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NEW! NEWSLETTER FORMAT



Beginning in January, 2005, the SMSCS will be developing a new newsletter format. In the past we have produced two newsletters per year with a mailing circulation of approximately 1,600 – 1,800. In an attempt to increase our circulation (our eventual goal is 10,000) we have decided to change a few things that we are currently doing. The newsletter will now be distributed via Email (paper copies will only be made available for those that still request that medium). Secondly we will produce the newsletter three times per year (January, April, and August). Thirdly, the newsletter will now be more program and service orientated. It will also contain updates on what's going on at the Council, tidbits from staff and/or various consultants, etc. Lastly, it will be around six - eight pages in length to make it email friendly.

We ask anyone who would like to receive the newsletter via our new email system to forward your email address to Scott Julé at s.jule@sasktel.net. If you would still like to receive a paper version, you must indicate that to Scott as well, otherwise you will not receive a paper version. A special mailing list will be developed for those wishing to receive a hard copy of the Email version. If you have any ideas or suggestions for our newsletter, please get in touch with Scott.

Support Saskatchewan Lotteries





After four years of dedicated and loyal service to the SMSCS, as well as to the athletes, coaches and teams of this province, Ryan Flett announced he intends to further his educational pursuits and obtain his PhD from the University of Idaho. The Sport Medicine and Science Council of Saskatchewan would like to thank Ryan for everything he accomplished as our fulltime Mental Training Consultant as well as his work with the Western Canada and Canada Games teams as they prepared for their competitions. In addition, he also worked with Canadian Sport Centre-Saskatchewan athletes, provincial sport governing bodies, the two universities, junior football teams, junior hockey teams, high school teams,

as well as all other developing athletes.

Ryan's compassion, knowledge and expertise will be greatly missed. We wish him great success and a speedy recovery from his recent neck surgery!

Good luck and thank you, Ryan!



The SMSCS who like to welcome Brie Jedlic as our new Mental Training Consultant and Canada Games Coordinator. She will be stepping into the roll that Ryan Flett had with the Council since 2001.

Brie graduated from the University of Western Ontario where she obtained her Master of Arts degree in Kinesiology – Sport Psychology. Upon the completion of her academics, she taught for three years as an adjunct professor in the department of Movement Science at Grand Valley State University in Grand Rapids, Michigan. At GVSU she was also the Head Coach for the Women's Rowing program and a mental training consultant

to various individual and team sports. Brie had recently returned to Regina with her husband Chad and their 10-month-old daughter Lily to be closer to family.

Here sport background is very diverse. She has been involved in gymnastics, swimming, and diving at the provincial level as well as rowing at the national and international level. She was a five-time member of the Canadian Women's National Rowing Team where she won a silver medalist at the 1997 World Championships. She has also worked as a coach in several sports, but most predominately in rowing. Through her academic, athletic and coaching experiences, she has developed a vast understanding of sport physiology, biomechanics, motor learning, and sport psychology and is eager to apply that knowledge in order to help Saskatchewan's coaches and athletes pursue and achieve their goals and dreams.

Brie will be based out of our Regina office, but of course will be "out and about" much of the time providing service to the athlete and coaches of the province. She can be reached at 780-9461 at the Regina office or on her cell phone at 530-5304. Her email is bjedlic@sasktel.net.

DRUGS AND SPORT

The 2006 WADA Prohibited List: Summary of Revisions

Recently, the Canadian Centre for Ethics in Sport (CCES) sent out a memo where they summarized for the Canadian sport community the most significant revisions that will appear on the **World Anti-Doping Agency (WADA) 2006 Prohibited List**. The new Prohibited List will replace WADA's 2005 Prohibited List as of **January 1, 2006**.

The CCES will be revising the current 2005 CCES Substance Classification Booklet and the updated version will be available online. Until then, those wishing to know *all* of the revisions to the Prohibited List should consult the WADA website at <http://www.wada-ama.org>.

The status of the following substances has changed:

- Human chorionic gonadotrophin (hCG) and luteinizing hormone (LH) are now only prohibited in males.
- *Topical* preparations of glucocorticosteroids to treat aural/optic, nasal, buccal cavity and ophthalmic ailments (e.g., ear/eye drops, nasal sprays) are no longer prohibited and do not require an Abbreviated Therapeutic Use Exemption.
- The status of alcohol has changed for, unless specified otherwise, all sports governed by the following International Sport Federations: alcohol is no longer prohibited by the *Fédération Internationale de Ski (FIS)* and is now prohibited by *Union Internationale Motonautique (UIM)* and by the *International Paralympic Committee (IPC)* in archery and boules.
- The status of beta blockers has changed for, unless specified otherwise, all sports governed by the following International Sport Federations: beta blockers are no longer prohibited by the *Fédération Internationale de Natation (FINA)* and are now prohibited by *International Paralympic Committee (IPC)* in the sports of archery, shooting, and boules and by the *Fédération Internationale de Ski (FIS)* in the disciplines of ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air.

Please consult the WADA website for all of the revised provisions of the Prohibited List.

The following substances and methods will be added to the Prohibited List (many of these substances were already considered prohibited as "related substances" in the previous version and/or were added to the Prohibited List as examples):

- **Anabolic Steroids:** desoxymethyltestosterone (designer steroid), methasterone, prostanazol, and methyl-1-testosterone
- **Other Anabolic Agents:** Tibolone
- **Stimulants:** Adrenaline, cropropamide, crotetamide, etamivan, heptaminol, isometheptene, and the isomers of methylamphetamine (levmethamphetamine, methamphetamine (D-), p-methylamphetamine, ortetamine, phenpromethamine, propylhexedrine), cyclazodone, fenbutrazate, meclofenoxate, norfenefrine, octopamine, oxilofrine, pentetrazol, sibutramine
- **Specified Substances:** cathine, corpropamide, crotetamide, etamivan, famprofazone, heptaminol, isometheptene, meclofenoxate, p-methylamphetamine, nikethamide, norfenefrine, octopamine, ortetamine, oxilofrine, phenpromethamine, propylhexedrine, selegiline, and sibutramine

Other noteworthy changes:

- The nomenclature of the substances under "S1. Anabolic Steroids" has been changed and standardized according to the International Non-Proprietary Name (INN) and/or the International Union of Pure and Applied Chemistry (IUPAC).
- The following stimulants have been included in the 2006 Monitoring Program and their use will be monitored out-of-competition: adrafinil, adrenaline, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, bromantan, carphedon, clobenzorex, cocaine, cyclazodone, dimethylamphetamine, etilamphetamine, etilefrine, fenbutrazate, fencamfamin, fencamine, fenetylline, fenfluramine, fenproporex, furfenorex, mefenorex, mephentermine, mesocarb, methamphetamine (D-), methylenedioxyamphetamine, methylenedioxymethamphetamine, methylphenidate, modafinil, norfenfluramine, parahydroxyamphetamine, pemoline, pentetrazol, phendimetrazine, phenmetrazine, phentermine, prolintane, and strychnine.

The SMSCS does not necessarily endorse or recommend the opinions or treatments that are contained in this newsletter. Products and services advertised within are advertisements only, and are not necessarily products used by the SMSCS. Consult medical personnel or sport scientists for medical problems, advice, and treatment.

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INJURY, REHAB AND TRAINING

Be Cold-Smart: Preventing Frostbite and Hypothermia

By Mike Webster, Director & General Manager, Wilderness Medical Associates Canada and Erin Asquith, University of Toronto nursing student

Canada's winter wonderland awaits outdoor enthusiasts this winter. Canadians know that severe temperatures go hand in hand with winter. Here's how to prevent hypothermia and frostbite while enjoying the toboggan and ski hills.

Hospital admissions in Canada related to cold injury average 330 per year. The elderly, children, the homeless, sports enthusiasts and outdoor workers are at highest risk.

FROSTBITE

Frostbite occurs when the skin and underlying tissue become frozen, generally at temperatures of -4 C or below. It's hard to feel frostbite occurring so regularly check yourself and those you are with.

Frostbite most commonly affects the hands, feet, face, and genitals. Risk increases greatly with the **wind chill** factor. A wind chill of -27 presents a risk of frostbite in prolonged exposures, -37 can cause frostbite in 10 to 15 minutes, and -40 , in less than 10 minutes.

Superficial frostbite (frostnip) and partial thickness frostbite cause white or grey skin (red skin in those with darker complexions) and can be quite painful as nerve sensations are intact although the tissue is still soft. **Rewarming** can begin in the field (warm water, warm air, warm armpits) but avoid very high temperatures (like open flames) or rubbing, which can damage skin.

Full-thickness frostbite leaves the skin with no sensation and it feels firm or even hard. A deeper level of tissue destruction is possible so a controlled rewarming environment is necessary. Try to evacuate to the nearest medical facility. Prevent the area from **refreezing** if it spontaneously thaws, as refreezing can cause considerable damage.

HYPOTHERMIA

Hypothermia occurs when the body loses heat faster than heat can be produced, and body temperature drops below normal. Early signs and symptoms can include cold and pale skin, impaired judgment, weakness, uncontrollable shivering and abnormal behaviour. Remember the "umbles" – a person who stumbles, mumbles, fumbles and grumbles. Heat loss occurs much more quickly when a person is hungry and dehydrated, especially when exposed to wetness and wind.

Get the person's internal campfire burning with food and hydration and make sure they are in well-insulated, dry clothing. Once they have had some food and drink, get them moving, if physically able. **Exercise** generates internal body heat but helps only on a full stomach. Seek shelter from wind, wet and cold. Heat pads or hot water bottles on the body (not directly on skin) can be very helpful. Anyone who has become unconscious from hypothermia should be kept as warm as possible and quickly evacuated to the nearest medical facility.

PREVENTION

Remember **C-O-L-D**:

- ✓ **Cover** your head, neck and face since a lot of heat loss occurs here. Wear hats, scarves and mittens, and remember lip protection.
- ✓ **Overexertion** leads to sweating, which causes damp or wet clothing. This causes you to become chilled more quickly.
- ✓ **Layer** clothing to protect against wind and cold. Start with a snug inner layer that allows sweat to escape, such as thin, synthetic long underwear. The second, insulating layer should be loose and warm, such as a wool or fleece sweater. The third layer should be windproof and waterproof.
- ✓ **Dry.** Wear waterproof clothing and insulated, waterproof boots and gloves. Ensure they are not too tight as this could decrease circulation to your hands or feet, raising the risk for frostbite

EAT AND DRINK

Food helps maintain body heat. Drinking keeps you from becoming dehydrated, which can lead to hypothermia. Bring plenty of fluids and snacks. Avoid alcohol, which can interfere with the body's ability to regulate heat.

KEEP MOVING

Limit the amount of time you spend sitting or standing. Move around to keep blood flowing to all body parts.



Don't delay, book now!

Are you a team trainer, parent or coach involved with a sports team? Are you prepared to handle minor sports injuries? Would you know what to do in the event of a medical emergency during a practice? Have you ever asked yourself, "what should I have in my sport 1st aid kit"? Is not knowing how to tape an athlete's thumb becoming a problem? The answers to these and many other questions are practically discussed and presented in detail during our...

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NOTE: The SMSCS will no longer be offering the "mini" sport taping course. We will still be offering the full day, 7 hour sport taping course.

INJURY, REHAB AND TRAINING

Heading Rare Source of Soccer Injury

By SMARTRISK Staff – Heads Up! newsletter

Contrary to popular belief, injuries caused by heading the ball are uncommon among young soccer players. Head injuries more frequently result from contact with other players, suggests a new study reported in the British Journal of Sports Medicine on soccer injuries in Kingston, Ontario.

The authors, led by Will Pickett, note that soccer is the most popular team sport in the world and that youth soccer is very popular among Canadians. Part of the reason is that it is seen to be a relatively **low risk** sport with limited contact among players.

Background

- The authors note that there has been interest in purposeful heading during soccer as a risk factor for **brain injury**. They add that this subject is controversial. Initial studies of professional soccer players from the Netherlands concluded that prolonged exposure to heading could lead to neurological and neuropsychological problems but similar studies conducted elsewhere failed to identify such associations.
- Advances in the design of soccer balls may have reduced the potential for head and brain injury. Before 1980, soccer balls were often made of leather. Recent advancements have led to **lighter** and **water resistant** soccer balls, which have less impact force. In addition, **smaller balls** are used among younger players to optimize safety and skill development.
- Few studies have examined head injuries among soccer players in the general population. This study focused on **acute soccer injuries** among players 10-24 years of age treated in an emergency department in Kingston, Ontario, between 1996 and 2001.



Results

- There were 1,714 soccer injuries (mean 286 a year). An injury to the head was reported in 235 cases or **14%** of the soccer injuries. More than half of the head injuries occurred during organized games or practices. Nearly half the head injuries were injuries to the eye.
- The leading mechanical factors for head injuries in soccer were contact with **other players** or persons, which accounted for 65% of the head injuries, and contact with balls, which represented 26% of the head injuries. Purposeful heading of the ball accounted for only 4 cases or 6% of the ball contact injuries.
- For cases involving contact with other players or persons, 10% of the players were attempting to **head the ball** at the time of injury, and 25% of the cases involved unspecified head to head contact (where heading the ball may have been the intent).

Preventing injuries

The authors conclude "Among youth players, we found **little evidence** that the purposeful heading of the ball was an important source of acute injury. Player to player contact injuries were a more important concern." The researchers suggest that **proper training** and a staged approach to how to head the ball may reduce injuries. They also call for vigilance in rule enforcement by referees with support from soccer organizations and clubs.

The article by W Pickett, S Streight, K Simpson and RJ Brison, "Head injuries in youth soccer players presenting to the emergency department," is printed in the April issue of the British Journal of Sports Medicine 2005;39:226-231. To read the full study, see the Related Links below.

Sport Massage Therapists Honoured in Saskatchewan

Courtesy of Sport Massage Canada (www.csmta.ca) and Cutting Edge Communications (www.cecommunications.ca)



Connie Burton and Sherry Gross in Athens, Greece

On May 3, 2005, the Saskatchewan government honoured its 2004 Olympic Team members in a special ceremony. Connie Burton and Sherry Gross, certified CSMTA members, were among those recognized.

Athletes, judges/referees, medical, and mission staff were warmly congratulated for their participation and representation of their province at the Games in Athens. They sat in on Question Period in the Legislature, during which time they were introduced by their own MLAs.

At the medal ceremony, Saskatchewan Premier Lorne Calvert presented each member with a Centennial Medal of Honour.

During the banquet, the team members were presented with a print from a Saskatchewan artist, framed beautifully and autographed to each individually. CSMTA members were honoured right along with the Olympic athletes.



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2006 Saskatchewan Winter Games needs your help!

The 2006 Saskatchewan Winter Games will be taking place in Melfort from Feb 11 – 19 and they need your help.

The Saskatchewan Winter Games is a provincial athlete-centered multi-sport event that will showcase competition and sportsmanship while leaving a lasting legacy of volunteerism, community pride and enhanced sport, culture and youth development for Melfort and surrounding areas.

The Melfort Host Society needs medical personnel to volunteer for the Games. It is hoped that many of the people who volunteered for the recently held Canada Summer Games in Regina will come forward to volunteer and pass that enthusiasm, knowledge, and volunteer spirit on to the Games in Melfort.

The medical contact is Barb Marleau and she can be reached at 752-1750 or by email at bmarleau.kthr@shin.sk.ca

The Games website is www.2006saskgames.ca



2005 CANADA SUMMER GAMES

2005 Canada Summer Games Wrap Up

The Sport Medicine and Science Council played a vital role with the Games on many levels, all which helped Team Saskatchewan achieve their highest medal count ever, as well as providing athletes and coaches from across the country with the best medical coverage and care ever at a Canada Games.

Preparing Team Saskatchewan

As the various provincial teams prepared for the Canada Games the SMSCS staff and the numerous consultants they utilize were vital in the development and preparedness that the athletes achieved prior to and during the Games. Ryan Flett led a very important group of mental trainers in developing programming that enabled athletes to set and achieve goals, become focused, develop team camaraderie, and realize their potential. In addition, Ryan also coordinated the overall sport science programming for a large number of the teams. Heather Hynes and the other nutrition consultants ensured that our athletes were nutritionally prepared and informed about the various supplement issues. Bruce Craven and our first rate group of Exercise Physiology Consultants worked with all teams in developing and monitoring physical training programs that ensured the athletes would be physically ready to compete at their highest levels. Bruce also oversaw many of the overall sport science programming that all consultants were involved with. Our sport physio and athletic therapy consultants assisted the injured athlete to a "return to compete" condition through their programming. Scott Julé, along with a few other consultants, provided up to date drug education and doping control workshops and ongoing consultation for each and every athlete and coach that were preparing for the Games. And lastly Travis Laycock, who coordinated the scheduling of all consultants, ensured the athletes received the best possible service and consultant given the many variables that each request entailed.

To say the least, this was a huge undertaking that began three to four years ago with initial planning sessions and meetings with the various provincial sport organizations. To all, a job well done!

Preparing for the Games – A very dedicated and often overworked group of volunteers came forward approximately 3.5 years ago to volunteer their time and expertise to ensure the athletes, coaches, spectators, and volunteers would have the best Games experience ever as it related to medical coverage and care during the Games. This "management" team was led by their fearless leader Donna Alport, who acted as the Vice President of the Medical Division for the Games (there were 16 different divisions in total). Donna provided the guidance and strong leadership this group needed as it blazed forward in developing the best medical plan a Canada Games has ever had. Her "right-hand-man" was Scott Julé, who acted as the Assistant Vice President. Both Donna and Scott also sat on the Games Management Committee that met monthly in preparation for the Games. The Medical Division was divided into four Units who each had two Co-Chair Persons. Louise Ashcroft and Dr. Warren Dufour were in charge of the Personnel Unit; Glen Purchie and Brent Kitchen took on the Support Services Unit; Dale Pitura and Maureen Coulthard handled the Venues Unit; and Helen Grimm controlled the Doping Control Unit. These people had various Team Leaders as part of their Unit teams, who then had Coordinators to assist them. Dr. Mike Nicholls acted as the Chief Medical Officer during the Games. By the time the Games were up and running, a total of 550 medical division volunteers were involved! Over the 17 days that medical services were provided a total of 6,888 athlete visits to specific practitioners were dealt with. That is truly amazing! Hats off to everyone involved.





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SPORT MEDICINE AND SCIENCE COUNCIL MEMBERS & CONSULTANTS

In an ongoing effort to provide you with the best service possible we have developed a complete alphabetical listing of the sport medicine and science provider group members. This listing is divided into two distinct categories – Sport Medicine and Sport Science. We apologize to anyone that was inadvertently left off the lists.

SPORT MEDICINE - Due to policy, the Sport Medicine and Science Council of Saskatchewan cannot recommend one medical professional over another. The "bulleted" individuals have attained their minimum sport requirements when it comes to their profession and any one of them should be able to help you. These are also the individuals that the SMSCS uses as consultants when filling a request by an outside agency (also listed are other members of their respective sport organizations). If you would like to contact them directly please do so. When booking an appointment with a Therapist or Doctor let them know that the Sport Medicine and Science Council of Saskatchewan has provided you with a list of Referral Contacts and you selected them to book an appointment.

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- Dr. Marlys Misfeldt, Saskatoon, #2-50 Kenderdine Rd., (w) 934-6606
- Dr. Mike Nicholls, Regina, Allied Health Centre, U of R, (w) 337-2640
- Dr. Paul Taillon, Saskatoon, #3-1945 Mc Kercher Dr., (w) 653-0112
- Dr. Ron Wall, Saskatoon, #101-3301 8th St. E., (w) 955-1530

Other SASM Members

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 Dr. Andries Bredenkamp, North Battleford
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Certified Athletic Therapists

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- Paul Aytte, Swift Current, 773-1509
- Duane Bartley (P.A. Raiders Hockey Club), Prince Albert, (w) 765-2829
- Joelle Burley (Summit Physiotherapy), Prince Albert, (w) 764-4999
- Karen Coyle, Lloydminster, 780-872-3313
- Ivan Gutfriend (Saskatchewan Roughriders), Regina, (h) 545-7089
- Kari Hiebert (Active Approach Injury Rehab), Gronlid (w) 227-4850
- Kristie Hill, (YMCA), Regina, (w) 757-9622 ext. 231
- Coral Istace (CBI), Yorkton, (w) 782-0524
- Kim Jones, Saskatoon, (w) 931-4245
- Greg Mayer (Regina Pats Hockey Club), Regina
- Michael Murray (Moose Jaw Warriors Hockey Club), Moose Jaw
- Dale Pitura (Allied Health Centre, U of R), Regina, (w) 337-2640
- Rhonda Shishkin (U of S, Huskie Athletics), Saskatoon, (w) 966-1026
- Lisa Swallow, Hamilton, ON, 905-297-8583
- Blaine Whyte (Professional Sport Rehab), Saskatoon, (w) 249-6868
- Alistair Wilson (Courtside Physio), Regina, (w) 584-5553
- Corey Young, (Professional Sport Rehab), Saskatoon, (w) 249-6868

Certification Candidates

Carla Brodt, Regina
 Heather Campbell-Meikle, Saskatoon
 Michelle Duchene, Saskatoon
 Christopher Facca, Saskatoon
 Eric Gartner, Saskatoon

Trevor Len, Regina
 Jennifer Pyle, Regina
 Christine Underhill, Regina
 Sheyla Watt, Regina

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Certified Sport Massage Therapists

- Geraldine Barrett, Unity (w) 228-2808
- Al Bodnarchuk, Saskatoon (h) 665-9965
- Connie Burton, Maple Creek (h/w) 662-4331
- Tom Countryman, Wilcox (w) 732-2080
- Sherry Gross, Pierceland (w) 839-2393
- Garret Woyanski, Regina

Certification Candidates

Arianne Piché, Regina
 Colin McMaster, Regina



SPORT PHYSIOTHERAPY CANADA – SASK SECTION

Diploma Of Sport Physiotherapy

- Scott Anderson (Northgate Physio), Regina, (w) 949-0770
- Chuck Armstrong (Armstrong's Physio Clinic), Saskatoon, (w) 653-3838
- Louise Ashcroft (Allied Health Centre, U of R), Regina, (w) 337-2640
- Bruce Craven (SMSCS), Saskatoon, (w) 975-0848
- Karen Craven (Daniels Kimber Physio), Saskatoon, (w) 652-5151
- Mitch Dahl (Daniels Kimber Physio), Saskatoon, (w) 652-5151
- Kate Fast (City Hospital FIT Program), Saskatoon, (h) 665-8974
- Anne Marie Graham (Bourassa & Associates), Saskatoon, (w) 665-1962
- Liz Harrison (U of S School of Physio), Saskatoon, (w) 966-6579
- Linda Mickalishen (Royal University Hospital), Saskatoon (w) 655-2431
- Rhonda Shishkin (Huskie Athletics), Saskatoon, (w) 966-1026
- Ted Tilbury (Daniels Kimber Physio), Saskatoon, (w) 652-5151

Certificate Of Sport Physiotherapy

- Colin Clarke (RCMP Academy), Regina, (w) 780-5835
- Denise Cherkas (Barassa & Associates), Saskatoon, (w) 665-1962
- Jason Flaman (Mackie Physio), Saskatoon, (w) 955-7888
- Leandre Gallais (M.O.S.T. Physiotherapy), Lumsden, (w) 731-2263
- Monique Marshall (SMRC), Saskatoon, (w) 244-9944
- Sue Meyers (Victoria Hospital), Prince Albert, (w) 765-6126
- Daysha Shuya (Allied Health Centre, U of R), Regina, (w) 337-2640
- A.J. Tabin (South Hill Physio), Prince Albert, (w) 764-3434

Certification Candidates

Jill Apshkrum, Regina
 John Berzolla, Saskatoon
 Brenda Collacott, Regina
 Chris Facca, Saskatoon
 Nicole Gallais, Lumsden
 John Marshall, Saskatoon

Jessica McGinn, Saskatoon
 Brad Spokes, Saskatoon
 Devin Taylor, Regina
 Nancy Thompson, Kindersley
 Corey Young, Saskatoon

Other SPC-Sask Members in Good Standing

Donna Alport, Regina
 Brad Boehm, Saskatoon
 Trevor Donald, Yorkton
 Ramsey Ezzat, Saskatoon
 Tamara Greenbank, Kenosee Lake
 Dan Hewson, Regina
 Erin Ireland, Estevan
 Carey E. Jones, Swift Current
 Elzbieta Jovanovic, Regina
 Reyno La Cock, Regina
 Leanne MacInnis, Weyburn
 Alison Matzyk, Regina
 Arlis McQuarrie, Saskatoon

Sarah Puetz, Rosthern
 Katherine Roberts-Zimmer, Regina
 Bree Rooke, Prince Albert
 Andrea Schick, Regina
 Elizabeth Stefanyshyn, Saskatoon
 Karen Toffin, Regina
 Ben Vuong, Saskatoon
 Jane Welsh, Regina
 Beverly Wilson, Regina
 Christopher Wiechnik, Saskatoon
 Kerry Zacher, Saskatoon
 Keith Zawislak, Prince Albert



SPORT SCIENCE - The Sport Medicine and Science Council of Saskatchewan have specific sport sciences disciplines that we provide programs, services and consultation in. The Council has specialized consultants in these sciences, but also utilizes the faculty at the U of S College of Kinesiology and the U of R College of Kinesiology and Health Studies. The minimum standards for science consultants are consistent with those established by the Canadian Sport Centre network across Canada. To obtain the services of a Sport Science Consultant contact the SMSCS office toll-free at 1-888-350-5558.

NUTRITION

Danielle Campbell, Saskatoon
 Michelle Classen, Regina
 Brenda Comfort, Saskatoon
 Carla Coulson, Regina
 Tom Hamilton, Regina
 Heather Hynes, Saskatoon
 Allison Kapp, Regina
 Cathy Knox, Swift Current
 Mark Pettitt, Estevan

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 Jon Farthing, Saskatoon
 Nanette Kowalski, Saskatoon
 Shawn Kuster, Regina
 Barry Stockbrugger, Regina
 Heather Whelan, Saskatoon
 Jason Weber, Saskatoon

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 Ryan Flett, Regina
 Tom Graham, Saskatoon
 Marlene Harper, Regina
 Dean Hugie, Regina
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Monthly Topics 2005 - 2006



October 4	Childhood/Pre-Adolescent Athlete	March 7	Male Image and Sport - Steroids, Body Image and Violence in Sport
November 1	Adolescent/Teen Athlete	April 4	Osteoarthritis and Sport
December 6	Obesity - Adult and Child	May 2	The Master Athlete
January 9	Pregnancy and the Athlete	June 6	Cardiac Rehab/Return to Active Lifestyle
February 7	Female Athlete Triad		

LOCATIONS: U of S, PAC - College of Kinesiology, Rm. 232

U of R, - PAC - College of Kinesiology & Health Studies, Rm. 164.16.2

TIME: 5:30 to 7:00 p.m. A light meal will be provided.

For more information contact:
**Sport Medicine
 & Science Council of Saskatchewan**
 2205 Victoria Ave., Regina, SK
 S4P 0S4
 Phone 1.888.350.5558
 Fax 780.9416
 Visit our web page: www.smscs.ca

If you are a:

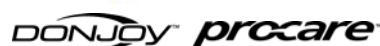
- doctor
- athletic therapist
- massage therapist
- student
- physiotherapist,
- chiropractor,
- team trainer,
- someone involved in a medical profession,

... you will find the 'Rounds' to be very helpful and of great interest.

Find out what's new, what others are doing, and how they deal with, prevent, and treat sport injuries.

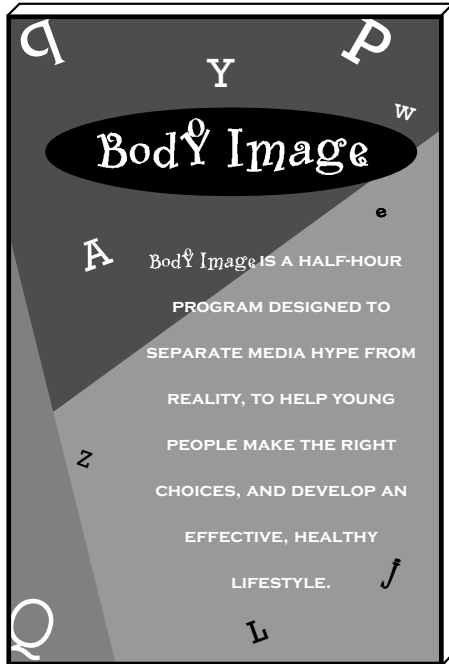
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- Ch-Ch-Changes (How Your Body Changes and Develops)
- Eye of the Beholder
- Fads
- Thin is In (Impact of the Media)
- Not Thin Enough (Eating Disorders)
- Roid Rage (Steroids)

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Dr. Marlys Misfeldt, Past-President, Sport Medicine and Science Council of Saskatchewan

Body Image

ORDER FORM

Body Image

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You can order by phone (306) 780-9446, or by fax (306) 780-9416.

Body Image video	\$25.00	x _____	=	<input type="text"/>
Shipping (per cassette add)	\$ 4.95	x _____	=	<input type="text"/>
	Sub - Total		=	<input type="text"/>
Prices are listed in Canadian Funds	GST - 7%		=	<input type="text"/>
	TOTAL		=	<input type="text"/>

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2005 Resource Material Purchase Form

Name: _____

Address: _____

Postal: _____ Phone: _____

Date: _____ Signature: _____

Code	Manual	Price	GST	Total		Quantity	Total
CSSP03	Sport 1st Aid	\$25.00	\$ 1.75	\$26.75	@		\$
RM06	Exercise Physiology	\$10.00	\$ 0.70	\$10.70	@		\$
RM07	Strength & Conditioning	\$20.00	\$ 1.40	\$21.40	@		\$
RM08	Mental Training	\$10.00	\$ 0.70	\$10.70	@		\$
RM09	SNAC Nutrition	\$20.00	\$ 1.40	\$21.40	@		\$
RM10	Body Image Video	\$25.00	\$ 1.75	\$26.75	@		\$

5040		Subtotal	\$
2220	s/h	S/H (10%)	\$
	s/h gst	TOTAL	\$

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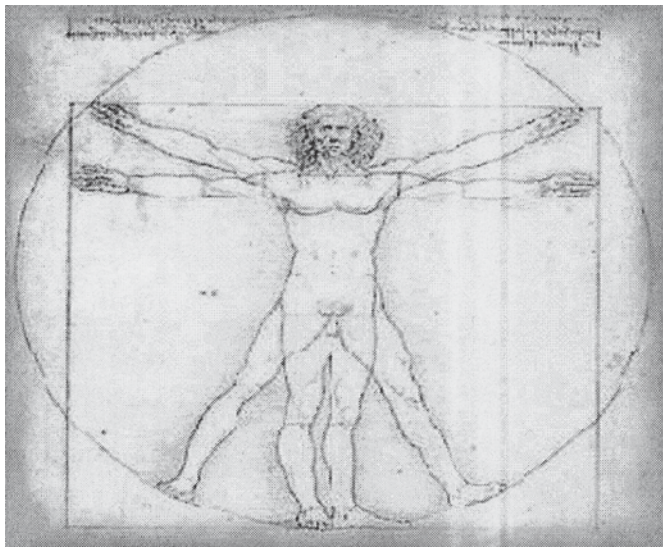
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SISSEL EQUIPMENT

2005 - In Stock Purchase Form (revised Jan 5, 2005)

		CODE	Price	PST	GST	SUB TOTAL	QTY	TOTAL
ABS PRO Gymballs	55cm	STE04	\$38.000	\$2.66	\$2.66	\$43.32		\$ -
	65cm	STE05	\$41.000	\$2.87	\$2.87	\$46.74		\$ -
	75cm	STE06	\$44.000	\$3.08	\$3.08	\$50.16		\$ -
								\$ -
Medicine Balls	1 kg	STE07	\$21.000	\$1.47	\$1.47	\$23.94		\$ -
	2 kg	STE08	\$31.000	\$2.17	\$2.17	\$35.34		\$ -
	3 kg	STE09	\$41.000	\$2.87	\$2.87	\$46.74		\$ -
	4 kg	STE10	\$51.000	\$3.57	\$3.57	\$58.14		\$ -
	5 kg	STE11	\$61.000	\$4.27	\$4.27	\$69.54		\$ -
								\$ -
SitFits	13"	STE12	\$40.000	\$2.80	\$2.80	\$45.60		\$ -
	15"	STE13	\$45.000	\$3.15	\$3.15	\$51.30		\$ -
								\$ -
Fit Tube	light	STE14	\$9.000	\$0.63	\$0.63	\$10.26		\$ -
	medium	STE15	\$10.000	\$0.70	\$0.70	\$11.40		\$ -
	strong	STE16	\$11.000	\$0.77	\$0.77	\$12.54		\$ -
								\$ -
Ankle Tube	light	STE17	\$12.000	\$0.84	\$0.84	\$13.68		\$ -
	medium	STE18	\$13.000	\$0.91	\$0.91	\$14.82		\$ -
								\$ -
Physio Toner	light	STE23	\$7.000	\$0.49	\$0.49	\$7.98		\$ -
	medium	STE24	\$8.000	\$0.56	\$0.56	\$9.12		\$ -

				SUBTOTAL
5040	2220	s/h	s/h	
		gst		S/H add (10%) \$
				TOTAL

All prices already include 7% GST & 7% PST

Shipping and handling costs of 10% are to be added to all orders that are to be mailed, couriered, bused.

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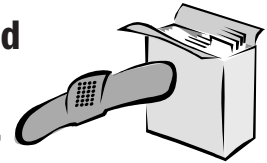
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FAKS02	ELASTIC ADHESIVE TAPE - 2" X 5 YDS.	\$5.85	@	\$
FAKS03	ELASTIC ADHESIVE TAPE - 3" X 5 YDS.	\$8.00	@	\$
FAKS04	ELASTIC ADHESIVE TAPE - 4" X 5 YDS.	\$12.25	@	\$
FAKS89	LEUKOTAPE P - 1.5" X 15 YDS.	\$10.75	@	\$
FAKS88	MOLESKIN - 3" X 12"	\$1.95	@	\$
FAKS96	FOAM (4" X 3")	\$3.40	@	\$
FAKS97	FELT (4" X 3")	\$3.40	@	\$
FAKS09	UNDERWRAP (PROWRAP) - 3" X 30 YDS	\$1.70	@	\$
FAKS10	SECOND SKIN (3" CIRCLE)	\$1.85	@	\$
FAKS11	ANKLE WRAP - 8 FT. STRIP	\$3.00	@	\$
FAKS12	HOT/COLD PACKS, REUSABLE (6" X 10")	\$3.25	@	\$
FAKS13	INSTANT COLD PACKS	\$1.50	@	\$
FAKS14	HEEL AND LACE PADS	\$0.05	@	\$
FAKS16	TAPE ADHERENT - 4 OZ. CAN	\$7.00	@	\$
FAKS93	TAPE DEHESIVE/REMOVER, 4 oz SPRAY CAN	\$7.50	@	\$
FAKS19	ECONOMY ELASTIC TENSOR - 3" X 5 YDS	\$1.00	@	\$
FAKS23	DELUXE TENSOR BANDAGE - 3" X 5 YDS.	\$2.50	@	\$
FAKS26	GROIN WRAP, 6"	\$9.75	@	\$
FAKS27	REGULAR BANDAIDS (3/4" X 3")	\$0.10	@	\$
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FAKS30	KNUCKLE BANDAIDS	\$0.20	@	\$
FAKS31	FINGERTIP BANDAID - SMALL	\$0.20	@	\$
FAKS33	BUTTERFLY BANDAID - MEDIUM	\$0.20	@	\$
FAKS35	EYE BANDAID - JUNIOR EYE	\$0.55	@	\$
FAKS38	WOUND CLOSURE STRIPS -1/4" X 3", PKG OF 3	\$0.95	@	\$
FAKS41	TAPE/BANDAGE SCISSOR (7-1/4")	\$7.25	@	\$
FAKS42	ZIP CUT TAPE CUTTER (SMALL)	\$8.05	@	\$
FAKS44	LATEX GLOVES (SM., MED., LAR.), 1 PAIR	\$0.25	@	\$
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FAKS52	TONGUE DEPRESSORS	\$0.05	@	\$
FAKS86	FINGER NAIL CLIPPER	\$1.95	@	\$
FAKS53	TOE NAIL CLIPPER	\$4.20	@	\$
FAKS55	TRIANGULAR BANDAGE (ARM SLING)	\$1.50	@	\$
FAKS81	LAERDEL POCKET MASK	\$30.95	@	\$
FAKS102	ANALGESIC BALM (1 LB.)	\$19.95	@	\$
FAKS109	GAUZE TELPHA PADS, STERILE, 3" X 4"	\$0.25	@	\$
FAKS70	GAUZE SPONGES, STERILE (3" X 3")	\$0.18	@	\$
FAKS73	GAUZE, NON-STERILE (3" X 3")	\$0.08	@	\$
FAKS110	NASAL PLUG	\$0.20	@	\$
FAKS78	FINGER SPLINTS-ALUMINUM - 3/4" X 18"	\$4.50	@	\$
FAKS82	ANTIBIOTIC OINTMENT - 30g TUBE (polytopic)	\$8.75	@	\$
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FAKS84	COTTON TIPPED APPLICATORS	\$0.05	@	\$
FAKS85	HYDROGEN PEROXIDE (3%) - 4 OZ. BOTTLE	\$1.40	@	\$
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