



Games Gossip

Jan 09, 2004

Canada Games Coaches & Directors,

The Sport Medicine & Science Council would like to provide you with an update as to what has been happening, and what will be happening in the month of January, 2004 for Team Saskatchewan in preparation for the 2005 Canada Summer Games. We will be doing this every second month to keep all informed about everything that is happening with Team Saskatchewan.

SCIENCE

Many teams have started planning their camps. As you are most likely aware by now, each team has access to 36 hours of sport science services leading up to the Canada Summer Games.

In late December, both Volleyball teams had a camp in Saskatoon in which Exercise services were provided, and Wrestling held an open camp in Saskatoon where Mental Prep was provided. As well, in early January, Men's Softball held a camp in Saskatoon with Nutrition, Exercise, & Mental Prep all being provided. Likewise, Women's Soccer was busy with a camp in Saskatoon for their Northern athletes whereby Exercise and Mental Prep were provided. This weekend, Baseball is holding a camp in Regina & Saskatoon with Mental Prep, Exercise, & Nutrition. Sailing as well will be busy in Saskatoon with Exercise & Mental Prep. The rest of January has the SMSCS busy with camps for Men's Soccer and Women's Soccer almost every other weekend. Looking into the future, the SMSCS is providing services to at least 1 team almost every weekend leading up to April 11, 2004.

MEDICINE

If you have a Canada Games eligible athlete recently injured, contact the SMSCS so that a Sport Physio or Athletic Therapist can see the athlete. The SMSCS will pay for the Assessment of the injury, but any further ongoing treatment payments will be the responsibility of the athlete or the team.

As well, do not forget that your team should attend a Drug Education Workshop prior to the Games. Ideally, these should be conducted no later than 6 months prior to the Games.

ON-LINE TRAINING DIARY

The SMSCS has been talking to a few companies regarding an on-line training diary to assist Canada Summer Games athletes & coaches in their programming for the upcoming Games. The Sport Medicine & Science Council has decided to go ahead with a Saskatoon Company in regards to developing an On-Line Training Diary for Coach/Athlete Monitoring and Collaboration. The name of the company is "Scouting Solutions". If you are familiar with the on-line BC Sport Trainer, this local company is similar to the BC one with the exception that this local one is more user friendly and can be more personalized with each sport and team.

In saying this, the SMSCS has worked out an agreement whereby the SMSCS will pay the developmental costs for each sport team, but the sport is responsible for the user fee. We have negotiated with the company that for the first 3-months a trial will take place whereby the cost to the sport will be \$5/user (therefore if you have 30 athletes and a spot for coaches and manager, total cost for the 3-month trial is $\$5 \times 33 = \165). If after the 3-month trial you wish to continue to use it, then the remaining cost of \$20/user for the remaining 9-months is also your responsibility.

The Sk Sport High Performance Coordinating Committee has indicated that if sports and teams are wanting to use this on-line training diary, then the funding that Sask Sport has provided for each sport, can be used for this. For example, Sask Sport has given each PSGB \$50/athlete for outside sport science. This allocated funding is allowed to be used for this type of project.

Check out the company's demo located at www.scoutingsolutions.com/rtdemo . If interested, contact Travis Laycock with the SMSCS at 975-0867 to discuss in setting up for your team.

SISSEL EQUIPMENT

The SMSCS carries a wide range of Sissel Exercise Equipment to assist your athletes in their training. We carry, tubing, medicine balls, and exercise/therapy balls. Once again, the SaskSport extra funding to the PSGB can be used to purchase these equipment for your team. For more information, contact Travis Laycock with the SMSCS at 975-0867.

FIRST AID SUPPLIES

The SMSCS carries a wide range of First Aid supplies for your Canada Games first aid kits. Once again, the SaskSport extra funding to the PSGB can be used to purchase these supplies for your team. For more information, contact Scott Julé with the SMSCS at 780-9446.

OTHER SERVICES

If you are interested in having your athletes laboratory fitness tested through the U of R or the U of S, the SMSCS can coordinate this service. All fitness testing is on a fee-for-service. The SaskSport extra funding to the PSGB can be used to pay for this service for your team. For more information, contact Travis Laycock with the SMSCS at 975-0867.

The SMSCS website located at <http://www.smscs.ca> has many great resources for coaches and athletes. Hundreds of articles on all the sciences are available to view for free. In addition, the SMSCS has manuals for sale for Nutrition, Mental Training, Strength & Conditioning, Sport First Aid, and Exercise Physiology. Contact either SMSCS in Regina or Saskatoon for more information.

The SMSCS will be having a few extra copies of DartFish Biomechanical Analysis Computer Program for sale for \$500. This is an ideal program to assist the coach in the analysis of skills of their athletes. A few of the Canada Games Teams have already purchased it. For more information on this computer program, visit <http://www.dartfish.com> .

TEAM SASKATCHEWAN

Chef de Mission for Team Saskatchewan, Ross Lynd, will be receiving applications for Team Saskatchewan Mission Staff in the very near future. Once he has determined who the Mission Staff are, it is expected he will be informing you and them about upcoming coaches meetings. Stay tuned for more information in the future.

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