



2022 Sport Medicine and Science Speaker Series

(Saskatchewan Athletics will host 15 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 1: Tuesday, February 22 (7:30-8:30pm): Sleep and Performance with Thomas Hamilton

- 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 Monday, February 21 at 9pm): <https://forms.gle/4FeBX6L4iLgzFimh6>

Session 2: Tuesday, March 8 (7:30-8:30pm): Optimal Nutrition Planning 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 Monday, March 7 at 9pm): <https://forms.gle/Km4C4yNC1gonXi4T6>

Session 3: Wednesday, March 16 (7:30-8:30pm): Mental Performance Goals with Lisa Hoffart

- This session will examine the importance of goals as a way to move towards your best performances in a deliberate and action oriented manner. A variety of goal setting approaches and techniques will be examined so that you can apply the strategies that will help you to progress and develop.
- Registration link (Closes Monday, March 14 at 9pm): <https://forms.gle/qevp5GyVASxL587i9>

Session 4: Tuesday, March 22 (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 Monday, March 21 at 9pm): <https://forms.gle/ZLChusU4M35jE1FX8>



Session 5: Wednesday, April 6 (7:30-8:30pm): Optimizing warmups and cooldowns for maximizing performance with Shawn Kuster

- Overview of session:
 - Physiological benefit of a warm-up
 - Elements of a warm-up. Criteria for enhancing activation and maximizing performance
 - Use the information to reflect on the question is your warm-up doing what you think it is doing?
- Registration link (Closes Monday, April 4 at 9pm): <https://forms.gle/kp97JYiZKZAvYN2V7>

Session 6: Tuesday, April 19 (7:30-8:30pm): Mental Performance Imagery with Lisa Hoffart

- This session will examine the skill of visualization, including how it can help you and ways to apply it in your day to day training and competing. Participants will get an opportunity to practice visualization in the session, and will receive a number of tips on how to implement and use visualization successfully.
- Registration Link (Closes Monday, April 18 at 9pm): <https://forms.gle/Wqv5r591cJDoAxQc8>

Session 7: Thursday April 28 (7:30-8:30pm): Nutrition for Competition with Heather Hynes

- 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 Tuesday April 26 at 9pm): <https://forms.gle/YHUcnsqtjfaCQMLd7>

Session 8: Monday, May 16 (7:30-8:30pm): Mental Performance Stress Management with Lisa Hoffart

- This session will examine stress and coping, so that you can better understand how stress impacts you and how you can better manage your own stress response. You will leave the session with increased awareness of yourself and the strategies that you can apply to be more resilient and adaptable in the face of stress and challenges.
- Registration Link (Closes Sunday, May 15 at 9pm): <https://forms.gle/7J8YyVgmooJs3URSA>

With a busy competition schedule in the summer (June & July), we will resume the speaker series in August after Canada Summer Games.