

Athletes & Coaches
Services Handbook

Canadian National Sport Centres-Network

Canadian Sport Centre Saskatchewan

www.csc-sask.ca

Telephone: (306) 975-0861

Canadian Sport Centre Pacific

www.pacificsport.com

Telephone: (250) 220-2500 Victoria

(604) 333-3500 Vancouver

Canadian Sport Centre Calgary

www.canadiansportcentre.com

Telephone: (403) 220-4405

Canadian Sport Centre Manitoba

www.cscm.ca

Telephone: (204) 474-6604

Canadian Sport Centre Ontario

www.csontario.ca

Telephone: (406) 426-7238

Centre National Multisport Montreal

www.multisport.qc.ca

Telephone: (514) 872-1999

Canadian Sport Centre Atlantic Canada

www.cscatlantic.ca

Telephone: (902) 425-5822

WELCOME

As you well know, it takes perseverance, determination, hard work and much more to become a high performance athlete or coach. The road to success is never easy and often takes extraordinary effort to be the best. To make that road a little easier for our athletes and coaches, the Canadian Sport Centre Saskatchewan was created.

Using a holistic approach, the Canadian Sport Centre Saskatchewan provides a comprehensive range of services for athletes covering all aspects of life - both inside and outside of sport. Our services and programs are divided into three streams to enhance overall athlete development: Performance Services, Support Services and Life Services.

This handbook introduces and outlines these programs and services.

The Canadian Sport Centre Saskatchewan is managed and administrated out of Sask Sport Inc. in Saskatoon and Regina. We are supported by and in partnership with Sport Canada, The Canadian Olympic Committee, the Coaching Association of Canada, the Sport Medicine and Science Council of Saskatchewan, the Coaches Association of Saskatchewan and the Province of Saskatchewan.

We are a member of the network of Canadian Sport Centres located across Canada. There are eight locations to receive services when travelling or visiting other provinces in Canada.

The Canadian Sport Centre Saskatchewan trusts that you will find our services and programs most rewarding and wish you the best of luck as you strive for excellence!

MISSION, VISION, AND VALUES

Our Mission

The Canadian Sport Centre Saskatchewan is dedicated to supporting the pursuit of excellence by high performance athletes and coaches in Saskatchewan to achieve podium performances at international competitions through a holistic process.

Our Vision

The CSCS vision is to achieve excellence through World-class athlete services, quality coaching and long-term sport development. That Saskatchewan's high performance athletes and coaches will have access to quality support programs and services that will enhance their holistic development on their journey to excellence, while living, training and competing in Saskatchewan.

Our Values

Holistic Development
Athlete and Service Centred
Excellence
Dynamic

Flexible
Equitable
Partnership
Shared Leadership

Canadian Sports Centres, in collaboration with National Sport Federations, will provide a leading edge and holistic training environment for the development of high performance athletes and their coaches to enable them to achieve podium results. (Taken from the National Sport Centres. position paper, Sport Canada, CAC, COA -January 1999)

What is the Canadian Sport Centre Saskatchewan?

The Canadian Sport Centre Saskatchewan works in partnership with the sport and corporate community in Saskatchewan and Canada to provide world class athlete and coach services. The Centre works in partnership with National and Provincial Sport Organizations to ensure athletes have access to the necessary services and facilities to reach their goals.

Where is the Centre Located?

The Canadian Sport Centre Saskatchewan is administered out of Sask Sport Inc. The services are not housed within one location, but rely on the services and facilities provided by key partners, which operate out of their regular facilities. These services are available province wide. Our partners include the University of Regina, University of Saskatchewan, Sport Medicine and Science Council of Saskatchewan, medical practitioners, Sask Sport Inc. and the fitness facilities as part of our GymFit program. It is these partnerships that enable the CSCS to offer the range of services we do.

Who Makes the Centre Possible?

We are able to provide ongoing assistance because of the generous support of program partners as well as our founding partners. Sport Canada, Canadian Olympic Committee, the Coaching Association of Canada, the Province of Saskatchewan, Sask Sport Inc., the Sport Medicine and Science Council of Saskatchewan, and the Coaches Association of Saskatchewan.

Who is Eligible?

Nationally carded athletes have the highest level of priority and are eligible for our services at various levels. We also are dedicated to developing future National calibre athletes. Coaching programs are designed to support coaches who aspire to compete at the National and International level. To get a complete listing of athlete eligibility please contact the Athlete Services Manager at (306) 975-0861. For more information on coaching programs, contact the Coaching Development Manager (306) 780-9313.

Athlete Services Curriculum

We offer a menu of programs and services that provides coverage of all aspects of life - inside and outside of sport. Our curriculum is divided into three streams: **Performance Services, Support Services** and **Life Services** all of which ensure holistic development.

Accessing the Services

Each registered athlete will be issued an Athlete ID card. You need this card to access our menu of services, or to take advantage of special offers. To access services and receive a card an athlete must register with the Centre. This process includes filling out an Athlete Registration

form and scheduling an athlete intake interview where you receive information on the Centre and how to access the services. Please contact the Athlete Services Manager to find out how to register.

PERFORMANCE SERVICES

Performance Services was created, developed and delivered in partnership with the Sport Medicine and Science Council of Saskatchewan and other agencies. Performance Enhancement services are specifically designed to meet your high performance training needs. These services include the Sport Science program, the GymFit strength training network, and medical monitoring through our registry of Sport Medicine professionals.

GymFit - Strength-training Network

As a registered CSCS athlete, you can enjoy the benefits of the GymFit program. As a high performance athlete, you already know that you need access to resistance training, recovery, and cardiovascular training equipment to maximize your results in your competitive sport. GymFit brings numerous fitness facilities, health clubs, and community centers to the athletes of the CSCS. This program enhances your training environment by providing access to one or more local training centers.

Contact the Athlete Services Manager for a listing of the current GymFit partners in your area.

Sport Medicine & Science Services

In partnership with the Sport Medicine and Science Council of Saskatchewan, as a registered CSCS athlete you will receive access to fully certified sport science and medicine services. These services ensure you are healthy, well-trained, and have sound training programs to maximize your performance.

SUPPORT SERVICES

Product Support

Through a sponsorship with Wyeth Consumer Healthcare Inc. and CV Technologies Inc. you may access products including: Centrum, Advil, Chapstick, Caltrate and Cold FX.

Sport Solution - Legal Advice for Athletes

The CSCS is proud to promote the Sport Solution program as a service offered by Athletes CAN to support Canada's high performance athletes. As a registered athlete of the Centre, you will be able to take contracts, such as sponsorship or team agreements, to a lawyer for advice. With professional input, you can make an informed decision as to whether the agreement protects your interests and if it is appropriate to your situation. To find out more information about the types of issues and complaints they can help to resolve visit the Athletes CAN website at www.athletescan.com.

Sport Tax - tax advice for athletes

Athletes who receive financial assistance from scholarships or carding often have trouble finding information on where to include this income on their tax return. Information will be available to help ensure you are completing your return properly and not paying more income tax than you need to. Contact the Athlete Services Manager for more information.

Resources:

- Support in developing self marketing tools such as promotional materials, business cards, website design, etc.
- Resource library with information on a variety of topics
- Access to computer workstations, telephone, email, internet and more
- Information on full and part time job opportunities

LIFE SERVICES

Life Services provide you with the tools you need to succeed on the podium today, as well as in your career as community leaders tomorrow. This program will cover a wide range of personal and professional skill sets, public speaking and media training.

SportGrad

High performance athletes spend a great deal of time training and travelling for competition. Often you are not able to participate completely in a traditional classroom setting or on a conventional schedule. Through the CSCS you are eligible to receive support for tutoring in preparation for exams and to enhance study skills. This support will help to minimize the impact your competition and training schedules have on your academic success. Please contact the Athlete Services Manager for details on how to access.

Career Goal

There are things you can be doing right now to prepare you while you train and compete to allow you to match what you are good at doing with what you love to do. Studies show that you will have an easier time adjusting to life after sport if you follow a plan for integration. This program can help you to determine a personalized plan to help ensure a smooth transition from competitive sport to achieve your career and life goals.

Confidential Counselling

Through various partnerships this program also offers confidential personal counselling to deal with problems. The CSCS recognizes that sometimes support is needed to deal with personal issues outside of sport so that it won't have a long term detrimental affect on your overall performance in sport and life.

ToolKit Workshops - Professional & Personal Development Services

These sessions provide access to information that will help you succeed in and out of sport. The development program is designed to strengthen your skills and capabilities in areas such as public speaking and presentation skills, media training, personal marketing and corporate

relations, financial planning and budgeting, and time management. Seminars will be scheduled based on your input of what topics would be most useful.

The aim of this service is to provide you with short and long-term personal and professional development, as well as to assist you in dealing with pertinent issues that you will, no doubt, face during your high performance career.

Information Resource Services

The Canadian Sport Centre is committed to providing resources for you to improve your knowledge about issues in sport and health and other topics relevant to you, while providing you with free access to Internet-based communications.

These ToolKit services provides you with both web-based technology as well as more traditional information resources such as videos, journal articles and books. You will have access to computer equipment where you can access research information and your email and utilize facilities to create information such as sponsorship packages. The Sport Medicine and Science Council offers additional access to a variety of sport medicine and sport science information resources.

Life Vision

Preparing for life after sport is an important concern. At the Centre we will help you to prepare yourself for retirement and transition. Also, if at any stage you need further assistance or help in any way, the staff at the Centre will be more than willing to lend you an ear and will strive to find a solution to your request.

MORE SERVICES

The Canadian Sport Centre Saskatchewan is continually looking to expand our Athlete Services Curriculum so that we can further assist you. It is hoped that the resources provided to you through our program will translate into having increased focus on what you must do to achieve excellence on the world stage. We will periodically have athlete surveys so we stay on top of what you feel is important to help achieve success.

Athlete Advisory Council

The Athlete Advisory Council (AAC) is made of current and recently retired high performance athletes from a wide variety of sports. The purpose of the AAC is to communicate the views and needs of the athletes to CSCS staff and the Management Committee. This feedback allows the CSCS to ensure the programs and services offered are athlete-focussed. Meetings are held twice a year and two athletes are appointed by the AAC to be members of the CSCS Management Committee. If you are interested in becoming a member of the Athlete Advisory Council please contact the Athlete Services Manager at (306) 975-0861.

Email News

The CSCS email newsletter keeps you informed of the latest news, programs and services at the Centre. Through this newsletter, we intend

to inform you of the programs and services being offered, as well as other organizations; provide the latest information in high performance development; and promote the achievements of our coaches and athletes.

Website - www.csc-sask.ca

The Canadian Sport Centre Saskatchewan website is our communication link to provide athletes, coaches and general public with information and direct links to many areas from eligibility, profiles on high performance athletes and coaches, Canadian Sport Centres across Canada, the National Sports Organizations and much more.

Team Sport Speakers Bureau

As a member of the CSCS, athletes and coaches have the opportunity to share their experiences, struggles and successes. Being part of the Sport Speakers Bureau is a rewarding opportunity for athletes and coaches to be a role model and speak to people on topics such as goal setting, making healthy choices and time management skills. Contact the Athlete Services Manager for more information.

COACHING SERVICES

In order to compete at the highest level possible, Saskatchewan athletes need high calibre coaches who can enhance their holistic development as they seek performance excellence. As a coach, the Canadian Sport Centre, Saskatchewan has the services available to ensure you have the skills to produce outstanding athletes. Here's what is available:

Apprentice Coach Program

This program provides an opportunity to work directly with National Team coaches and athletes leading up to and including National Team and Multi-Sport Games. Funding may be used for travel costs not currently supported by other funding sources.

Interested coaches must be fully certified Level 3 NCCP and working towards Level 4 certification. Priority may be given to those applicants who have never been a part of a National Team. The maximum amount is \$5,000.

Coach Visitation Program

This program allows coaches to learn from National Team coaches or other experts, when they are in the province for competitions or clinics.

Provincial Sport Governing Bodies may apply to the Canadian Sport Centre Saskatchewan for assistance. The application should include the program objectives, coach or expert, the learning program, budget, and a list of perspective coaches invited to attend the Visitation Program. The maximum amount available is \$750.

Women in Coaching Professional Development Grant

Women often face additional challenges and barriers on their career path to becoming a coach. The purpose of the grant is to assist female coaches in Saskatchewan who are interested in a career in coaching by providing an opportunity to upgrade their coaching skills through education,

training, and certification. This grant allows the coach to participate in coaching seminars or conferences, attend major competitions as a coach, mentor with a Master Coach, upgrade their NCCP certification, or consult with a recognized sport expert. This grant may also be used in combination with support from other cost-sharing partners to help coaches broaden the scope of their learning options. Up to \$1,000 is available.

To be eligible the coach must be NCCP certified at Level 3 (or equivalent under the new NCCP), be a member in good standing with their Provincial Sport Organization, and be committed to a furthering their training and certification through continuous professional development that will lead to a career in coaching.

High Performance Coach Development Grant

As coaches strive to increase their knowledge, skills, abilities and certification, cost can be a barrier to successfully meeting their coaching career goals. The purpose of this grant is to support Saskatchewan coaches who work with high performance athletes and are committed to upgrading their coaching skills & abilities through education, training, and certification. This grant allows the coach to participate in coaching workshops or conferences, attend major competitions as a coach, mentor with a Master Coach, upgrade their NCCP certification, or consult with a recognized sport expert. This grant may also be used in combination with support from other cost-sharing partners to help coaches broaden the scope of their learning options. Up to \$750 is available.

To be eligible the coach must be NCCP certified at Level 3 (or equivalent under the new NCCP), be a member in good standing with their Provincial Sport Organization, be coaching Saskatchewan high performance athletes (Provincial team or higher), and be committed to furthering their training and certification through continuous professional development.

National Coaching Institute -Saskatchewan

The National Coaching Institute Saskatchewan aims to develop world-class coaches who are capable of preparing athletes for podium performances nationally and internationally in sport and for life outside sport. As an NCI student, you will have made a commitment to learning and to becoming one of the country's top coaches. You will learn from a variety of experts in the fields of coaching, sport science, leadership, business, and technology and share experiences, strategies and challenges with fellow coaches.

To be eligible, you must be NCCP Level 3 or Competition-Development certified, be approved by your National Sport Federation as a Level 4 or Coach Diploma candidate and have a minimum of three years of coaching experience in a year-round training program.

For more information on the National Coaching Institute, visit www.coach.ca/eng/institutes/canada.cfm.

Important Contact Numbers

Athlete Services

Michelle Dezell
Athlete Services Manager
Toll Free: 1-866-727-5272
Telephone: (306) 975-0861
Fax: (306) 242-8007
Email: mdezell@sasksport.sk.ca
Website: www.csc-sask.ca

Coaching Services

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Telephone: (306) 780-9313
Fax: (306) 781-6021
Email: mbracken@sasksport.sk.ca
Website: www.saskcoach.ca

National Coaching Institute of Saskatchewan

Don Clark
NCI Director
Telephone: (306) 585-4911
Email: don.clark@uregina.ca
Website: www.csc-sask.ca

Sport Medicine and Science Services

Travis Laycock
Programs Coordinator
Sport Medicine and Science Council of Saskatchewan
Telephone: (306) 975-0867
Toll Free: 1-888-350-5558 (press 1, then 1)
Email: travis.laycock@sasktel.net
Website: www.smscs.ca

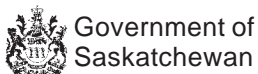
Canadian Centre for Ethics in Sport (Medications Hotline)

Telephone: 1-800-672-7775
Website: www.cces.ca

Athletes CAN

Telephone: 1-888-832-4222
Email: athcan@idirect.com
Website: www.athletescan.org

Partners and Sponsors



www.csc-sask.ca

