



DISTRICT FOR CULTURE,
RECREATION & SPORT INC.



The South West District for Culture, Recreation and Sport Present...

Sport Medicine & Science Workshops

Do you need training for your work with athletes? Would training for your team help their performance? Is a workshop from the Sport Medicine & Science Council of Saskatchewan the answer?

A partnership between the South West District for Culture, Recreation and Sport and the SMSCS offers free workshops to communities and organizations in the south west.

WORKSHOPS AVAILABLE INCLUDE:

Sport Science:

- Mental Training – topics include team building, mental imagery, practice effectiveness, and self-talk
- Strength and Conditioning
- Sport Nutrition/Supplements
- Biomechanical Analysis
- Exercise Physiology Programming

Sport Medicine:

- Sport 1st Aid
- Sport Taping – small charge per participant to cover the cost of taping supplies
- Initial Injury Assessment
- Medical Coverage of Events
- Drug Education and Doping Control

Workshops range from 1.5 to 7 hours in length.

Do any of the above workshops sound like what you and your group needs to improve your athletic performance? Contact the SWDCRS Maple Creek program office to find out how you can host a workshop.

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