



SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan

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Providing Sport Medicine and Science Services and Programs for Active People in Saskatchewan

Winter/Spring 2010

Sport Med Saturdays

The SMSCS is once again hosting a Sport Med Saturday one-day conference on March 27 in Regina and the Registration Deadline is quickly approaching!

The registration deadline is Friday, March 12 so if you plan on attending simply go to the Sport Medicine and Science Council of Saskatchewan's website at www.smcs.ca and print off a registration form and send it in.



'The Athlete and Low Back Pain/Injury'

This will undoubtedly be one of our most interesting conferences to date. We have an outstanding list of medical professionals to speak on various topics, in addition to former Saskatchewan Roughrider great **Scott Schultz** who, from an athletes perspective, will describe what the athlete wants and needs.

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

Educational Credits
are available for most professions

Presenters and Topics

- Scott Schultz - *An Athletes Perspective*
- Dr. Mike Nicholls - *Clinical Approach to Low Back Pain*
- Dr. Heather Fox - *Neuromuscular Thermography and the Lumbar Spine*
- Dr. Alan Beggs - *Treatment Options (minimally invasive and emerging technologies) and Referral Needs*
- Dr. Ron Brady, Jerrit Senft, Janelle Brehm-Claude - *Panel Discussion - Working With Other Medical Professionals*
- Julie Schick - *Preparing the Injured Low Back for Dynamic Activity*
- Shawn Kuster - *Developing Dynamic Core Stability*
- Scott Anderson - *Pre-Event Management*



10:00am - 4:00pm Lunch provided

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





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President's Message

Dale Pitura, BSc. (PT), BSPE, CAT(c)



Coming to the end of my two year term as president of SMSCS and the last President's message that I will have to submit, one certainly looks back at the experience. It has been a time that has brought some change and a time that hopefully sets the stage for a continued strong and vibrant Sport Medicine and Science Council going forward.

The staff and volunteers that I have been associated with over the past two years have been remarkable. At the beginning of my two year term, I had hoped that I could assist in creating a long term plan for the Council. This process is almost complete and it is hoped that the strategic plan will be presented and passed at this year's AGM. This process could not have been accomplished without the full engagement and enthusiasm of the staff, board of directors and all volunteers who participated in the strategic planning process. I sincerely thank you all.

The SMSCS is a strong and vibrant organization. The volunteers that sit on the board, the consultants that work with the athletes and the staff that organize and work day to day to keep the process moving have all shown a deep commitment and pride of the organization. Seeing this first hand has been the most memorable part of my term as president. The strong leadership that is provided by Mark Henry and all the staff adds to the strength of the Council. Their ability to guide the volunteers, get the most out of them without placing too many time constraints and burdens on them, has really been appreciated. I would not have had such an enjoyable time without Mark's guidance and support and the assistance of all staff members.

Upcoming events for the Council in the near future include the Sport Med Saturday. This is to be held on March 27, 2010. This program is just one of many that illustrate the organization of the Council; having the staff take an idea and direction from the volunteers, developing the program and executing the delivery of the program. In my opinion, this is what the Sport Medicine and Science Council of Saskatchewan does best. In continuing to provide this service, the SMSCS will certainly support and optimize the competitive sport performance of Saskatchewan athletes, coaches and officials.

Thank to all who have assisted over the past two years. I look forward to continuing to serve the council in the Past President role and watch it continue to grow and strengthen.

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

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

Members Receive Prestigious Awards

Dr. Marlys Misfeldt to Receive Award

The Sport Medicine and Science Council would like to congratulate Dr. Marlys Misfeldt for being one of only three individuals in the province to be honored with the Sask Sport Inc. Volunteer Recognition Award.

Marlys has and continues to play a vital role in the development of the SMSCS. Not only was she the President of the SMSCS for eight years from 1994 - 2002 (the longest term to date), but she was absolutely instrumental during the amalgamation of the Sport Medicine Council and the Sport Science Program in 2000. She has provided leadership, wisdom and many, many volunteer hours to the field of sport medicine in the



province, particularly in the sport of karate. She has volunteered as medical staff at Saskatchewan karate tournaments since 1987, serving as the Chief Medical Officer at the Canadian National Blackbelt Karate Tournaments since 1988, and at the 2006 World Traditional Karate Tournament in Saskatoon. She was the team doctor for the 2006 Canadian International Traditional Karate Federation (ITKF) team, and the team's medical judge for four Pan American Championships. She was medical director for the 1992 ITKF World Championship in Montreal, as well as Canada's medical judge and team physician for six other championships.

Marlys is currently the Vice President of the Sport Medicine and Science Council of Saskatchewan, the treasurer of the Saskatchewan Academy of Sport Medicine, chairperson of the Saskatchewan Karate Association Sport Medicine Chairperson, General Secretary for the ITKF Sport Medicine Committee, and the Traditional Karate Canada Sport Medicine Chairperson. She previously served as Vice President of the Saskatchewan Academy of Sport Medicine for two years, and President of the Saskatchewan Academy of Sport Medicine for two years. She also served with the Canadian Sport Centre Saskatchewan from 2006-08 and has been a Saskatchewan *in motion* Ambassador since 2003. She served on the CASM Women in Sport Medicine Committee and the Sport Nutrition Advisory Committee of Sport Medicine Council of Canada.

Outside of karate, Dr. Misfeldt was Chief Medical Officer at the 1992 Canadian Special Olympics Winter Games, the 1999 World Junior Volleyball Tournament, and the 2003 BMP Mastercard Skate Canada Championships, and served as medical staff at the 1985 Canada Summer

Games, the 1992 Canadian National Track and Field Meet, and 1992 Dive Canada. She has also helped with National Ballet of Canada events and national soccer events held in Saskatoon. Dr. Misfeldt has also provided event medical coverage at numerous sport events on behalf of the SMSCS's Medical Coverage Program. She has been the team physician for the Huskie Basketball teams since 2004, as well as medical staff at the Saskatchewan Provincial Track and Field Championships, Saskatchewan Winter Games, Knights of Columbus Track and Field meets, and Huskie and Saskatoon high school sport meets.

Saskatchewan Award of Merit to Dr. David Millar

The SMSCS would also like to congratulate Dr. David Millar who was a recent recipient of the Saskatchewan Award of Merit.

As a health care professional and in his public service, Dr. David Millar always puts the well-being of others first. He is a strong advocate and volunteer for mental health reform on the local, provincial and national levels. David was the president of the Canadian Mental Health Association - Saskatchewan Division in 1983-85, where he participated in the development of a national Framework of Support, earning a national CMHA award. He is a consultant for the Ministry of Health's Medical Services Branch and the Functional Rehabilitation Program at Wascana Hospital. He has served on the Chiropractors' Association of Saskatchewan board, as chair of the Council of Chiropractic Education (Canada).

An active rower, Dr. Millar has served as president of the Regina Rowing Club and the Saskatchewan Rowing Association. He was chairperson for the Rowing Venues for the 1987 Western Canada Games and 1992 Canadian Masters Summer Sport Festival. He was Rowing Sport Leader for the Jeux de Canada Games in 2005 and volunteer Medical Mission staff in 2007. He has volunteered as medical staff for several sporting events in Regina. Dr. Millar has been a member of many professional, arts and cultural, sport and recreation groups, including SaskSport and the Saskatchewan Parks and Recreation Association. He is a recipient of the CHMA National President's Award and the Consumer Participation Award; the National Award of Merit of the Canadian Parks and Recreation Association.



Educational Funding Available

Are you a member 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 attending educational courses, workshops, or seminars. Funding is not available for travel, meals, accommodations, etc.

There are a number of criterion and restrictions that members should be aware of and are available by contacting Mark Henry at 780.9208.



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SMSCS Annual General Meeting

*Wednesday, March 24
Davidson, SK*

*For more information contact
Executive Director Mark Henry
at 780-9208*

Here's what's at ...

www.smscs.ca



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Did you know...

Lose Weight, Stay Strong -

Cyclists and runners often go on strict diets as part of their training-lighter generally means faster. But do they risk losing muscle and becoming weaker? Not necessarily. Dropping body fat improves your power-to-weight ratio without affecting muscle mass, according to a study in the *Journal of Strength and Conditioning Research*. When well-trained cyclists slashed their calorie intake by 40% for 3 weeks during the off-season, they lost nearly 4 pounds of fat without losing muscle or compromising their training ability. Study author Lisa Ferguson Stegall, Ph D (c), of the University of Texas, says athletes can continue to train for endurance and lose weight without sacrificing lean mass.

Outrun Hunger - Exercise can quell hunger. A British study found that a morning or late-afternoon workout could make a meal more filling. After 58 people exercised every day for 12 weeks, they rated identical breakfasts as 24% more filling than they had at the start of the trial. Regular exercise may raise levels of hormones that affect hunger and fullness, says study author Neil King, Ph.D.

Workout With a Friend - According to the American College of Sports Medicine, on average you will exercise 34 extra minutes if you work out vigorously with a friend.

Abs Myth - Don't turn your gym session into a 'ball' game. When California State University scientists

compared core activation during overhead exercises, they found that shoulder presses on a bench will work your abs, obliques, and lower back more than doing them on an exercise ball will. The researchers hypothesize that the heavier weights you can use on a bench force your abs to work harder in order to stabilize your upper body.

Stronger Core, Faster Times - It's not all about your legs. Runners on a 6-week core strengthening program shaved 47 seconds off their 5-K times, a new study reports. A control group didn't do the core work and improved by only 17 seconds. A strong core helps you maintain a good posture, which leads to consistent stride length and frequency. This may reduce fatigue, says author Kimi Sata, Ph.D.(c).

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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.

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



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