



# SPORT MEDICINE SCIENCE COUNCIL of Saskatchewan Inc.

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

Summer 2010

## Sport Med Saturdays

**“My Arm Hurts”**

**- Looking at Athletic Injuries in the Elbow, Forearm, Wrist and Hand -**

**The SMSCS is once again hosting a Sport Med Saturday one-day conference in Saskatoon on Saturday, October 30**

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

**Educational Credits**  
are available for  
most professions

**10:00am - 4:00pm**

**Lunch provided**



**More details TBA in the near future.**

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## Mentoring Program Initiated

Sport Physiotherapy Saskatchewan (SPS) in conjunction with the Sport Medicine and Science Council of Saskatchewan (SMSCS) have initiated a Mentoring Program that will see student physiotherapists ‘shadowing’ professional physiotherapists while they are covering sport events as part of the SMSCS’s Event Coverage Program. Jessica Pawlik, who is the volunteer President of SPS, approached

the SMSCS some months ago about the idea. The SMSCS then developed the procedures for the student involvement as well as the communication system to ensure the students are always aware of upcoming events and have the opportunity to further develop their ‘on-field’ skills. One of



the other goals of this initiative is to expose the students to the Event Coverage Program so when they are finished university they are then ready to assist the SMSCS and the athletes of Saskatchewan by providing great coverage at major sport events. For more information or to get involved, please contact the SMSCS at 1.888.350.5888 or 306.780.9446.

## Free Services !!!!!!!

Are you a PSGB, Sport District, University Team, or a Canadian Sport Centre Saskatchewan athlete? If so, you are eligible for a certain amount of **FREE** Sport Medicine and Sport Science services from the SMSCS. Call our toll free line at 1.888.350.5558 for more information.

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





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# President's Message

Dr. Marlys Misfeldt

Eight years have passed since I last held the position of SMSCS President and it is an honor that the Board of Directors has once again allowed me to assume that role. It is with great anticipation that I step into the position that Dale Pitura has so magnificently filled for the past two years. His tireless work on establishing a 'Forward Plan' is something that will be the foundation for the Council going forward and will truly be Dale's lasting legacy for years to come.



One of the main initiatives resulting from the direction received from the forward planning process was to re-establish as well as enhance some of our sport medicine programs and services. Although this is truly a long term plan that will take years to see end results, the staff has already put in place many of the initial steps to see this come to fruition.

On that note, the Council cannot exist without the members and consultants that make up the Council. We can have the staff, the Board, and committees develop the greatest programs and services in the world but it is the members and consultants that must 'be there' to provide the services in such roles as a session facilitator, a course instructor, a doctor conducting skin checks at a wrestling tournament, or a therapist on the sidelines providing medical coverage at a provincial tae kwon do championship. I would like to challenge each of our members and consultants to become more involved with the Council by stepping forward to assist in providing our programs and services to our clients. Each year the SMSCS receives around 1,300 requests to utilize our programs and services, which is a huge number. By helping out once or twice a year each of you can make a difference in how efficiently the Council operates.

I encourage all PSGB's and their members, Canadian Sport Centre Saskatchewan athletes, University teams, Districts for Sport, Culture and Recreation, and anyone else to utilize our many programs and services. If there are other sport medicine or science related topics or ideas that you wish to discuss or if there are other programs and services we need to address to better serve the sport community, please contact us. Our staff have been with us for many years and are more than ready to listen to any idea or suggestion and help with any problem you may have.

In closing I would like to acknowledge and thank Brie Ellard-Jedlic for the great work she has done for the Council over the last four and half years as our staff mental trainer. Brie resigned in April to spend more time with her young family and to pursue an interest in private practice consulting. We wish Brie the very best!

*Marlys Misfeldt*

This newsletter was sent using the SMSCS email contact list. If you did not receive our newsletter by email and would like to receive it in the future or you know someone who would like to receive it, contact the SMSCS office at 780.9446 or by email at [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

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

# Member Recognition

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

We'd like to thank everyone who has submitted their January to June activities to us. Only those that submitted information are included. The next edition of the newsletter will be out in September, so please forward any updates by August 31. Please note that local/city events will not be included.

Louise Ashcroft, Sport Physiotherapist - U of R Womens hockey, mens and womens volleyball, basketball and wrestling.

Dr. Cole Beavis, Sport Medicine Physician - Was on the host medical team for the World Jr. Hockey Championship in Saskatoon in January. U of S Health Care Coalition Member. Wrestling Canada Integrated Support Team.

Ron Brady, Chiropractor - Was on the host medical team for the World Jr. Hockey Championship in both Saskatoon and Regina in January. Is the team chiropractor for the Regina Pats.

Julie Brandt, Chiropractor - Attended the 2010 Canada Winter Games in PEI as the SMSCS's Medical Liaison in February.

Bruce Craven, Sport Physiotherapist - Attended the World Figure Skating Championship as the Team Canada Physiotherapist. Provided functional movement screens/ assessments at a Gymnastics Canada team camp.

Mitch Dahl, Sport Physiotherapist - attended the 2010 Winter Olympics as part of the Host Medical Staff where he was assigned to the Snowboard and Freestyle Ski Venue.

Chris Facca, Certified Athletic Therapist - Was on the host medical team at the World Jr. Hockey Championship in January in Saskatoon.

Leandre Gallais, Sport Physiotherapist - Physiotherapist at Saskatchewan Hockey Association's Identification Camps. Also is the Trainer for the Prairie Fire Rugby Club.

Darren Hector, Chiropractor - Was on the host medical team for the World Jr. Hockey Championship in Regina in January.

Mark Labrecque, Chiropractor - Was on the host medical team for the World Jr. Hockey Championship in Saskatoon in January.

Garth LaPlante, Chiropractor - Was on the host medical team for the World Jr. Hockey Championship in Regina in January.

Trevor Len, Certified Athletic Therapist - Was on the host medical team for the World Jr. Hockey Championship in Regina in January. Provided medical coverage at the Western Canadian Gymnastics Championship in Regina in April.

Dr. Michael Nicholls, Sport Medicine Physician - attended the 2010 Winter Olympics as a venue M.D. for short-track speed skating.

Charlene Storey, Physiotherapist - Head Trainer for the Saskatoon Hilltops. Head trainer for Football Saskatchewan's Provincial teams.

Dr. Paul Taillon, Sport Medicine Physician - Was on the host medical team for the World Jr. Hockey Championship in Saskatoon in January.

Shane Taylor, Chiropractor - Chiropractor in Chief for the World Jr. Hockey Championship held in Regina in January.

Ted Tilbury, Sport Physiotherapist - Is the physiotherapist for the men's national soccer team, which recently returned from Argentina and Venezuela. He also spent three weeks at the 2010 Winter Olympics at the Whistler Polyclinic.

Tim Wilkinson, Chiropractor - Was on the host medical team for the World Jr. Hockey Championship in Saskatoon in Jan.

## ***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! ***Brie***

Contact info: [bjedlic@sasktel.net](mailto:bjedlic@sasktel.net)/ 530-3504 (c)

# Professional Development Grants Available

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

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

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

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



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- Resource Manuals (mental training, sport 1st aid, etc)

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# ATHLETE DEVELOPMENT

## HIGH PERFORMANCE TRAINING CENTRE REGINA

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# 2010 WADA Prohibited List - Revisions

The Canadian Centre for Ethics in Sport (CCES) would like to inform athletes, physicians, therapists, coaches, and other members of the sport community about the change in status of certain **beta-2 agonists**, which are commonly found in **asthma medications**. This is a follow-up to previous advisory notes concerning the new 2010 World Anti-Doping Agency (WADA) Prohibited List.

**Salmeterol** and **salbutamol** are no longer prohibited when administered **by inhalation only**. They require a declaration of use, which can be provided on the doping control form at the time of testing, or through ADAMS if required by an athlete's international federation.

Salbutamol is still prohibited when administered by any route other than inhalation, e.g., oral (pill form). If salbutamol is detected during drug testing procedures at a level above 1000 ng/mL, the athlete will have the burden of demonstrating through a controlled study that this urinary level was the result of therapeutic inhaled use of this medication.

**All other beta-2 agonists** (e.g., terbutaline and formoterol) **are still prohibited** when administered by any route including inhalation.

The CCES would also like to remind the Canadian sport community that the WADA has reintroduced **pseudoephedrine** to the **Prohibited List** effective **January 1, 2010**.

Pseudoephedrine, a stimulant commonly found in over-the-counter cough and cold medications, is prohibited in-competition only. Athletes are advised to consider the use of alternative permitted medications for the treatment of coughs, colds and upper respiratory infections, in consultation with a physician. A list of prohibited and permitted cough and cold medications is available at [www.cces.ca/athletezone](http://www.cces.ca/athletezone).

Athletes can verify the status of medications using the Global DRO at [www.globaldro.com](http://www.globaldro.com), which was updated on January 1, 2010 to reflect the new Prohibited List. Alternately, the CCES will respond to inquiries about Canadian medications by email at [substances@cces.ca](mailto:substances@cces.ca) or by toll-free telephone at 1-800-672-7775.

Athletes who are required to take a prohibited medication for a legitimate medical reason may apply for a **therapeutic use exemption (TUE)**. The CCES website ([www.cces.ca/tue](http://www.cces.ca/tue)) provides complete information on TUE application processes.

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## Sport Nutrition Workshops

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

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

**To book your workshop**, contact Heather Hynes toll free at 1.888.350.5558, ext. #5 or email her at [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net).

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

The SMSCS acknowledges the financial support of **Dairy Farmers of Saskatchewan**



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## Sport 1st Aid Supplies and Kits

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



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