



2022 Sport Medicine and Science Speaker Series

(Saskatchewan Athletics will host 17 different online sessions in 2022. The sessions will cover many different topics; Mental Performance, Sports Nutrition, Strength and Conditioning, RED-S and Female Health)

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 9: Thursday, September 8 (7:00-8:30pm): Female Health with Heather Hynes

- A great session for all female athletes, parents of female athletes, or coaches that work with female athletes.
- This session will focus on specific nutrients that are critical for the female high performance athlete. We review the signs and symptoms to look out for when the body is not getting enough fuel 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 Wednesday, September 7 at 9pm): <https://forms.gle/razwEMFysrKTMqfm6>

Session 10: Wednesday, September 21 (7:00-8:00pm): Nutrition for Recovery with Heather Hynes

- This session will focus on the 4 main ingredients that are essential for optimal recovery. We will discuss the importance of planning to ensure we have all of those ingredients at the training venue so that recovery can be as efficient as possible. We will also discuss some common nutrition barriers that high performance athletes may come across and hopefully find some solutions. Participants will have an opportunity to ask questions at any time during the session
- Registration link (Closes Tuesday, September 20 at 9pm): <https://forms.gle/tjq9LUeMLxoekQFm6>

Session 11: Tuesday, October 4 (7:00-8:00pm): Sport Supplements with Heather Hynes

- This session will focus on specific sport supplements that have been scientifically shown to support optimal performance. We will review the steps that athletes should take prior to purchasing any sport supplements and how those products could be used in combination with a high performance nutrition plan. Participants will have an opportunity to ask questions at any time during the session
- Registration link (Closes Monday, October 3 at 9pm): <https://forms.gle/xmPn15rFPxpmNu7y9>

Session 12: Thursday, October 13 (7:00-8:00pm): Proper Stretching with Shawn Kuster

- This session covers the long and short of stretching. Will discuss the question of how much flexibility do we need and a review of best training practices/modalities to achieve it.
- Registration link (closes Wednesday, October 12 at 9pm): <https://forms.gle/vjuBB8ZW3vC2Wto68>

Session 13: Monday, October 17 (7:00-8:00pm): Injury Prevention Management 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 Sunday, October 16 at 9pm): <https://forms.gle/LXRyW7asHgfNX2xp9>



Session 14: Tuesday, November 1 (7:00-8:00pm): Mental Toughness with Lisa Hoffart

- This session will examine resiliency and mental toughness as a way to manage challenges and enhance coping strategies
- Registration Link (Closes Monday, October 31 at 9pm): <https://forms.gle/V3yRZMJuRk8EufRz5>

Session 15: Tuesday November 15 (7:00-8:00pm): Ideal Performance State 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 Monday, November 14 at 9pm): <https://forms.gle/ijmWAoRMV9VMJwha7>

Session 16: Wednesday November 30 (7:00-8:00pm): Benefits of Weight Training and how to lift properly with Shai Olansky (Craven SPORT Services)

- The presentation will cover information regarding the physiological responses following weight training.
- Including:
 - Changes in muscle size, body composition, bone density and tendon stiffness and how they can relate to improving performance.
 - Neuromuscular adaptations - Communication between brain and muscles and how they relate to improving performance.
 - How different weight training types will improve different physiological components such as muscle endurance, maximal strength, power and speed.
- We will finish the presentation by covering information regarding common errors while performing the main compound lifts - Deadlift, Squat, bent over row and shoulder press and how to avoid them.
- The session will end with time for Q&A
- Registration Link (Closes Tuesday, November 29 at 9pm): <https://forms.gle/6Nf16psNbubbkTVRA>

Session 17: Thursday December 15 (7:00-8:00pm): Core Strength Exercises with Shai Olansky (Craven SPORT Services)

- The presentation will cover information regarding what should be the core exercises for track & field athletes and why.
 - To start, we will review the biomechanics of the different movement patterns in the sport of track & field. Such as running, high jump, long jump, and Shot put.
 - After understanding the movement patterns, and the forces needed to be produced and absorbed by the main muscles involved in each movement, we will review how these movements and relevant muscles can be appropriately trained at the gym.
 - Following the theory component, we will move on to a practical component, so please show up ready to move. We will review and practice a number of the core strength exercises discussed in the first part of the session.
- The session will end with time for Q&A
- Registration link (Closes Wednesday December 14 at 9pm): <https://forms.gle/d65Fq6H6BsWyGc5v7>