fight protocol sections of their Mixed Martial Arts and Boxing Athletic Commission "draft" legislation. The Board tasks the Sport Medicine and Sport Science Program Committee's with reviewing the Government's Athlete Safety and Pre-Fight Protocol Sections of their legislation. Following the Committee's review they provide the Board with their recommendations which is then forwarded on the the Government of Saskatchewan-Department of Sport,Culture and Recreation.
- Staff (Hynes and Julé) update the Council's Drug Education and Awareness power point presentation. The purpose was to make it a bit more generic in nature, and also removing much of the nutritional supplementation information.
- A very successful sport medicine symposium was hosted in the spring. We had 116 paid registrants and the Council profited \$3,300. The conference had one of the best line-ups of presenters ever assembled for a sport medicine conference in Saskatchewan. Out-of-province presenters included Dean Kriellaars of Winnipeg, Dr. Robert McCormack of Vancouver, Kathryn Schneider and James Gattinger of Calgary along with many in-province presenters made this a symposium to remember! One of the many highlights of the Symposium was a surprise donation from the Saskatchewan Academy of Sports Medicine (SASM) of \$1,000 to the Sport Medicine and Science Council of Saskatchewan (SMSCS) to help offset the costs of hosting the Symposium. The SMSCS was extremely grateful for this very generous donation.

Pictured below from left to right is SASM members; Dr Cole Beavis, Dr. Wendy Chrusch and Dr. Warren Dufour presenting the cheque to Board member, Jill Apshkrum.



- 2014 saw the Council involved with many events, twenty (20) of which required personnel coverage. Four (4) of the largest events were the Canadian Cowboys Association Finals Rodeo and the U15 Canada West Volleyball Championships, both held in Regina, as well as the Canadian Diving Championships and the Western Canadian Gymnastics Championship held in Saskatoon.
- The SMSCS facilitated seventeen (17) workshops in 2014, fourteen (14) of which were for provincial teams going to the 2015 Canada Winter Games in BC, and three (3) for Football Sask Inc.
- 2014 North American Indigenous Games - SMSCS and SASM member, Dr. Marty Heroux, filled the roll of CMO for the Games. It is because of his expertise and tireless effort that the medical division was so successful. SMSCS and SATA member, Nicole Renneberg, also played a role on the Medical Committee. In addition to the above, staff and members of the Council provided the following:
  - Staff member, Scott Julé, was approached by the NAIG Management Committee in 2012 to assist in the development of the games medical committee, as well as the recruitment of a CMO. His role later developed into that of a consultant and project manager as he worked with the medical committee on developing and implementing the Medical Division's Policies and Procedures (mandate, objectives, desired outcomes, risk assessments, etc.)
  - Staff member, Heather Hynes, provided consultation on all aspects relating to the dietary needs of the athletes for the Games. Her attendance during the Games ensured nutritional guidelines were being adhered to.
  - Staff member, Lisa Hoffart, was available to provide Mental Training services during the Games.
  - In addition, other SMSCS members and consultants provided endless hours of volunteer time during the Games.
  - The SMSCS donated the use of the following medical equipment:
    - Physician Medical Bags
    - Ultrasound Unit

- Tens Units
- Interferential/Ultrasound Combo Unit
- B-Splint Kits
- Portable Treatment Tables
- Trauma Bags/Kits
- Sport 1<sup>st</sup> Aid Trainers Kits

- The SMSCS also solicited the NAIG for consideration to be one of the providers of first aid supplies for the Games. The SMSCS was successful in our request. The SMSCS sold approximately \$9,580.00 worth of first aid supplies to the Games.
- As part of the NAIG Legacy Program, the SMSCS received the following:
  - two B-Splint kits (approx value...\$300 x 2 = \$600)
  - various first aid supplies (approx value of \$500)
- The Council began assisting the athletes and coaches in their preparation for the 2015 Canada Winter Games scheduled for February 2015 in Prince George, B.C. Council member A.J. Tabin (physiotherapist) was selected as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaison was Ms. Lisa Hoffart (nee Benz), Staff Mental Trainer.
- The 2015 Western Canada Summer Games were scheduled for August 2015 in Fort McMurray, Alberta. Council member Nicole Renneberg (athletic therapist) was selected as the Saskatchewan Mission Staff Medical Liaison.

## 2015-2016

- Executive and Board of Directors 2015/2016

President – Ms. Lisa Swallow (SATA)

Vice-President – Ms. Louise Ashcroft (SPS)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Scott Anderson (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SPS), Dr. Cole Beavis

Charter Member – Saskatchewan Academy of Sports Medicine (SPS), Dr. Wendy Chrusch

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Jill Apshkrum

Active Member – University of Saskatchewan, College of Kinesiology, Doug Hillis

Director-at-Large, Dr. Brad Waddell

Director-at-Large, Mr. Al Bodnarchuk

Executive Director, Mark Henry  
Manager, Sport Medicine Services, Scott Julé  
Manager, Sport Science Services, Travis Laycock

- Standing Committees 2015/2016

**Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health  
Mr. Doug Hillis, University of Sask-College of Kinesiology  
Travis Laycock, Staff  
Heather Hynes, Staff Nutritionist  
Lisa Hoffart, Staff Mental Trainer  
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Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter  
Dr. Garth LaPlante, Chiropractors Association of Saskatchewan  
Scott Julé, Staff  
Mark Henry, Staff

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Scott Julé, Staff  
Mark Henry, Staff

**Constitution Committee Members**

Lisa Swallow (SATA), Chairperson  
Mark Henry, Staff

**Nominations Committee Members**

Scott Anderson (SPS), Chairperson  
Mark Henry, Staff

**Dispute Resolution/Harassment Committee Members**

Lisa Swallow (SATA), Chairperson  
Mark Henry, Staff

**Professional Development Temporary Committee**

Scott Anderson (SPS), Chairperson  
Doug Hillis, University of Saskatchewan, College of Kinesiology  
Louise Ashcroft, SPS  
Dale Pitura, SPS/SATA  
Staff (Henry, Jule, Laycock)

## **Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS  
Council Staff (Henry, Laycock, Jule)

## **Temporary Concussion Policy and Education Committee**

Ms. Rhonda Shishkin (SPS/SATA), Chairperson  
Mr. Trevor Len, SATA  
Dr. Kate Thompson, SASM  
Dr. Kim Dorsch, University of Regina, Faculty of KHS  
Scott Jule, Staff (ex-officio)

- In May 2015, the Council decided that a “working committee” of the Sport Medicine Program’s Committee should be established to continue the development of the Council’s Concussion Education and Management Policy. The Committee would be composed of key members who have knowledge and/or have been involved in developing concussion education management and baseline testing policies and protocols. The Temporary Concussion Committee was charged with fulfilling the following objectives; To develop the Council’s Concussion Education Program policies and procedures, including but not limited to:
  - the development, review, and updating of the SMSCS’s concussion related educational/promotional resources.
  - reviewing any/all new concussion education, policies, protocols, etc, that may come forward as a result of new research.
  - recommendations on consultant requirements, program development and other initiatives.
  - recommend policy to the SMSCS’s Sport Medicine and Sport Science Programs Committee for approval by our Board of Directors.
- The Committee’s first members included; Ms. Rhonda Shishkin (SPS, Chairperson , Mr. Trevor Len (SATA), Dr. Kate Thompson (SASM), Dr. Kim Dorsch (University of Regina) and Scott Jule, Staff. (Note: Rhonda Shishkin was contracted to develop the ‘initial’ draft Concussion Policy which was then reviewed by the Concussion Committee.)
- In June 2015, the Federal, Provincial and Territorial Ministers Responsible for Sport, Physical Activity and Recreation establish a concussion policy and education working committee, co-chaired by Sport Canada and the Government of Quebec. The group is comprised of 18 individuals representing national sport organizations, multi-sport organizations, F-P/T governments, public health, education, and the medical community.
- In October 2015, the F-P/T Committee reviews and approves the following list of priorities to guide next steps on concussion education and policy and the F-P/T Deputy Ministers Committee review the following priorities on November 19, 2015.
  - *Harmonization*: That the harmonization of education and management protocol tools be acknowledged as the top priority for action, and as such, should be the main focus of work in the coming months;
  - *Surveillance*: That a focus be placed on the surveillance/prevalence aspect of concussions rather than investing resources in core scientific research around the issue of concussions;
  - *Sport Organizations*: That there is no movement toward the establishment of more legislation on concussions and head injuries but rather to ensure consistency of government policies and National Sport Organization policies based on standards that will be recommended by the work group.

- *Partnerships*: That the importance of sustainable funding and partnerships is recognized, and as such, that the Work Group is asked to investigate a business plan approach.
  - *Consistency*: That the need for an on-going platform to address the issue of concussion and head injuries in sport, in a format to be determined (e.g. within an F-P/T Work group on safety in sport, specific sub-groups, etc.), be assessed.
- In November 2015, the Minister of Health and the Minister of Sport and Persons with Disabilities were both mandated "to support a national strategy to raise awareness for parents, coaches, and athletes on concussion treatment".
  - In November 2015, Ontario proposed new legislation (Rowan's Law) related to concussion rules in youth sports. The legislation called for the establishment of an advisory committee to address the 49 recommendations from the Rowan Stringer investigation conducted by the Ontario coroner. The committee, once established, will be expected to return a progress report to the Ontario Minister of Tourism, Culture and Sport one year after the committee is convened.
  - In December 2015, Quebec released a report and action plan to deal with concussions among young athletes focusing on awareness, prevention and management. Notably, one of 40 recommendations specifies that physical contact in sport be abolished before the age of 14. A committee is put in place to examine these recommendations.
  - The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2015. The Council received approximately \$194,433.00 in funding for services provided in 2015. This was a significant increase when compared to 2014 (\$128,583) The increase was mainly due to the \$84,000.00 in funding received for high performance enhanced sport science and sport medicine funding initiative established by the CSCS in 2015 with assistance from the Council. This program targeted 27 selected provincial sport governing bodies as determined by the Centre (Sask Sport Inc.). This program's objective is to increase the pool of Saskatchewan athletes, coaches, officials and teams who are consistently achieving success at regional, national and international competitions.
  - The Council Staff participated in the Canadian Sport Centre Saskatchewan Staff meetings which were held on a monthly basis. Staff members, Travis Laycock, Scott Julé and Mark Henry represented the SMSCS. As well, Kim Dorsch, Board member (University of Regina, Faculty of KHS) represented the Council Board on the CSCS Management Committee while Travis Laycock represented the Council Staff on the CSCS Management Committee.
  - Staff member, Scott Julé also assisted the Centre by providing intake and retake interviews/meetings of athletes from southern Saskatchewan, administered the Medical Services/Treatment Reimbursement Program (60 requests from athletes for reimbursement were received), as well as acted as the South Saskatchewan distributor of Pfizer products.
  - The Council was actively involved in setting up services for nationally recognized athlete teams/groups. National funding from Sport Canada through the Own The Podium (OTP) Program
  - The SMSCS was also involved nationally representing the SMSCS and CSCS with the following:
    - National Sport Science & Medicine Advisory Committee (NSSMAC), Heather Hynes, Staff Nutrition Consultant.

-GAME Plan – National Athlete Career Transition Program. Lisa Hoffart, Staff Mental Performance Consultant

- The Council was active with our member and consultant professional development area in 2015. The Council officially established a permanent standing Professional Development Committee. This Committee is responsible to develop a strategic and operational plan for the provision of professional development opportunities for our members and consultants. Lisa Swallow, President, along with staff member Scott Julé, initiated this process by meeting with selected individuals from the SMSCS's provider groups (medicine and science) to get their input on potential educational opportunities and ideas.
- The Council hosted a very successful Level 1 and Level 2 Functional Movement Screen Course at the end of May in 2015. We had 31 paid registrants and the Council managed a small profit of approximately \$500.00.
- The Sport Medicine and Science Council of Saskatchewan Legacy Fund was established in 2015. The Board of Directors approved the program in the spring. An application was then submitted to Sask Sport Inc. who approved the Council's submission in the fall. This program was developed by Sask Sport Inc. to assist their member organizations in implementing a gift giving/fundraising campaign. The program encourages individuals who have benefited from sport or those who believe in the value of sport to give something back for current and future generations. Cash, monthly or annual contributions, gifts in kind or planned gifts are all eligible donations. A complementary "donor incentive program" has also been developed to assist Provincial Sport Organizations in attracting donors. Donor recognition and significant tax savings further add to the attractiveness of contributing to the Fund. The Council received its first donation in December 2015 from Dr. Jack and Cheryl Alexander. Dr. Jack Alexander is one of the founders of the Council and its first President.

Pictured below is Mark Henry, Executive Director (L) receiving Sport Legacy cheque donation from Dr. J.F. Alexander (R)



Pictured below (L to R) is Cherie Alexander, Mark Henry, Executive Director and Dr. J.F. Alexander



- The Council approved nine (9) professional development grants to active consultants and staff who attended various conferences throughout the year.
- In 2015 we received 530 total requests for sport science services and provided 1932 total sport science consulting hours.
- Requests for all types of the Sport Medicine Educations sessions increased significantly in 2015 (32 requests) compared to 2014 (10 requests).
- 2015 saw the Council involved with many events, twenty-two (22) which required personnel coverage. This was the same as the average of the previous two years, but up significantly from 2011-12 average of 11 events. Four (4) of the largest events were the Canadian Cowboys Association Finals Rodeo, the Saskatchewan High School Athletic Association (SHSAA) Wrestling



Championships and the U20 Rugby Nationals, all three were held in Regina, as well as the SHSAA Track and Field Championships held in Yorkton.

- The SMSCS provided thirty-four (34) Drug Education Workshops/Sessions in 2015, nineteen (19) of which were for provincial teams going to the 2015 Western Canada Summer Games, six (6) for provincial teams going to the 2015 Canada Winter Games, three (3) for other PSGB's, and the remaining were individual consults.
- The Council was involved in assisting the athletes and coaches in their preparation for the Games that took place in February 2015 in Prince George, B.C. Council member A.J. Tabin (SPS) was the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaison was Ms. Lisa Hoffart (nee Benz), Staff Mental Performance Consultant.
- The Council had some involvement in assisting the athletes and coaches in their preparation for the Games that took place in August 2015 in Fort McMurray, Alberta. The involvement was mainly the provision of Drug Education Workshops in addition to some regular sport science services that were being provided through each PSGB's own High Performance Enhanced Services Plan. Council member Nicole Renneberg (SATA) was the Saskatchewan Mission Staff Medical Liaison and the Council contracted Brie Jedlic, Mental Performance Consultant to be the Saskatchewan Mission Staff Science Liaison.
- The Council updated our informational handout on Sport First Aid Rules Regarding Blood and Other Body Fluids and distributed it to all PSGB's as well as up loaded to our website.
- The Saskatchewan Academy of Sports Medicine (SASM) developed a Concussion Information Page that was distributed to all the PSGB's and also uploaded to the Council's website

## 2016-2017

- Louise Ashcroft (SPS) becomes President

- Executive and Board of Directors 2016/2017

President – Ms. Louise Ashcroft (SPS)

Vice-President – Dr. Cole Beavis (SASM)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Lisa Swallow (SATA)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Wendy Chrusch

Charter Member – Sport Physiotherapy Saskatchewan, Jill Apshkrum

Active Member – University of Saskatchewan, College of Kinesiology, Doug Hillis

Active Member – Saskatchewan Athletic Therapists Association, Courtney Leavins (nee Schell)

Director-at-Large, Dr. Brad Waddell

Director-at-Large, Mr. Al Bodnarchuk

Executive Director, Mark Henry

Manager, Sport Medicine Services, Scott Julé

Manager, Sport Science Services, Travis Laycock

- Standing Committees 2016/2017

**Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health

Mr. Doug Hillis, University of Sask-College of Kinesiology

Travis Laycock, Staff

Heather Hynes, Staff Nutritionist

Lisa Hoffart, Staff Mental Trainer

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Dr. Wendy Chrusch, SASM

Dale Pitura, SATA

Jill Apshkrum, SPS

Scott Anderson, SPS

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**Communication, Promotion and Sponsorship Committee Members**

Vacant, Chairperson

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**Constitution Committee Members**

Louise Ashcroft (SPS), Chairperson

Mark Henry, Staff

**Nominations Committee Members**

Lisa Swallow, (SATA), Chairperson

Mark Henry, Staff

### **Dispute Resolution/Harassment Committee Members**

Louise Ashcroft (SPS), Chairperson

Mark Henry, Staff

### **Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS

Council Staff (Henry, Laycock, Jule)

### **Professional Development Committee**

Dale Pitura (SPS/SATA), Chairperson

Scott Anderson, SPS

Doug Hillis, University of Saskatchewan, College of Kinesiology

Louise Ashcroft, SPS

Kim Dorsch, University of Regina, Faculty of KHS

Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter  
Staff (Henry, Jule, Laycock)

### **Temporary Concussion Policy and Education Committee**

Ms. Rhonda Shishkin (SPS), Chairperson

Mr. Trevor Len, (SATA)

Dr. Kate Thompson, SASM

Dr. Kim Dorsch, University of Regina, Faculty of KHS

Scott Jule, Staff (ex-officio)

- Scott Anderson (SPS) was recognized and presented with a service award for his volunteer commitment of 28 years to the Council. Highlights of his service to the Council are listed below;
  - *Vice-President from 1996-1998*
  - *Board Member from 2008-2010*
  - *Vice-President from 2010-2012*
  - *President from 2012-2014*
  - *Past President from 2014-2016*
  - *Event Coverage Consultant*
  - *Sport First Aid and Taping Instructor*
  - *Injury assessment and Prevention Consultant*
  - *NCCP Module Instructor*
  - *Chair of the Sport Medicine Program Committee*
  - *Chair of the Canadian Sport Safety Program*
  - *Member of our Drug Education Committee*
  - *Member of our Organizational Development Committee*
  - *Member of our Speakers Bureau Committee*
  - *Member of our Promotion and Sponsorship Committee*
  - *Instrumental in organizing the Fast Track Fund Raising and Silent Auction featuring Donovan Bailey which raised funds (\$5,000) for Kid Sport and the Council*

Pictured below (L to R) is Mark Henry, Executive Director and Scott Anderson



- Lisa Swallow completes her term as President and is presented with a service recognition award.

Pictured below (L to R) is Lisa Swallow and Mark Henry



- Highlights of her service to the Council are listed below:
  - *Involved with Council for over 13 years*
  - *Started - Member of Sport Medicine Programs Committee 2004-2005*
  - *continued as member of this Committee for a number of years and eventually became the Chairperson*
  - *Board Member from 2008-2012*
  - *Vice-President from 2012-2014*
  - *First SATA Rep to become President 2014-2016*
  - *Responsible for SATA becoming a voting member of the Council*

- *Sport Medicine Consultant*
- *Instrumental in the establishment of our Professional Development Committee and the professional development opportunities offered by the Council.*
- The Council's Board of Directors approves the Concussion Education and Management Program as developed by the Temporary Concussion Committee.
- The Council begins planning for an concussion education instructors workshop. However, concussion policy development and educational workshops are still provided to the provincial sport governing bodies by a select few consultants until such time as more instructors are approved.
- In March 2016, the federal Budget committed \$1.4 million to the Public Health Agency of Canada (PHAC) over two years to work with the provinces and territories on the harmonisation of concussion management guidelines, with a focus on athletes and student return-to-play return-to-learn protocols.
- In 2016/17, the Federal, Provincial, Territorial Concussion Working Group identifies the following key actions and priorities for 2016-17.
  1. Develop an F-P/T harmonized approach for sport organizations response to the issue of concussions. This would include:
    - Review of existing F-P/T government policies on concussions
    - Develop standards for consistent and harmonized sport concussions policies (including prevention, early identification, management, access to care, communication/education strategy and revision/update process)
    - Review, consult and assess with F-P/T governments the possibility of sport organization funding requirements linked with concussion policies and practices.
  2. Support national and provincial/territorial sport organizations in conducting an analysis of their sport. This would include:
    - Develop a guide to support sport organizations in reviewing their policies, risks, rules and culture
    - Develop a template for common policy development for concussion management working with national and P/T sport organizations.
    -
  3. Development of protocols for return-to-learn and return-to-play, based on international standards discussed at the October 2016 Berlin Conference. This would include:
    - Adaptation of the international guidelines into the Canadian context with assistance of expert advisory group
    - Development of sector specific protocols (sport, education, health) for emphasizing return-to-play and return-to-learn
  4. Establish partnerships between sport, health and education sectors. This would include:
    - Mapping out a network and channels to disseminate prevention messages and tools, including protocols
    - Clarify roles and responsibilities for sport, health and education sectors for the implementation of activities of the pan-Canadian Concussion Strategy
    - Develop a communication network for knowledge transfer on concussions occurrence, gravity, history and efficiency of treatment
- The Council implements the first year of our new three year (2016-2018) strategic plan. The overall general goal and objective for the plan is to increase service provision to our clients.
- The Council receives 984 requests for our sport science and sport medicine services which resulted in 3758 contact hours.
- The Council had total revenue was at \$947,615 which was 12% (or approximately \$100,000) above

our 2015 total of \$848,392.00. Total expenditures were over \$884,000 which was an increase when compared with 2015 (\$752,026). The increase in both revenues and expenses was mainly due to an increase in funding from the Canadian Sport Centre Saskatchewan (CSCS) to provide “enhanced sport science and sport medicine services” to targeted provincial sport governing bodies.

- The Council renewed its service contract with the Canadian Sport Centre Saskatchewan in 2016. The Council received approximately \$272,011 in funding for services provided this past year. This was a significant increase when compared to 2015 (\$194,433) The increase was mainly due to the \$163,797 in funding utilized for the high performance enhanced sport science and sport medicine funding initiative established by the CSCS.
- The Council continues to provide a unique service to Saskatchewan amateur sport by providing high quality evidence based sport medicine and science services and programs. These programs and services are available to all levels and caliber of athletes and coaches throughout Saskatchewan with a specific priority on the Sask Sport Inc. membership. This membership includes:
  - 1) Provincial Sport Governing Bodies (65)
  - 2) Saskatchewan Games Council
  - 3) Coaches Association of Saskatchewan
  - 4) Provincial Districts for Sport, Culture and Recreation (9)
  - 5) Saskatchewan High School Athletics Association
  - 6) University of Regina Athletic Teams
  - 7) University of Saskatchewan Athletic Teams
  - 8) Canadian Sport Centre Saskatchewan Recognized Athletes & Training Groups
  - 9) Aboriginal Excellence Programs (eg. North American Indigenous Games)

Services and programs offered to these groups are mainly “free” or in some instances at a “subsidized cost” thus enabling all designated Sask Sport Inc. members affordable access.

Provincial Sport Governing Bodies (PSGB’s) continue to receive a certain amount of free service from the Council depending on which tier (1-4) they fall into. The tier system was developed by Sask Sport Inc and the Council based in part on the PSGB’s “excellence grade” . The grade is based on a sport’s 3-year performance review. Sports are evaluated on certain important performance criteria established by Sask Sport Inc. The PSGB’s are then put into a Tier from 1-4 depending on their excellence grade, past SMSCS consulting service usage, and whether they are a Canada Games sport. Sports that are categorized as Tier 1 receive more free service than a sport categorized into a Tier 4.

Other clients above also receive some “free service” as well. The amounts are based on our annual budget and by using the Tier system as a reference.

Some other groups that utilize our services on a “fee for service” include schools, recreations boards, private business and the general public.

The SMSCS Tier Service chart for 2016 was as follows:

TIER	ELIGIBILITY	SERVICES
Canadian Sport Centre Saskatchewan (Podium)	● Podium Canada Target Athlete List	<ul style="list-style-type: none"> <li>● Individualized Performance Services - unlimited</li> <li>● Limited Medical Treatment/Service reimbursement is available (see chart below)</li> <li>● Gymfit pass, Life services, Support services</li> </ul>

<b>Canadian Sport Centre Saskatchewan (Canadian Elite)</b>	<ul style="list-style-type: none"> <li>● Sport Canada Carded Athletes</li> </ul>	<ul style="list-style-type: none"> <li>● Individual Athlete Base Service -Limited Performance Services - 35 hrs for "SR" or "C" carded and 30 hrs for "D" carded</li> <li>● Limited Medical Treatment/Service reimbursement is available (see chart below)</li> <li>● Gymfit pass, Life services, Support services</li> </ul>
<b>Canadian Sport Centre Saskatchewan (Canadian Development)</b>	<ul style="list-style-type: none"> <li>● Non-Carded Senior National Team members</li> <li>● Junior or Developmental National Team members</li> </ul>	<ul style="list-style-type: none"> <li>● Limited Performance Services (10 hours) -May receive performance services through a PSGB agreement (enhanced services)</li> <li>● Limited Medical Treatment/Service reimbursement is available (see chart below)</li> <li>● Gymfit pass, Life services, Support services</li> </ul>
<b>Canadian Sport Centre Saskatchewan (Provincial Development)</b>	<ul style="list-style-type: none"> <li>● Designated Training Group Athletes</li> </ul>	<ul style="list-style-type: none"> <li>● Performance services through a PSGB agreement delivered in group sessions (enhanced services)</li> </ul> <p>Note: May be eligible to access "limited" individual science hours only if their PSGB does not receive enhanced science service hours.</p>
<b>Canadian Sport Centre Saskatchewan (PSGB "Enhanced" Service)</b>	<ul style="list-style-type: none"> <li>● PSGB's selected by the CSCS based on specific criteria (eg. Sask Sport Excellence Assessment, etc. etc.).Additional funding will be approved following completion of an application and approval by the Sask Sport Inc High Performance Committee.</li> </ul>	<ul style="list-style-type: none"> <li>● Varies as per application and approval</li> </ul>
<b>PSGB (Tier 1)</b>	*In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the CSCS (see CSCS eligibility above)	<ul style="list-style-type: none"> <li>● \$3000 Science Services</li> <li>● \$1200 Medicine Services</li> </ul>
<b>PSGB (Tier 2)</b>	In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the SCS (see CSCS eligibility above)	<ul style="list-style-type: none"> <li>● \$2500 Science Services</li> <li>● \$1000 Medicine Services</li> </ul>
<b>PSGB (Tier 3)</b>	In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the SCS (see CSCS eligibility above)	<ul style="list-style-type: none"> <li>● \$2000 Science Services</li> <li>● \$800 Medicine Services</li> </ul>
<b>PSGB (Tier 4)</b>		<ul style="list-style-type: none"> <li>● \$1000 for Science or Medicine Services</li> </ul>
<b>Saskatchewan High School Athletic Assoc Coaches Association of Sask Districts for Sport, Culture and Rec. Sask Games Council</b>		<ul style="list-style-type: none"> <li>● \$1200 for Science or Medicine Services</li> </ul>
<b>UNIVERSITY TEAM &amp; INDIVIDUAL (University)</b>	<ul style="list-style-type: none"> <li>● Huskie athletes/teams</li> <li>● Cougar/Rams athletes/teams</li> </ul> <p>*See notes below in regards to SMSCS services.</p>	<ul style="list-style-type: none"> <li>● Each Saskatchewan University is allocated a specific dollar allocation, with each team receiving an equal amount of service. (currently \$575 per University team per year)</li> <li>● Requests must be made through the Coach.</li> </ul>
<b>ABORIGINAL EXCELLENCE</b>	<ul style="list-style-type: none"> <li>● Sport Teams preparing for North American Indigenous Games</li> <li>● Other Elite Teams attending Nationals</li> </ul>	<ul style="list-style-type: none"> <li>● Each identified PSGB has access to \$300 per year</li> <li>● Other reasonable expenses (i.e.: travel) will also be provided on a case per case basis.</li> </ul>
<b>GRASS ROOTS</b>	<ul style="list-style-type: none"> <li>● Grassroots Athletes, Schools, Club Teams, Rec. Boards, Health Districts, Recreational Athletes, Non-Profits</li> <li>● Corporate, Retail, and for-profit Businesses</li> </ul>	<ul style="list-style-type: none"> <li>● Cost of \$115/hr (+GST) for Group/Team</li> <li>● Cost of \$70/hr (+GST) for Individual</li> <li>● Consulting will be provided as per the SMSCS Policy.</li> </ul>

- The Council offers the following sport science programs and services;

### ***Mental Performance***

Workshops & progressive consulting are available in the areas of:

1. Team building and group dynamics
2. Attention, emotional, and arousal control
3. Self awareness
4. Mental imagery

5. Self-talk
6. Goal setting
7. Routines
8. Ideal performance state
9. Mental toughness
10. Practice effectiveness

### ***Sport Nutrition***

Workshops and services are available in:

1. Basic sport nutrition
2. Fluids
3. Weight issues
4. Pre/post event nutrition
5. Nutrition on the road
6. Tournament & multi-event nutrition
7. Supplements & herbal products

### ***Strength & Conditioning***

Workshops and services are available in:

1. Core strength
2. Concepts in warm-up/cool-down
3. Weight training
4. Resistance training
5. Foot speed & agility
6. Plyometric training
7. Exercise program design
8. Exercise ball training
9. Field physiological tests (eg. physical assessment, Léger, vertical jump, sit-ups)

### ***Biomechanics***

Services are available in:

1. Technical Skill Analysis by looking at the muscular, joint, and skeletal actions while performing a given task. Can be accomplished through:
  - Qualitative research in order to understand a problem (ie: injury, skill flaw) and possibly develop potential quantitative research.
  - Quantitative research in order to generate numerical data in order to use statistics (ie: angles, speed, distances, etc)
  - May use: (Video, GPS, Accelerometry, Motion Sensors, Force Plates, Gyroscopes, Radar)

### ***Exercise Physiology***

Services available in:

1. Metabolic Conditioning: Training the Aerobic and Anaerobic Systems
2. Physiological Program Planning & Design
3. Physiological Testing-Lab
4. Testing includes: Max VO<sub>2</sub>, flexibility, lean body mass, fat mass, and capacities, aerobic/anaerobic power etc.
5. Physiological Testing-Field



6. Testing includes: leger, vertical jump, sit-ups, etc.)

In addition to the above the Council continued to sell exercise and rehabilitation training equipment and supplies in 2016. Products the Council sold were purchased from Diamond Athletics Medical Supplies as well as Thera-Gear Fitness. We receive a discount on all products which allowed the resale to occur at reasonable prices. The products sold included:

- Stabilizer Anti Burst Pro Gym Ball
  - Fit Tubing
  - Medicine Ball
  - Therapy Bands (in bulk)
- In March, Consultants, Kim Dorsch (Mental), Dan Farthing (Strength), Bruce Craven (Strength and Heather Hynes (Staff Dietitian) attended the Own The Podium – Gold Medal Profiling Workshop in King City, Ontario from March 21-23. Approximately 70-100 sport medicine and science practitioners from across the country attended. The focus of this year's workshop was on Gold Medal Profiling (GMP). Sessions included sport science/medicine approaches to GMP, team vs individual best practices, variations across sports; and decision making for athlete selection were held.
  - Eleven (11) Sport Dietitians held an in-house professional development opportunity in June to discuss best practices.
  - In July, the Council reviewed and increased the Consulting Fees that were in place for the past 25 years. Fees increased to \$70/hr for individual work and \$115/hr for team/group work.
  - In August, the Council started working on planning a Sport Med/Sci Professional Development day which would take place in the spring of 2017.
  - The Council continues to provide the following sport medicine programs and services;

***Sport Safety Program***

1. Sport 1<sup>st</sup> Aid Workshop – 7-hour workshop with content consisting of:
  - Role of the sport first-aider
  - Liability concerns
  - Fitness & injury prevention (warm up; cool down, stretching, strength training, energy systems, and nutrition)
  - Facility Checklist
  - Protective Equipment
  - E.A.P.'s (emergency protocols, pre-season medical, medical history)
  - Medical kit
  - Life threatening injuries
  - Injury recognition
  - Common injuries
2. Sport Taping Workshop - 7 hour workshop with content consisting of:
  - Injury Assessment and Management
  - Taping Theory
  - Taping Techniques (ankle, wrist, thumb, finger)
  - Functional wraps (hip)

***Sport Medicine Education Sessions***

Sessions range 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 & care of common injuries
- Life threatening injuries
- Emergency action plans
- Concussion Education and Awareness
- Concussion Management Plans evaluations/reviews

### ***Concussion Education and Management Program***

This program consists of two primary components:

1. Education:
  - a. 1-hour education session
  - b. Website resources
  - c. Other 'hand-out materials
2. Assisting with the development and review of sport organizations Concussion Management Plans.

In 2016, the Council's Temporary Concussion Committee completed the following:

- Tasked Rhonda Shishkin (SPS/SATA Member) to develop an 'initial' draft Concussion Policy which was then reviewed and amended by the Concussion Committee. A final draft was developed and later approved by the SMSCS Board of Directors. Part of this Policy includes the Concussion Management Planning Tool (CMPT). This Tool will now make it much easier for PSGBs to develop their own Concussion Management Plans. Part of this new Tool includes a sit-down (tutorial) session with the PSGB prior to them beginning the process.
- Reviewed the current educational power point presentation and assigned Trevor Len (SATA member) to update and revise it.

### ***Initial Injury Assessments***

Individual services include:

- Personalized injury assessments. (Note: Must be completed by a qualified SMSCS consultant).

### ***Sport First Aid Kits & Supplies***

The SMSCS continued to provide the availability for clients to purchase sport first aid kits and supplies. Items for purchase are wide ranging including everything from tensors and tape to ointments and finger splints. Consultation on developing sport specific kits is also available.

### ***Medical Coverage Program***

The Medical Coverage Program is made up of the following components:

- Event Coverage
- Personnel (notification, scheduling, invoicing)
- Equipment loan/usage
- Equipment Rental and Supplies Sales
- Consultative Services - administrative in nature relating to the overall development of the

medical protocol (set-up, personnel and equipment requirements, EAP's, etc).

2016 saw the Council involved with many events, thirty-eight (38) which required personnel coverage. Seven (7) of the larger events were the Canadian Cowboys Association Finals Rodeo, the Canadian U17 & U18 Volleyball Championships, the Saskatchewan High School Athletic Association (SHSAA) Wrestling Championship, the Canadian Masters Rowing Regatta, Canadian Gaelic Football and Hurling Championship, the SHSAA Track and Field Championship, and the World Broomball Championships.

### ***Medical Equipment Loaner/Rental Program***

Medical equipment and supplies such as ultrasound machines, sport 1<sup>st</sup> aid 'trainers' kits, splint kits, and portable treatment tables are available for rent or loan on a first come-first serve basis. Some restrictions apply.

### ***Drug Education & Awareness Program***

The SMSCS's Drug and Awareness Program is designed to enable the Council to:

- provide workshops to Western Canada and Canada Games athletes and coaches as well as other high performance groups such as University teams, provincial teams, clubs, and nationally ranked athletes and coaches.
  - provide information and in some cases presentations to PSGB's & Sask Games teams.
  - act as a resource for all amateur athletes & coaches on drug education issues (i.e. prohibited substances, testing procedures, sanctions, supplement use, fair play and ethics in sport, alternatives to doping, etc).
  - assist all sport clients in the education and promotion of drug free sport and if requested, the development of sport specific educational programming and policy development.
- In 2016, the Council began to assist the athletes and coaches in their preparation for the 2017 Canada Summer Games that took place in August 2017 in Winnipeg, MB.
  - The Sask Games Council allocated two dedicated positions to the Council on the Saskatchewan Mission Staff Team attending the 2017 Canada Summer Games in Winnipeg in August 2017. These positions are in the areas of sport medicine (medical liaison) and sport science (science consultant-mental trainer). Council member, Nicole Renneberg (SATA) has been selected as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaison is Ms. Lisa Hoffart, Staff Mental Performance Consultant.

## **2017-2018**

- Executive and Board of Directors 2017/2018

President – Ms. Louise Ashcroft (SPS)

Vice-President – Dr. Cole Beavis (SASM)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Lisa Swallow (SATA)

Charter Member – Saskatchewan Academy of Sports Medicine, Dr. Wendy Chrusch  
Charter Member – Sport Physiotherapy Saskatchewan, Jill Apshkrum  
Active Member– University of Saskatchewan, College of Kinesiology, Doug Hillis  
Active Member– Saskatchewan Athletic Therapists Association, Courtney Leavins (nee Schell)  
Director-at-Large, Dr. Brad Waddell  
Director-at-Large, Mr. Al Bodnarchuk  
Executive Director, Mark Henry  
Manager, Sport Medicine Services, Scott Julé  
Manager, Sport Science Services, Travis Laycock

- Standing Committees 2017/2018

**Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health  
Mr. Doug Hillis, University of Sask-College of Kinesiology  
Travis Laycock, Staff  
Heather Hynes, Staff Nutritionist  
Lisa Hoffart, Staff Mental Trainer  
Mark Henry, Staff

**Sport Medicine Program Committee**

Louise Ashcroft (SPS), Chairperson  
Dr. Wendy Chrusch, SASM  
Dale Pitura, SATA  
Jill Apshkrum, SPS  
Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter  
Dr. Garth LaPlante, Chiropractors Association of Saskatchewan  
Scott Julé, Staff  
Mark Henry, Staff

**Communication, Promotion and Sponsorship Committee Members**

Vacant, Chairperson  
Scott Julé, Staff  
Mark Henry, Staff

**Constitution Committee Members**

Louise Ashcroft (SPS), Chairperson  
Mark Henry, Staff

**Nominations Committee Members**

Lisa Swallow (SATA), Chairperson  
Mark Henry, Staff

**Dispute Resolution/Harassment Committee Members**

Louise Ashcroft (SPS), Chairperson  
Mark Henry, Staff

**Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS  
Council Staff (Henry, Laycock, Jule)

### **Professional Development Committee**

Dale Pitura (SATA/SPS), Chairperson

Scott Anderson, SPS

Doug Hillis, University of Saskatchewan, College of Kinesiology

Louise Ashcroft, SPS

Kim Dorsch, University of Regina, Faculty of KHS

Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter

Staff (Henry, Jule, Laycock)

### **Temporary Concussion Policy and Education Committee**

Ms. Rhonda Shishkin (SPS/SATA), Chairperson

Mr. Trevor Len, SATA

Dr. Kate Thompson, SASM

Dr. Kim Dorsch, University of Regina, Faculty of KHS

Scott Jule, Staff (ex-officio)

- Lisa Swallow (SATA) was recognized for her 13 year volunteer commitment to the Council and was presented an engraved service award print thanking her for her 13 years of volunteer service with the Council.

Pictured below (L to R) is Mark Henry and Lisa Swallow.



- Highlights of Lisa Swallow's service to the Council are listed below;
  - *Involved with Council for over 13 years*
  - *Started - Member of Sport Medicine Programs Committee 2004-2005*
  - *continued as member of this Committee for a number of years and eventually became the Chairperson*
  - *Board Member from 2008-2012*

- *Vice-President from 2012-2014*
  - *First SATA Rep to become President 2014-2016*
  - *Past President 2016-2018*
  - *Responsible for SATA becoming a voting member of the Council*
  - *Sport Medicine Consultant*
  - *Instrumental in the establishment of our Professional Development Committee and the professional development opportunities offered by the Council.*
- Louise Ashcroft (SPS) recognized for her outstanding volunteer commitment to the Council and was presented an engraved service award print thanking her for many years of volunteer service with the Council. Highlights of her service to the Council (for almost 30 years) include:
    - *Member of the Organizing Committee dedicated to the development of the Sport Medicine Council of Saskatchewan 1986-1987*
    - *Board Member from 1989-1990*
    - *Secretary/Treasurer-1993*
    - *Vice-President 1994*
    - *President-Elect-1995*
    - *Sport First Aid Committee Member-1994*
    - *Contributor to development of Medical Coverage Guidelines for Multi-Sport Games Manual-1994*
    - *Contributor to development of Strength and Flexibility Manual-1995*
    - *Member of Organizational Development Committee-1995*
    - *Member of the SMSCS Sport Medicine and Sport Science High Performance Services Working Committee-1999*
    - *Co-Developer of Team Trainers Program–2000*
    - *Co-Chair of the Personnel Unit for the Canada Summer Games-2005*
    - *Medical Liaison Canada Summer Games–2009*
    - *Vice-President from 2014-2016*
    - *Chairperson – Sport Medicine Programs Committee-2016 - 2018*
    - *Member of Professional Development committee-2016 - 2018*
    - *Member of “Working Committee” for PD Conference-2018*
    - *President from 2016-2018*
    - *Event Coverage Consultant*
    - *Injury Assessment and Prevention Consultant*
    - *Sport First Aid and Taping Instructor*
    - *Sport Medicine “Dedicated Consultant” & Educational Sessions Instructor*
    - *Drug Education and Concussion Education Instructor*

Pictured below (L to R) are Mark Henry and Louise Ashcroft



- Sue Meyers (SPS) was the recipient of 2018 Sask Sport Inc's Volunteer Recognition Award for her outstanding contributions to the SMSCS and the sporting community over a 35 year span.
- Her list of accomplishments include; Board member (1998-2002), Vice President (2002-2004) President 2004-2006), Past President (2006-2008), Medical Coverage Committee Chairperson (1999-2000), Sports Medicine Programs Committee Member. (2001-2002). She also provided countless hours of medical coverage to numerous events and major games in Saskatchewan over a 25 year span. She is one of our longest serving volunteers and was a major builder of the SMSCS you see today. She retired in 2016 from her career as a physiotherapist.

Pictured below left to right is Sue Meyers with her award, Louise Ashcroft, President and Mark Henry, Executive Director



- Listed below are Sue's SMSCS, provincial and local volunteer accomplishments during that time:  
**Sport Medicine and Science Council of Saskatchewan volunteer accomplishments**

- *Board Member 1998-2002*
- *Vice President 2002-2004*
- *President 2004-2006*
- *Past President 2006-2008*
- *Medical Coverage Committee Chairperson 1999-2000*
- *Sports Medicine Programs Committee Member 2001-2002.*
- *She also provided countless hours of medical coverage to numerous local events in Saskatchewan over a 35 year span.*
- *She is one of our longest serving volunteers and was a major builder of the SMSCS you see today.*

### **Provincial and national volunteer accomplishments**

- *1982- Sask. Winter Games- Prince Albert- Co-ordinator of Medical Team*
- *1985- Canadian Mixed Curling Championships- Prince Albert- Chair of Medical Team*
- *1986- Sask. Amateur Wrestling Assn. Prov. Championships- Prince Albert-Medical Team*
- *1987- Mixed Canadian Pepsi Jr. Curling Championships- Prince Albert- Co-ordinator Medical Team*  
*Western Canada Summer Games - Regina-Medical Team*
- *1988- Provincial Volleyball Championships - Prince Albert – Medical Team*
- *1989- Jeux Canada Games- Saskatoon – Medical Team*
- *1992- Sask. Summer Games - Prince Albert- Co-chair of Medical Team*
- *1993- North American Indigenous Games - July- Prince Albert-Medical Team*
- *Western Canada Skating Championships- Prince Albert – Medical Team*
- *1995- Provincial U13 & 15 Boys and Girls Soccer Championships- Prince Albert-Medical Team*  
*U15 Boys National All-Star Soccer Championships- Prince Albert-Medical Team*
- *1996- Indoor Division II Youth Soccer Championships- U13, 15, 17, 19 – Prince Albert-Medical Team*
- *1998- U15 Boys and Girls Club Soccer Championships-Prince Albert-Medical Team*
- *1999- Western Canada Summer Games- Prince Albert- Medical Chairperson.*
- *2001- Skate Canada- Saskatoon – Medical Team*
- *Roar of the Rings- Regina – Medical Team*
- *Provincial U18 Soccer Championships – Medical Team*
- *2002- Canadian Special Olympics Summer Games- Prince Albert-Medical Team*
- *2003- National Judo Championships- Prince Albert – Medical Team*
- *2005- Canada Summer Games- Regina-Medical Team*
- *2006- Canadian Paralympic Shooting Camp-Prince Albert-Medical Team*
- *2007- National Gymnastics Championships- Regina – Medical Team*
- *2008- Canadian Cadet and Juvenile Wrestling Championships- Saskatoon-Medical Team*
- *2010- Regional High School Wrestling Tournament- Prince Albert-Medical Team*
- *2012- Sport Medicine In-Service to Physiotherapy Staff*
- *2012- Presentation to Northern Nursing Provincial Conference*
- *2013- Sask. First Nations Summer Games- Prince Albert – Medical Team*
- *2014- Sask. Winter Games – Prince Albert – Medical Team*  
*Sask. First Nations Winter Games- Prince Albert – Medical Team*

### **LOCAL VOLUNTEER ACCOMPLISHMENTS**

- *2004-2005 -Sport Physiotherapist for Buckland Hawks Hockey Team*
- *2005-2006 -Sport Physiotherapist for West Hill Sharks Hockey Team*
- *2006-2007 -Sport Physiotherapist for Crescent Heights Stars Hockey Team*
- *2011-Sport Physiotherapist-Carlton Wrestling Tournament*



- 2013-Sport Physiotherapist-West Central School District Track & Field Meet
- 2013-Sport Physiotherapist-High School Football- Saskatoon

Pictured below at the Sue's award ceremony (from left to right) is; Arlis McQuarrie, Liz Harrison, Sue Meyers, Linda Mickalishen and Louise Ashcroft. ( all members of Sport Physiotherapy Sask)



- The Sport Medicine and Science Council of Saskatchewan (SMSCS) continues to offer a unique service to Saskatchewan amateur sport by providing high quality evidence based sport medicine and science services and programs. These programs and services are available to all levels and caliber of athletes and coaches throughout Saskatchewan with a specific priority on the Sask Sport Inc. membership. This membership includes:
  - 1) Provincial Sport Governing Bodies (65)
  - 2) Saskatchewan Games Council
  - 3) Coaches Association of Saskatchewan
  - 4) Provincial Districts for Sport, Culture and Recreation (9)
  - 5) Saskatchewan High School Athletics Association
  - 6) University of Regina Athletic Teams
  - 7) University of Saskatchewan Athletic Teams
  - 8) Canadian Sport Centre Saskatchewan Recognized Athletes & Training Groups
  - 9) Aboriginal Excellence Programs (eg. North American Indigenous Games)
- Provincial Sport Governing Bodies (PSGB's) continue to receive a certain amount of free service from the Council depending on which tier (1-4) they fall into. The tier system was developed by Sask Sport Inc and the Council based in part on the PSGB's "excellence grade" in the sports 3-year performance review to Sask Sport Inc. During this process, the sports are evaluated on certain important performance criteria established by Sask Sport Inc. The PSGB's are then put into a Tier from 1-4 depending on their excellence grade, past SMSCS consulting service usage, and whether

they are a Canada Games sport. Sports that are categorized as Tier 1 receive more free service than a sport categorized into a Tier 4.

- The Council offers the following sport science programs and services;

### ***Mental Performance***

Workshops & progressive consulting are available in the areas of:

1. Team building and group dynamics
2. Attention, emotional, and arousal control
3. Self awareness
4. Mental imagery
5. Self-talk
6. Goal setting
7. Routines
8. Ideal performance state
9. Mental toughness
10. Practice effectiveness

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Workshops and services are available in:

1. Basic sport nutrition
2. Fluids
3. Weight issues
4. Pre/post event nutrition
5. Nutrition on the road
6. Tournament & multi-event nutrition
7. Supplements & herbal products

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Workshops and services are available in:

1. Core strength
2. Concepts in warm-up/cool-down
3. Weight training
4. Resistance training
5. Foot speed & agility
6. Plyometric training
7. Exercise program design
8. Exercise ball training
9. Field physiological tests (eg. physical assessment, Léger, vertical jump, sit-ups)

### ***Biomechanics***

Services are available in:

1. Technical Skill Analysis by looking at the muscular, joint, and skeletal actions while performing a given task.
2. Can be accomplished through:
  - Qualitative research in order to understand a problem (ie: injury, skill flaw) and possibly develop potential quantitative research.
  - Quantitative research in order to generate numerical data in order to use statistics (ie: angles, speed, distances, etc)
  - May use: (Video, GPS, Accelerometry, Motion Sensors, Force Plates, Gyroscopes, Radar)

### ***Exercise Physiology***

Services available in:

1. Metabolic Conditioning: Training the Aerobic and Anaerobic Systems
  2. Physiological Program Planning & Design
  3. Physiological Testing-Lab
    - Testing includes: Max VO<sub>2</sub>, flexibility, lean body mass, fat mass, and capacities, aerobic/anaerobic power etc.
  4. Physiological Testing-Field
    - Testing includes: leger, vertical jump, sit-ups, etc.)
- The Council establishes a “working committee” consisting of a physician, a therapist, a mental trainer, a sport dietitian and an exercise/strength consultant in order to develop a presentation as it relates to rest (sleep), recovery and performance.
  - In 2017, we received 573 total requests for sport science services. This accounted for 58% of the total service requests received. In comparison to 2016, we received 571 total requests for sport science services that also accounted for 59% of the total service requests received.
  - In 2017, we provided 2421 total sport science service hours. This accounted for 68% of the total amount of service hours provided. In comparison to 2016, we provided 2845 total sport science consulting hours. This accounted for 76% of the total amount of consulting hours provided. It should be noted that service hours also include “Medical Coverage at Events hours” so fluctuations in the overall total can occur.
  - The Council provides the following sport medicine programs and services;

### ***Sport Safety Program***

Sport 1<sup>st</sup> Aid Workshop – 7-hour workshop with content consisting of:

- Role of the sport first-aider
- Liability concerns
- Fitness & injury prevention (warm up; cool down, stretching, strength training, energy systems, and nutrition)
- Facility Checklist
- Protective Equipment
- E.A.P.'s (emergency protocols, pre-season medical, medical history)
- Medical kit
- Life threatening injuries
- Injury recognition
- Common injuries

Sport Taping Workshop – 7-hour workshop with content consisting of:

- Injury Assessment and Management
- Taping Theory
- Taping Techniques (ankle, wrist, thumb, finger)
- Functional wraps (hip)

A committee has been established to review and update the Sport 1<sup>st</sup> Aid Workshop

### ***Sport Medicine Education Sessions***

Sessions range 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 & care of common injuries

- Life threatening injuries
- Emergency action plans

### **Concussion Education and Management Program**

This program consists of two primary components:

#### 1. Education:

- a. 1-hour education session
- b. Website resources
- c. Other 'hand-out' materials

#### 2. Assisting with the development and review of sport organizations Concussion Management Plans

The Program currently has a Temporary Concussion Committee charged with fulfilling the following objectives;

- To develop the Council's Concussion Education Program policies and procedures, including but not limited to:
  - a. The development, review, and updating of the SMSCS's concussion related educational/promotional resources.
  - b. Reviewing any/all new concussion education, policies, protocols, etc, that may come forward as a result of new research.
  - c. Recommendations on consultant requirements.
  - d. Recommendations on program development and initiatives.
- To recommend policy to the SMSCS's Sport Medicine and Sport Science Programs Committee for approval by our Board of Directors. This has been another extremely busy year for this committee.
  - Finalized the Concussion Management Planning Tool (CMPT) and made it available to all members and consultants.
  - The CMPT also included the development of the SMSCS Concussion Action Plan (Flow Chart and Record of Concussion) as well as EAP template.
  - Completed 'another' overall review of the current educational power point presentation (Rhonda Shishkin and Dr. Kate Thompson to develop 'Speaker Notes' for each slide. This was in preparation for the Instructor In-Service that will be taking place in February of 2018.
  - The 'second' presentation (interactive in nature) was finalized and reviewed with the 'pilot' presentation scheduled for a school in March of 2018. An Instructor In-Service Education Session was scheduled for February.

### **Initial Injury Assessments**

Individual services include:

- Personalized injury assessments. (Note: Must be completed by a qualified SMSC consultant).

### **Sport First Aid Kits & Supplies**

The SMSCS continued to provide the availability for clients to purchase sport first aid kits and supplies. Items for purchase are wide ranging including everything from tensors and tape to

ointments and finger splints. Consultation on developing sport specific kits is also available.

### ***Medical Coverage Program***

The Medical Coverage Program is made up of three main components:

1. Event Coverage
  - Personnel (notification, scheduling, invoicing)
  - Equipment loan/usage
2. Equipment Rental and Supplies Sales
3. Consultative Services - administrative in nature relating to the overall development of the medical protocol (set-up, personnel and equipment requirements, EAP's, etc).

The Council involved with 19 events in 2017 which required personnel coverage for a total of 937 hours covered throughout the year – the most hours in our history.

- CAA Finals Rodeo (Nov)
- Regina High School Football (Sept – Nov)
- Sask Fencing – Canada Cup (Nov)
- University of Regina - Volleyball Tourney (Oct)
- Saskatoon High School X-Country (Oct)
- University Ultimate Frisbee Regionals (Sept)
- University of Regina Soccer Tournament (Aug)
- Basketball Sask – U15 Nationals (June)
- Sask Wrestling Canada Games Trials (June)
- Sask Volleyball – U15 Nationals (May)
- Sask Volleyball – U17/18 Nationals (May)
- Sask Gymnastics – Provincials (May)
- Sask Volleyball Provincial's (April)
- Sask Volleyball Provincial's (April)
- Sask Volleyball Provincial's (April)
- Tae Kwon Do Provincial's (April)
- Gymnastics Sask – Westerns (April)
- Regina High Wrestling Finals (March)
- Sask Amateur Wrestling Association Provincial's (March)

### ***Medical Equipment Loaner/Rental Program***

Medical equipment and supplies such as ultrasound machines, sport 1<sup>st</sup> aid 'trainers' kits, splint kits, and portable treatment tables are available for rent or loan on a first come-first serve basis.

### ***Drug Education & Awareness Program***

The SMSCS's Drug and Awareness Program is designed to enable the Council to:

- provide workshops to Western Canada and Canada Games athletes and coaches as well as other high-performance groups such as University teams, provincial teams, clubs, and nationally ranked athletes and coaches.
- provide information and in some cases presentations to PSGB's & Sask Games teams.
- act as a resource for all amateur athletes & coaches on drug education issues (i.e. prohibited substances, testing procedures, sanctions, supplement use, fair play and ethics in sport, alternatives to doping, etc).

- assist all sport clients in the education and promotion of drug free sport and if requested, the development of sport specific educational programming and policy development.

The SMSCS can also assist organizations in developing drug education policies and programming.

Workshops consist of information on:

- Banned substances and methods
- Doping Control Procedures
- Exemption procedures/forms
- Athlete rights and responsibilities
- Alternatives to doping
- Fair play & ethics.

- 2017 saw the implementation of the on-line education requirement for all active consultants of the SMSCS. The Canadian Centre for Ethics in Sport finally provided the Council with the access code to go forward with our plan to have all SMSCS active consultants take the two (2) on-line drug education sessions. By the end of the year, most of our active consultants had completed the two required sessions.
- The Council organized and provided some limited services to the athletes and coaches attending the 2017 North American Indigenous Games. The Games were held in Toronto, Ontario in July 2017. In addition, Heather Hynes, Staff Dietician worked with the Saskatchewan Team prior to and at the games providing sport nutrition services to Team Sask.
- The Council provided services to the athletes and coaches in their preparation for the 2017 Canada Summer Games that took place in August 2017 in Winnipeg, Manitoba.
- The Council and Sask Games Council (Mark Bracken and Lorne Lasuita) reached an agreement to enhance the sport science and sport medicine support team that attend the 2017 Canada Summer Games as part of the Team Sask Mission Staff. The Sask Games Council agreed to allocate three dedicated sport medicine and science positions to the Council on the Saskatchewan Mission Staff Team. These positions were in the areas of sport medicine (medical liaison) and 2 sport science (2 mental trainer consultants). Council member, Nicole Renneberg (athletic therapist) attended as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaisons were; Ms. Lisa Hoffart, Staff Mental Performance Consultant and Brie Jedlic, Casual Mental Performance Consultant. It should be noted that the decision to send 2 sport science representatives was a "pilot project" to determine if there was the need to have more of an Integrated Science and Medicine Support Team (IST) in attendance at major Games.
- The SMSCS continued its partnership and contract with the CSCS (operated by Sask Sport Inc.) to deliver sport medicine and science services to the following;
  - CSCS individual registered athletes
  - CSCS High Performance Enhanced Sport Science and Sport Medicine Service Program for Identified Provincial Sport Governing Bodies (PSGB's)
  - CSCS National Training Groups funded by Own the Podium (OTP)

The SMSCS provides the following science and medicine services to Centre athletes:

- Administration and Financial Management of the Medical Services/Treatment Reimbursement Program

- Athlete intake/retake interviews (for southern Saskatchewan athletes)
- Sport Nutrition
- Exercise Physiology
- Strength and Conditioning
- Mental Training
- Biomechanical Analysis
- Sport Medicine (injury assessment and rehabilitation)
- Fitness Testing/Athlete Monitoring
- Medical Equipment Rental
- Sport First Aid Supply Sales
- Medical Personnel for Event Coverage
- Drug/Supplement and Doping Control Education
- Administration of the Vitamins, Advil, Cold Fx, etc. distribution to athletes

- The Council received \$230,438.83 in funding from the Canadian Sport Centre Saskatchewan for services provided this past year.
- The newsletter continues to be published three (3) times yearly.
- 2017 saw the production of a few Concussion related resource hand-outs (Concussion Action Plan, and SMSCS EAP template.
- In 2017, Council membership totaled 271 which was higher than the previous 3 year average of 259. The breakdown by membership category was as follows; Sport Physicians (SASM) = 34; Sport Physiotherapists (SPC-Sask) = 77; Athletic Therapists = 37; University of Regina, Faculty of Kinesiology & Health = 34; University of Saskatchewan, College of Kinesiology = 36; Chiropractors Assoc of Sask = 45 and Sport Massage Therapists (CSMTA) = 8.
- In 2017, the Staff and Executive began preparing to host a celebration for the Council's 30<sup>th</sup> Anniversary of incorporation (1988-2018). The celebration will take place during the next professional development conference which is set for September 2018.
- The Council completed the second year of our current three year Forward Plan (2016-2018) in 2017. The overall general goal and objective for the plan is to increase service provision to our clients. The Council has also begins developing their 2019-2021 strategic plan.
- The Council held its Sport Med/Sci Professional Development day on May 27, 2017. The theme was the 'Canada Games and the Integrated Sport Medicine and Science Service Team'. There were ten (10) presenters and approximately fifty (50) members and consultants who attended. In addition to the presentations, time was also spent on a practical case study and networking.
- The Council's staff also began preparations for the next professional development conference which has been scheduled for September 2018. This conference will be organized in partnership with the Coaches Association of Saskatchewan.
- The Council continues to provide professional development grants to our members and consultants. Maximum funding remains at \$1,000.00 per request. A total of six (6) grants were approved totalling approximately \$3,762.58
- Staff member Scott Julé sits on the Canadian Centre for Ethics in Sport's (CCES) Cannabis in Sport National Committee as a contributor in the development of educational material relating to Cannabis in Sport.

- Scott Julé sits on the Provincial Government's Concussion in Sport Committee. It is an advisory and resource provision role.
- Client "needs assessment" and member/consultant "strategic planning survey" sent out in October 2017 (results below)

**Q1 – Are you familiar with the SMSCS's current programs and services**

YES 84.21%

NO = 0%

SOMEWHAT = 15.79%

**Q2 – Listed below are the Sport Science Services currently being offered by the SMSCS. Based on their value to your organization please rank them, six (6) being most important and one (1) being least important:**

Sport Nutrition Services = 4.77

Mental Training Services = 4.77

Strength & Conditioning Services = 4.68

Exercise Physiology Services = 3.05

Biomechanical Analysis Services = 2.41

Strength & Conditioning Equipment for Sale = 1.32

**Q3 – Listed below are the Sport Medicine Services currently being offered by the SMSCS. Based on their value to your organization please rank them, six (6) being most important and one (1) being least important:**

Injury Care and Prevention Assessment Services = 5.68

Concussion education and Management Program = 4.55

Drug Education and Doping Control Program = 4.55

Sport Safety Program = 4.09

Medical Coverage Personnel for Events = 3.41

Sport First Aid Supplies and Kits for Sale = 2.82

Medical Equipment Rental and Loan = 1.73

**Q3 – Are there program and services not currently being offered by the SMSCS that would benefit your organization? Please list and suggestions.**

Most suggested none that they were aware of, other suggestions included; physiotherapy, sleep and recovery, yoga, pilates and acrobatics.

**Q3 – Do you have any suggestions on how to improve the existing programs and services of the SMSCS?**

Most were happy with what we currently offer, other suggestions included, more marketing and promotion.

## 2018-2019

- Dr. Cole Beavis becomes President

Pictured below is Dr. Cole Beavis





- Executive and Board of Directors 2018/2019

President – Dr Cole Beavis (SASM)

Vice-President – Ms. Courtney Leavins (nee Schell) (SATA)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Louise Ashcroft (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Cole Beavis

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Wendy Chrusch

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Jill Apshkrum

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Daysha Shuya

Active Member– University of Saskatchewan, College of Kinesiology, Doug Hillis

Active Member– University of Regina, Faculty of KHS, Dr. Kim Dorsch

Active Member– Saskatchewan Athletic Therapists Association, Courtney Schell

Director-at-Large, Dr. Brad Waddell

Director-at-Large, Mr. Al Bodnarchuk

Executive Director, Mark Henry

Manager, Sport Medicine Services, Scott Julé

Manager, Sport Science Services, Travis Laycock

- Standing Committees 2017/2018

**Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health

Doug Hillis, University of Sask-College of Kinesiology

Travis Laycock

Heather Hynes, Staff Nutritionist

Lisa Hoffart, Staff Mental Trainer

Mark Henry, Staff

**Sport Medicine Program Committee**

Louise Ashcroft (SPS), Chairperson

Dr. Cole Beavis, SASM

Dr. Wendy Chrusch, SASM

Dale Pitura, SATA

Jill Apshkrum, SPS

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter  
Dr. Garth LaPlante, Chiropractors Association of Saskatchewan  
Scott Julé, Staff  
Mark Henry, Staff

***Event Coverage Working Committee***

Dale Pitura, SATA  
Louise Ashcroft, SPS  
Jill Apshkrum, SPS  
Dr. Garth LaPlante, Chiropractors Association of Saskatchewan  
Scott Jule, Staff  
Mark Henry, Staff

***Sport Aid Workshop Revision Working Committee***

Al Bodnarchuk, Canadian Sport Massage Therapists-Sask Chapter  
Kristie Mueller, SPS  
Dr. Daysha Shuya. SPS  
Adrienne Stinson, SPS  
Scott Jule, Staff  
Mark Henry, Staff

***Temporary Concussion Policy and Education Committee***

Rhonda Shishkin (SPS/SATA), Chairperson  
Trevor Len, SATA  
Dr. Kate Thompson, SASM  
Dr. Kim Dorsch, University of Regina, Faculty of KHS  
Scott Jule, Staff

**Communication, Promotion and Sponsorship Committee Members**

Vacant, Chairperson  
Scott Julé, Staff  
Mark Henry, Staff

**Constitution Committee Members**

Dr. Cole Beavis (SASM), Chairperson  
Mark Henry

**Nominations Committee Members**

Ms. Louise Ashcroft (SPS), Chairperson  
Mark Henry, Staff

**Dispute Resolution/Harassment Committee Members**

Dr. Cole Beavis (SASM), Chairperson  
Mark Henry, Staff

**Professional Development Committee**

Dale Pitura (SATA), Chairperson  
Scott Anderson, SPS  
Doug Hillis, University of Saskatchewan, College of Kinesiology  
Dr. Kim Dorsch, University of Regina, Faculty of KHS  
Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask

Staff (Henry, Jule, Laycock)

**Fall Professional Development Conference Working Committee**

Louise Ashcroft, SPS

Scott Anderson, SPS

Dr. Kim Dorsch, University of Regina, Faculty of KHS

**Canadian Sport Centre Saskatchewan Representative**

Dr. Kim Dorsch, University of Regina, Faculty of KHS

Council Staff (Henry, Laycock, Jule)

- The Councils estimated budget exceeds \$966,000.00.
- The Council renews its contract with the Canadian Sport Centre Saskatchewan to provide sport science and sport medicine services to their targeted athletes. The contract amount is for \$240,000.
- The Council continues to work and finalize their 2019-2021 (3 year) strategic plan for submission to Sask Sport Inc in October 2018.
- Heather Hynes and Scott Jule (staff members) update the Drug Education and Doping Control Workshop workshop slide presentation to coincide with World Anti-Doping Agencies (WADA) 2018 guidelines. This workshop includes updated information on cannabis.
- Scott Jule and Travis Laycock continue with preparations to host a professional development conference scheduled for September 2018. This conference is organized in partnership with the Coaches Association of Saskatchewan (Greg Perreux).
- The Council Staff and Executive continue to prepare to host a celebration for the Council's 30<sup>th</sup> Anniversary of incorporation (1988-2018). The celebration will take place during the professional development conference which is set for September 2018. In March 2018.
- Heather Hynes obtains her Board Certified Specialist in Sport Dietetics (CSSD): What is a Board Certified Specialist in Sports Dietetics? The Commission on Dietetic Registration (the credential agency for the Academy of Nutrition and Dietetics in the United States) defines the Board Certified Specialist in Sports Dietetics as an individual who (1) has maintained Registered Dietitian (RD) status for a minimum of two years; (2) has completed 1,500 hours of practice in the specialty area within the last five years while maintaining registered dietitian status; and (3) has successfully completed the Board Certification as a Specialist in Sports Dietetics examination. The exam was made available to Canadian RDs in 2015. Board Certification (CSSD) is granted in recognition of an applicant's specific knowledge, skills and expertise for competency in sports dietetics practice, upon successful completion of an examination. The CSSD is the first and only sports nutrition certification program to be accredited by the National Commission for Certifying Agencies (NCCA). Created by the Institute for Credentialing Excellence. NCCA accreditation reflects achievement of the highest standards of professional credentialing. Specialty certification differentiates sports dietitians from those who are less qualified to provide sports nutrition services. Credibility, visibility, and marketability of sports dietitians are enhanced by specialty certification. The exam was supported and funded by SMSCS.
- Heather Hynes, Staff Nutritionist represents the Canadian Sport Centre Saskatchewan at the Canadian Sport Institute level on the:

-National Sport Science and Medicine Committee (NSSMAC).

-Director of Performance-Service Leads Committee

- Lisa Hoffart, Staff Mental Trainer represents the Canadian Sport Centre Saskatchewan at the Canadian Sport Institute level on the GAME Plan (Athlete Career Transition Program).
- Service delivery program for the North American Indigenous Games is in the process of being reviewed and new service delivery will be implemented for 2018 and beyond. Heather Hynes and Travis Laycock (staff members) assist Sask Sport In with this process.
- The SMSCS (Mark Henry, Staff) and Sask Games Council (Mark Bracken and Lorne Lasuita) reached an agreement to enhance the science and medicine personnel on the Team Sask mission staff that will attend to 2019 Canada Winter Games in Red Deer Alberta in Feb/Mar 2019.

The Council will be sending the following:

2- Mental Performance Consultants (Lisa Hoffart, Staff and Kyle McDonald, Casual Consultant)  
1-Sport Dietitian (Heather Hynes, Staff)  
1-Medical Liaison (Daysha Shuya, Sport Physiotherapist)

This will be our largest contribution of personnel to date.

- The Council will also be sending the following sport science and sport medicine personnel to be part of Team Sask at the 2019 Western Canada Summer Games in Swift Current in Aug 2019
  - 1- Medical Liaison (Dr. Julie Brandt, chiropractor)
  - 1- Science Liaison (Lisa Hoffart, Staff Mental Trainer)

- Executive and Board of Directors (2019/2020)

President – Dr Cole Beavis (SASM)

Vice-President – Ms. Courtney Leavins (nee Schell) (SATA)

Secretary/Treasurer – Dr. Kim Dorsch (University of Regina, Faculty of KHS)

Past President – Louise Ashcroft (SPS)

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Cole Beavis

Charter Member – Saskatchewan Academy of Sports Medicine (SASM), Dr. Wendy Chrusch

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Jill Apshkrum

Charter Member – Sport Physiotherapy Saskatchewan (SPS), Daysha Shuya

Active Member– University of Saskatchewan, College of Kinesiology, Doug Hillis

Active Member– University of Regina, Faculty of KHS, Dr. Kim Dorsch

Active Member– Saskatchewan Athletic Therapists Association, Courtney Schell

Director-at-Large, Dr. Brad Waddell

Director-at-Large, Mr. Al Bodnarchuk

Executive Director, Mark Henry

Manager, Sport Medicine Services, Scott Julé

Manager, Sport Science Services, Travis Laycock

- Standing Committee 2019/2020

### **Sport Science Program Committee**

Dr. Kim Dorsch, Chairperson-University of Regina-Faculty of Kinesiology & Health

Doug Hillis, University of Sask-College of Kinesiology

Travis Laycock, Staff

Mark Henry, Staff

Heather Hynes, Staff Nutritionist

Lisa Hoffart, Staff Mental Trainer

### **Sport Medicine Program Committee**

Louise Ashcroft (SPS), Chairperson

Dr. Cole Beavis, SASM

Dr. Wendy Chrusch, SASM

Dale Pitura, SATA

Jill Apshkrum, SPC

Al Bodnarchuk, CSMETA

Dr. Garth LaPlante, CAS

Scott Julé, Staff

Mark Henry, Staff

### **Event Coverage Working Committee**

Dale Pitura, SATA-Chairperson

Louise Ashcroft, SPS

Jill Apshkrum, SPS

Dr. Garth LaPlante, CAS

Scott Julé, Staff

Mark Henry, Staff

**Sport Aid Workshop Revision Working Committee**

Dr. Daysha Shuya, SPC-Chairperson  
Al Bodnarchuk, CSMTA  
Kristie Mueller, SPC  
Adrienne Stinson, SPC  
Scott Julé, Staff  
Mark Henry, Staff

**Concussion Education Working Committee**

Rhonda Shishkin, SATA/SPC-Chairperson  
Trevor Len, SATA  
Dr. Kate Thompson, SASM  
Dr. Kim Dorsch, University of Regina-Faculty of KHS  
Scott Julé, Staff  
Travis Laycock, Staff  
Mark Henry, Staff

**Professional Development Committee**

Dale Pitura, SATA/SPC-Chairperson  
Louise Ashcroft, SPC  
Scott Anderson, SPC  
Doug Hillis, University of Sask-College of Kinesiology  
Dr. Kim Dorsch, University of Regina-Faculty of KHS  
Al Bodnarchuk, CSMTA  
Scott Julé, Staff  
Travis Laycock, Staff  
Mark Henry, Staff

**Organization Development Committee (strategic and forward planning)**

Brad Waddell-Chairperson  
Mark Henry, Staff

**Communications, Promotion & Sponsorship Committee**

Vacant-Chairperson  
Scott Julé, Staff  
Mark Henry, Staff

**Constitution Committee**

Dr. Cole Beavis, SASM-Chairperson  
Mark Henry, Staff

**Nominations Committee**

Louise Ashcroft, SPC-Chairperson  
Mark Henry, Staff

**Dispute Resolution/Harassment Committee**

Dr. Cole Beavis, SASM-Chairperson  
Mark Henry, Staff

## **Canadian Sport Centre Saskatchewan Management Committee**

Dr. Kim Dorsch, University of Regina-Faculty of KHS

Scott Julé, Staff

Travis Laycock, Staff

Mark Henry, Staff

- The Council hires additional administrative staff, Robyn Klein, filling a part-time role as a Program Coordinator/ Administrative Assistant.
- The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2019 receiving \$280,555.06 in grant funds.
- The Council was actively involved in the Canada Winter Games that occurred in Red Deer, Alberta. The following staff and consultants were part of the Team Saskatchewan Mission Staff; Staff Mental Performance Consultant - Lisa Hoffart, Staff Sport Dietitian - Heather Hynes, Sport Physiotherapist Consultant – Dr. Daysha Shuya as Medical Liaison, Mental Performance Consultant – Kyle McDonald.
- The Council officially launched its presentation on “Rest, Sleep, and Performance”.
- The Council was actively involved in the Western Canada Summer Games that took place in Swift Current, Sask. The following staff and consultants were part of the Team Saskatchewan Mission Staff: Staff Mental Performance Consultant - Lisa Hoffart, Staff Sport Dietitian - Heather Hynes, Chiropractor - Dr. Julie Brandt as Medical Liaison
- Staff met with the North American Indigenous Games (NAIG) Chef de Mission and other staff regarding services available for the 2020 NAIG games. A menu of services was provided to the NAIG Sport Coordinators to plan for at their upcoming camps.

- Ms. Courtney Leavins (nee Schell) becomes President

Pictured below is Courtney

