

Supporting
the Dream

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NEWS

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Workshops

Lunch & Learn Part 3 - Nutrition

The CSCS will be presenting a three part workshop series focusing on nutrition. The first two sessions will discuss recovery nutrition and the final session will review supplements.

During the first session, participants will learn how to ensure proper recovery at competitions and tournaments away from home. The second session will focus on antioxidants and other nutrients that play a key role in recovery. The final session will look at why supplements are so tempting for athletes.

In Regina, the workshops will be held on January 14, 28 and February 11 from 12:00 -1:00 p.m. at 2205 Victoria Ave. The presenter will be Thomas Hamilton, Registered Dietician, Bachelor of Science in Home Economics and Bachelor of Physical Education (honours). **In Saskatoon**, the workshops will be held on January 7, 21 and February 4 from 12:00 -1:00 p.m. at 510 Cynthia St. It will be presented by Heather Hynes, registered dietician and Bachelor of Science in Nutrition.

All costs will be covered by CSCS. Bring your own bag lunch. For more information contact Michelle Dezell at (306) 975-0861 or email mdezell@sasksport.sk.ca.

Preparing for your Career

Saskatoon

Date: Jan. 26, Feb.24, Mar.23, April 27
Time: 6:30 - 8:30 p.m.
Location: Sask Sport Inc., 510 Cynthia Street

Regina

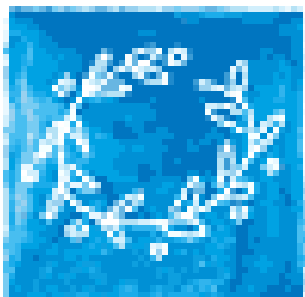
Date: Feb.4, Mar.2, Mar.29, Apr 28
Time: 6:30 - 8:30 p.m.
Location: Ramada Hotel, 1818 Victoria Ave.

JANUARY - The Discovery Phase—Self-Assessment
FEBRUARY - The Direction Phase—Resumes & References
MARCH - The Discussion Phase—Networking & the Hidden Job Market
APRIL - The Discussion Phase—Interviewing

To Register: call Michelle Dezell at 306-975-0861 or email mdezell@sasksport.sk.ca

* Pre-registration only - all costs covered by the CSCS. Seating limited. Priority given to CSCS registered athletes.

OLYMPIC WATCH



ATHENS 2004



Congratulations to the following Saskatchewan athletes for qualifying to compete at the Olympic and Paralympic Games in Athens:

- Erin Cumpstone – Softball
- Amy Alsop – Goalball
- Mike Bacon – Wheelchair Rugby
- Alan Semeniuk – Wheelchair Rugby
- Viola Yanik - Wrestling
- Nicole Cargill - Synchro

Many other Saskatchewan athletes will be competing to qualify...watch for updates.

We have profiled two of the recent Saskatchewan athletes:

Congratulations to Viola Yanik of the Saskatoon Wrestling Club for qualifying for the 2004 Olympics in Athens,

Greece. Viola won the Olympic Trials best of three series two matches to one over Tara Hedican of Guelph Wrestling Club. Her match scores were:

- Viola wins 10-0 at 4:59 (grand superiority)
- Tara wins 9-3
- Viola wins 10-3 and wins series 2-1

Congratulations to Nicole Cargill of Regina for being named to the Synchro Canada official Olympic team for Athens 2004. Synchro Canada Olympic team trials were held and a total of 14 swimmers were vying for a ticket to Athens, in the end nine were selected. Her results include:

2003

Qualified for Olympic team

Swiss Open: 2nd Team, 2nd Combo

Nationals: 3rd Solo, 1st Combo, 2nd Duet

2002

Junior Worlds: 2nd Solo, 2nd Duet, 2nd Team Combo, 3rd Team

Nationals (senior): 5th Duet

Westerns (senior): 2nd Duet

Member of the Canadian National Junior team

2001

Junior Worlds: 6th Figures

Westerns (15-18): 1st Duet, 1st Solo, 1st Figures

If you have qualified for the Olympic Games, contact Michelle Dezell at (306) 975-0861 or email mdezell@sasksport.sk.ca.

Visit the Olympic Watch page at:
www.sasksport.sk.ca/csc-sk/athens.html

Canadian Olympic Committee Invites Applications to the 2004 Olympic Academy of Canada: www.olympic.ca/EN/organization/news/2004/0109.shtml

(Retraction: October CSCS newsletter: 2004 Summer Olympic Games in Athens, Greece. List of Saskatchewan athletes qualifying to compete at the Olympic and Paralympic games was printed incorrect.)

LORNE LASUITA NAMED TO ATHENS MISSION STAFF



Lorne Lasuita, Senior Manager of Sports, Athlete Services and Medical Services for the 2005 Canada Summer Games has been named to the Canadian Mission Staff for the 2004 Summer Olympics in Athens, Greece.

"I'm going to be with the administration office at Village Operations," explains Lasuita. "During the pre-games work I'll be drawing up a list of room allocations. During the games I'll be supporting the accommodations including distributing keys and developing contact names. I'll be part of the dispatch for the athletes, which includes receiving the athlete's mail, making sure they get their telephone calls and relaying any messages."

This will be his first Olympic experience. He will arrive in Athens approximately two weeks before the Games start and then leave after the last event is completed. He will also attend an orientation in Ottawa during the spring.

Recent Athletic Highlights

CSCS athletes have been enjoying tremendous success at the national and international levels. Here's a sample of some recent achievements:

- **Jan-Michael Pelechytik, 23, Regina.** A member of the Regina Optimist Dolphins Swim Club, Pelechytik won a silver medal in the men's 200m fly, finished seventh in the 100m fly, and achieved personal best times in three out of five events at the Canadian Open/Short Course Nationals in Laval, Que.
- **Simon Bairu, 20, Regina.** Bairu won the gold medal at the Canadian Senior Cross Country Championships in Toronto. As a member of the Saskatchewan Senior Men's Team, he won a silver medal at the National Cross Country Championships in Toronto. He won a gold medal at the Big Ten Championships in East Lansing, Michigan; and finished ninth at the NCAA Cross Country Championships in Waterloo, Iowa.
- **Chelsea Stone of Regina.** At the Pan Am Championships in Orlando, Florida, Stone won a gold medal in sparring and a silver medal in patterns. She also won gold medals in sparring and patterns at the SaskCup in Regina.

Athletes competing at Junior World Racquetball Championships

A number of Saskatchewan athletes headed to Orlando, Florida in December to compete in the Junior World Championships. There were 33 players from Canada participating including 6 of 12 Junior National Team Members from Saskatchewan. They included:

- Tim Landeryou - Boys 18&U event
- Alison Schlichemeyer - Girls 18&U
- James Landeryou - Boys 16&U
- Nathaniel Husulak - Boys 16&U
- Brandi Jacobson Prentice - Girls 16&U
- Sean Barclay - Boys 14&U

The team consists of six other players from Saskatchewan including the following Saskatoon residents:

- Lee Connell & Chris Exner - Boys 18&U
- Josh Keil - Boys 14&U
- Barret Husulak - Boys 12&U

Participants from Regina include:

- Graham Richardson - Boys 16&U
- Christine Richardson Girls 12&U

Results:

Bronze medals were won in the Singles and Doubles.

- James Landeryou - Boys 16&U;
- Alison Schlichemeyer - Girls 18&U
- Brandi Jacobson Prentice - Girls 16&U

Bronze medals were also won in the Doubles by:

- Tim Landeryou - Boys 18&U
- Nathaniel Husulak Boys 16&U Bronze medals in the doubles.

National Training Camp for Shooting Events

There will be a national level training camp for national team athletes as well as athletes who have international aspirations for rifle or pistol, Olympic or Para-Olympic shooting events. The training camp will take place on March 19-21, 2004 at the Saskatoon Wildlife Federation Range.

Although this camp is open to individuals who are not on the national team, the content of this camp is focused on international athletes. This is not an introductory camp and athletes should be competing at a national level (competing at a provincial level team) as a minimum requirement.

This camp is also open to coaches working with athletes at these levels. This is an opportunity for coaches to work alongside international-level athletes and coaches.

This camp will provide an opportunity for the top rifle and pistol shooters in the country to get together in a non-competitive setting to not only learn from guest presenters, but also from other camp participants.

For more information contact: Cory Niefer at (306) 955-5592 or email: coryniefer@hotmail.com

Saskatchewan Sport Awards

The province's best amateur athletes and volunteers will be saluted at the Saskatchewan Sport Awards to be held on Thursday, March 18 at Queensbury Centre in Regina.

The awards will feature the Athlete of the Year finalists and the Volunteer Awards. The athlete categories include: youth male, youth female, male, female, master and team. The Volunteer Awards honor individuals who devote their time and effort toward the development of sport.

A complete listing of athlete nominees and finalists and Sport Award Banquet ticket information will be available soon on our website at: www.sasksport.sk.ca/csc-sk/



News / Resources

Results from Further Analysis for THG and Modafinil

January 7, 2004: <http://www.cces.ca/pdfs/CCES-MR-THGAnalysisComplete-E.pdf>

New Canadian Anti-Doping Program – Status Report

http://www.sasksport.sk.ca/csc-sk/pdf/CCES_statusreport.pdf

Canadian Olympic Committee Newsletter “Podium”

– a monthly electronic newsletter aimed at keeping athletes, the sport community, our members and our partners informed about our activities and initiatives.

www.olympic.ca/EN/newsletters/5e.shtml

Alexa Berton wins scholarship

The National Women's Volleyball Team has presented a two-year scholarship to Alexa Berton from Saskatoon. The scholarship will enable her to play volleyball within the national team programs.

As part of her commitment for the scholarship, she will begin National Women's Team physical training programs in January and combine this with her club program. She will attend the National Team Senior tryout camp in May (if requested to attend) and join the National Junior Team for training in July for selection, training and competition. She will train with the National Junior Team from July 2004 to the end of the NORCECA Championships, usually in early August.

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