



ATTENTION OFFICIALS

The Sport Medicine and Science Council of Saskatchewan have many programs and services that can be utilized by Provincial Sport Governing Bodies and their officials/referees.

Too often, officials do not have access to the same type of support services and programs that most athletes, coaches and teams are afforded. Please take this opportunity to familiarize yourself with the ones noted below. If you have any questions about these or any other programs and services, please call our toll free number, 1-888-350-5558 or email us at s.jule@sasktel.net. (Note: Costs are associated with some of these programs/services)

1) Mental Training Sessions

Workshops & progressive consulting are available in the following areas that relate directly the development of all officials. Topics include:

- Emotional and arousal control
- Self-talk
- Mental toughness
- Routines
- Ideal performance state
- Focusing

2) Sport Medicine Education Sessions

Sessions range from one to three hours in length. Suggested topics include:

- Injury prevention
- Warm up/cool down and stretching
- Recognition and care of common sport injuries
- Life threatening injuries
- Concussions

3) Sport Nutrition Sessions

Officials have special nutritional needs and requirements just like players do, whether it's for officiating one-game or for being involved in a weekend tournament. Topics include:

- Fluids
- Pre/post event nutrition
- Nutrition on the road
- Tournament and multi-event nutrition