



# SPORT

## RALLY TOGETHER. LEARN TOGETHER.

**RALLY TOGETHER WITH THE SASKATCHEWAN LOTTERY SPORT, CULTURE & RECREATION DISTRICTS AS WE TEAM UP TO OFFER AN EPIC SERIES OF ON-LINE SPORT FOCUSED WORKSHOPS FACILITATED BY THE SPORT MEDICINE & SCIENCE COUNCIL OF SASKATCHEWAN.**

**January 27 :** Injury Prevention

**February 23 :** Concussion Education / Coach & Parent

**February 24 :** Concussion Education/ Athlete Focus

**March 18 :** Optimal Sports Nutrition

**April 22 :** Sleep & Performance

**May 20 :** Drug Education & Awareness

**June 24 :** Sport Supplements

**July 21 :** Mental Performance\_ Goals

**August 18 :** Mental Performance\_ Energy Management

**September 15 :** Mental Performance\_ Thinking Patterns

**October 20 :** Mental Performance\_ Imagery

**October 21 :** Mental Performance\_ Teams & Culture

**November 17 :** Mental Performance\_ Routines

**December 15 :** Mental Performance\_ Ideal Performance State

Select your workshop time from either 12:00–1:00pm OR 7:00– 8:00pm with time for Q&A following the workshop.

All sessions are free of charge and open to everyone. Pre-registration required 48 hrs. prior to event.

Connect with your District Consultant if you have questions.



**SASK LOTTERIES**



**SASK SPORT**



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**JAN 27**

**Injury Prevention w/ Lisa Swallow:** Common injuries within the sport and how to prevent them through warm up, cool down, stretching techniques, etc.

**FEB 23**

**Concussion Education & Management w/ Rhonda Shishkin:** sessions on what is a concussion, preventing and managing a concussion, with an emphasis on the importance reporting a concussion and creating a supportive team dynamic.

**FEB 24**

**Concussion Education - Athlete Focus w/ Michelle Keene:** sessions on what is a concussion, preventing and managing a concussion, with an emphasis on the importance of reporting a concussion and creating a supportive team dynamic.

**MAR 18**

**Optimal Sports Nutrition w/ Heather Hynes:** Sport Nutrition workshop focusing on fuel requirements for sport performance (carbohydrates, proteins and fast), timing of intake (pre, during and recovery) and hydration planning.

**APR 22**

**Sleep & Performance w/ Heather Hynes:** A workshop educating on Sleep quality and quantity, deprivation, effects on sleep through travel, nutrition, exercise and mental, medical considerations, and how to sleep better.

**MAY 20**

**Drug Education & Awareness w/ Heather Hynes:** consists of information on the WADA prohibited substances and methods, doping control procedures (testing), therapeutic use exemption (TUEs) forms and procedures, athlete rights and responsibilities, sport supplement awareness, alternatives to doping, and fair play & ethics.

**JUN 24**

**Sport Supplements w/ Heather Hynes:** A workshop educating about the risks, research and possible side effects of sport supplements, review of the 3rd party certification programs that exist regarding supplements (NSF Certified for Sport, Informed Choice.).

**JUL 21**

**Mental Performance: Goals w/ Lisa Hoffart:** A workshop educating on goal setting, setting realistic short term & long term goals, monitoring goals.

**AUG 18**

**Mental Performance: Energy Management w/ Lisa Hoffart:** A workshop educating on attention, emotional, & arousal control to deal with nerves or stress.

**SEP 15**

**Mental Performance: Thinking Patterns w/ Lisa Hoffart:** A workshop educating on Self-Talk and Negative thought.

**OCT 20**

**Mental Performance: Imagery w/ Lisa Hoffart:** A workshop educating on how to use mental imagery & visualization effectively.

**OCT 21**

**Mental Performance: Teams & Culture w/ Lisa Hoffart:** A workshop educating on cohesion, trust, and team building.

**NOV 17**

**Mental Performance: Routines w/ Lisa Hoffart :** A workshop educating on how to use routines & practices effectively.

**DEC 15**

**Ideal Performance State w/ Lisa Hoffart:** A workshop educating on the factors and barriers in achieving one's IPS.

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