



2023 Sport Medicine and Science Speaker Series

All sessions will be online via Zoom (Zoom link will be sent out closer to session date to all those registered). A separate registration is required for each session. Sessions are intended for Saskatchewan Athletics members only (Coaches, and Athletes (and their parents/guardians)). Coaches will be credited with 1 Professional Development point for each session they attend.

Session 1: Monday, April 17 (7:30-8:30pm): Optimal Sports Nutrition with Heather Hynes

- This session will focus on the importance of meeting your energy needs on a daily basis. We will review how to plan a training day; looking at snack and meal options that can help you maximize each training session. We will also discuss hydration needs and the possible uses and benefits of different sports drinks. Participants will have an opportunity to ask questions at any time during the session.
- Registration Link (Closes April 16 at 10pm): <https://forms.gle/LP2Sokf2BFZGPMdd9>

Session 2: Tuesday, May 16 (7:30-8:30pm): Injury Prevention with Erica O'Neill

- This one-hour presentation on Injury Prevention and Management will cover common injuries in athletics, the risk factors that cause these injuries, and some evidence based interventions to decrease the risk for injury.
- Registration Link (Closes April 15 at 10pm): <https://forms.gle/u2YmpXmvtoX68w4L7>

Session 3: Wednesday, June 7 (7:30-8:30pm): Intro to Mental Performance with Lisa Hoffart

- You train your body, but do you train your brain? By learning and implementing mental and emotional skills, you can increase your self awareness and enhance your performance. This session will explain the importance of mental skills, how and why you can develop your mental and emotional strategies, and will help you to determine how you can start where you are at today to make a difference in your performance.
- Registration Link (Closes June 6 at 10pm): <https://forms.gle/qEbzmKEkeCEuwzGa6>

Session 4: Monday, September 11 (7:30-9:00pm): Relative Energy Deficiency in Sport (RED-S) with Heather Hynes

- This session will review the health and performance impacts of Relative Energy Deficiency in Sport (RED-S). We review the signs and symptoms to look out for and how we can work together to create an energy environment that supports growth, development and training performance. Participants will have an opportunity to ask questions at any time during the session.
- Registration Link (Closes September 10 at 10pm): <https://forms.gle/2SYBeFrbYnuXUvJP7>



Session 5: Tuesday, September 19 (7:30-8:30pm): Sleep and Performance with Heather Hynes

- The presentation is targeted towards athletes, coaches and parents with an emphasis on “How Sleep is affected by Sport Science and Sport Medicine”
- The session looks at “getting the athlete ready” and takes into consideration;
 - Sleep Quality and Quantity
 - Effects of Sleep Deprivation
 - Travel and Sleep
 - Nutrition and the effect on Sleep
 - Mental Preparation and Sleep
 - Exercise, Conditioning and Sleep
 - Sleep and Medical Considerations
 - How to Sleep Better and Assess your Sleep
- Registration Link (Closes September 18 at 10pm): <https://forms.gle/sBC5rpAHPvMd1woH8>

Session 6: Tuesday, October 17 (7:30-8:30pm): Strength Training with Shawn Kuster

- The session will provide an overview of the key components of a strength training program and how the program should evolve within the context of the LTAD. The session will also discuss the relationship between strength and power and provide opportunity for attendees to ask questions to clarify their own personal situations.
- Registration Link (Closes October 16 at 10pm): <https://forms.gle/Rz1Fy1v26tEdVUBM9>

Session 7: Wednesday, November 15 (7:30-8:30pm): Ideal Performance States with Lisa Hoffart

- Ideal performance state helps athletes understand how they perform best. This session will build knowledge of ideal performance state and help athletes to develop and emphasize the approaches that will enhance their own performance state.
- Registration Link (Closes November 14 at 10pm): <https://forms.gle/CwNDHyLeo3Hsyquv8>

Session 8: Thursday, November 30 (7:30-8:30pm): Self Massage with Al Bodnarchuk

- Al will introduce 2-3 areas of tightness that can cause possible injuries in hurdlers and sprinters. He will demonstrate self massage techniques all athletes can use to help address those areas. Injury management suggestions will also be presented.
- Registration Link (Closes November 29 at 10pm): <https://forms.gle/UbJWfGksQ6DsSRcT8>

Session 9: Tuesday, December 5 (7:30-8:30pm): Nutrition for Competition with Danielle Campbell

- The session will focus on competition nutrition; the importance of planning your competition days in advance to ensure optimal fueling and hydration to maximise energy levels and performance. We will discuss timing of intake and what snacks to pack to have at the venue. Participants will have an opportunity to ask questions during the session.
- Registration Link (Closes December 4 at 10pm): <https://forms.gle/wdmgHzkMy57xM1j57>