President’s Message
Chris deGraauw, DC, FRCCSS(C)

Way To Go Canada!!

Although the closing ceremonies for the Olympics are complete, celebrations across Canada are just getting into high gear as are the Paralympics. I happen to be in Huntsville, Ontario taking in the Ontario Winter Multi Sport Games and I saw evidence at every street corner in town, of the pride this town takes in Dara Howell and her gold medal Free Style Skiing win. In fact the Town had thousands attend an outdoor celebration to recognize her latest achievement. What an honor to be considered part of her support team.

I would like to thank those members who took part in helping at Ontario Winter Games: Drs. Michelle, Lucas, Brad, Melanie, Courtney, Kevin, and Roger.
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PUBLISHER’S NOTES
We encourage all organizations in chiropractic, as well as individual members, to submit newsworthy items to the RCCSS(C)SPORTS REPORT attention:

Bill Neilson
120-602-12th Avenue SW
Calgary Ab. T2R 1J3
Tel. 403-225-3842 Fax: 403-225-3914
Email: rccssc@shaw.ca

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We are looking for sponsorship support for the SPORT REPORT. If you would like to get involved or have a viable referral please contact Bill Neilson at 403-225-3842 or rccssc@shaw.ca
It is imperative that we continue to support our grassroots levels of sport in events like this, and others all across the country. Take Ice Jam for example, featured in this sport report. Local efforts where athletes grow up, live, train, and come home to. It is the support chiropractors give to their community’s athletes that makes us an invaluable part of the support teams come major game time.

Of course this leads me to recognize our Canadian chiropractors who gave their time, energy and expertise to help our athletes and support staff in Sochi 2014. It was nice to know while watching these games that we had fellows, residents and members working with Canadian and International teams. Many will continue to support their sport over the next 4 year journey to South Korea. On behalf of the Royal College thanks goes out to Drs. Clark Konczak, Rich Robinson, Alban Merepeza and Tony Gareau. See some of their stories in this report.

As I continue to look forward I want to remind all of our members to consider volunteering for the Toronto 2015 Pan-Parapan Am Games. Early calls for volunteers are happening now! Lastly I am very excited to see the college’s commitment to sport research solidified. This report includes our announcement for up to $3500.00 in grants to be awarded by our education and research committee yearly.

Here’s to every Canadian athlete being welcomed and celebrated back in their home towns!
It’s Time to Register

The 11th Annual Sports Conference of The Royal College of Chiropractic Sports Sciences (Canada)

Vancouver BC

April 12 and 13, 2014

Dr. Tom Hyde, Dr. Ted Forcum, Dr. Dale Macdonald, Dr. Chris deGraauw, Dr. Scott Howitt and a mystery presentation

Find all the conference information and registration at

www.2014sportsconfwest.ca
Pan Am Games

What’s up Doc? TO2015 Looking for Medical Volunteers

If you have medical qualifications and experience — and are willing to give up some of your clinical time to volunteer at the upcoming TORONTO 2015 Games — our medical services team, led by TO2015’s Chief Medical Officer Dr. Julia Alleyne, would like to hear from you!

This is an exciting opportunity for 2,500 enthusiastic individuals in the medical field located in Toronto and the Greater Golden Horseshoe Region. We’ll need people in venues in 15 different municipalities who have first aid, emergency/field care, rehab and medical skills.

If you’re interested, or know someone who is, in receiving more information about future medical-specific volunteer opportunities with the Games, please email medical@toronto2015.org and attach a copy of your résumé.

Exercise is Medicine

RCCSS(C) Complimentary Webinar

Webinar: Exercise is Medicine
Speaker: Dr. Scott Howitt
Questions can be directed to showitt@cmcc.ca

Exercise is Medicine (EIM) is a rapidly spreading initiative around the globe and there are now 31 national task forces including Canada. The OCA conference this past fall provided Dr. Howitt a great opportunity to elaborate on this topic and how he thinks it could unify multiple disciplines and perhaps the chiropractic profession itself.

The links are below to Dr. Howitt’s presentation at the 2013 OCA conference in which you will see him explain the value of incorporating exercise into patient care to improve overall health and how he sees the difficult challenge of changing patient behaviours.

Video http://www.youtube.com/watch?v=CgYqP93LTJ8&feature=youtu.be
Sochi 2014

I had the privilege of being able to travel with the Slopestyle discipline of the Canadian Freestyle Ski Team to Sochi, Russia for the Winter Olympics from February 2-14 as their sports chiropractor. I was housed just outside of the athlete village, at the mountain cluster in Rosa Khutor, 45 km north of Sochi. Slopestyle was making its debut as an Olympic sport. As a combination of rail features and gigantic jumps, the skiers are judged on the difficulty and style of their tricks. Crashes and injuries are a frequent part of the sport. The entire Slopestyle team are advocates of chiropractic treatment, and are regular, loyal patients.

Dara and Kim were both quick to mention the role of treatment in their success after their medal wins at Canada House.

The challenges I encountered in Sochi made me especially appreciative of the support we had at Vancouver 2010, both from VANOC and my chiropractic colleagues.

I'm very proud of the Canadian Freestyle team. Everyone represented Canada in a manner that was exceptional. Mike, Alex, Mik, Chloe, Justine, Dara and Kim's medals were all proof of this. I’d also like to acknowledge the significant contributions of my fellow Canadian Chiropractic comrades: Dr. Richard Robinson, with speed skating, Dr. Tony Gareau with ski-jumping, and Dr. Alban Merepeza, helping the Albanian team. I know that they worked as hard as I did to represent the Canadian Chiropractic profession and the essential role we play in high-performance sport.

Our successes in Sochi will hopefully be used as a platform for further involvement and integration of chiropractic within the Canadian Olympic model. We should strive to be involved in every Olympic sport for 2018.

Respectfully submitted,
Dr. Clark Konczak, M.Sc., DC, FCCO(C), FRCCSS(C)
Top left: Dr. Clark Konczak with Dara Howell
Bottom left: Dr. Clark Konczak with Kim Lemarre
Bottom right: Dr. Clark Konczak with Dara Howell and Yuki Tsubota
As announced at the Annual General Meeting in November, the RCCSS(C) is proud to offer the

**RCCSS(C) Research Funding Awards**

**Total Amount** of Funds available for rewards: **$3500**

**Applications** to be submitted by **June 1st** on a yearly basis.

**Decisions** on awards to be made by **Aug 1st** yearly, and announced each year via the Sport Report and AGM.

**Awards** allocation options
3 awards of **$1000**
1 award of **$500** Best Paper (for the published paper with the most ‘significant’ impact – may be one of the above or entirely separate)

A **Committee of reviewers** will adjudicate applications and granting process with the Chair of the committee refereeing the double blind peer review process.

The **application procedure** and process will be announced shortly and emailed to all RCCSS(C) Fellows, Residents, and Members and will also be posted in the next issue of the Sport Report.
The East Coast IceJam hockey tournament was held on January 8-12, 2014 at the BMO Centre in Halifax, Nova Scotia. The tournament expanded in its second year to include Major Bantam as well as Major Midget divisions for a total of forty (40) teams. This represented a significant increase in both players and teams from the 2013 tournament (only 18 Major Midget teams).

The RCCSS(C) and the chiropractic profession were well represented. Dr. Brian Seaman once again served as Chair of Medical Services for the event. Dr. Seaman's past experience includes four (4) Winter Olympic Games as well as being Chair of Medical Services for the 2011 Canada Winter Games which were held in Nova Scotia.

Joining Dr. Seaman on the Host Medical Committee were Dr. Tina Atkinson (CMO) and Laura Lundquist (Chief Therapist). Host Medical Team volunteers from the area included chiropractors (7), physiotherapists (14), and dentists (2). On-call optometry services were also arranged. In addition to Dr. Eric Helson (FRCCSS (C)), there were three residents from the SSRP; Dr. Chuck Dauphinee, Dr. Warren Hefford, and Dr. Peter Stilwell. Other local chiropractors who volunteered for the event included Dr. Nicole Doucette, Dr. Ashley Lily and Dr. Sasha Zevenhuizen.

All 40 participating teams were advised of the protocols of the tournament as established by the Host Medical Committee. This included the current concussion guidelines (SCAT3 and Zurich 2012).

Two clinic areas were set up within the BMO Centre, due to the number of athletes and anticipated utilization of Host Medical Services. A medical/dental area was set up for the physicians and the dentists. This included a mouth guard clinic. The other was a therapy clinic for the chiropractors and physiotherapists.

Over the 4 ½ days of the tournament, there were 113 visits to the medical and/or therapy clinics. The most common injuries included sprain/strains (64). Thirteen (13) players were evaluated with SCAT3 for concussions. Only seven (7) had confirmed concussions and as such, were withdrawn from play in the tournament. These players were also advised of the return to play protocol.

By comparison, in 2013, in which there were 18 teams, there were only 44 visits to the Host Medical Services. From a concussion perspective, seven (7) were evaluated with four (4) being confirmed.

Feedback from the teams and parents to date has been very positive with respect to which host medical services were set-up for IceJam.
"What a great job. It was very thorough. I was impressed with the great follow-up to our team's several issues. I have not seen this level of medical attention in my 20-some years of midget hockey tournaments. We couldn’t have been more pleased. THANKS for a job very well done”.

- Bernie Keating, Miramichi Rivermen, Major Midget Hockey Team

"The medical services aspect of the IceJam was definitely one of the highlights. Coaches, parents and players alike were impressed by the availability of medical staff, both within games as well as the post-game follow-up. I truly appreciated highlighting the importance of player safety at this tournament. I feel that it was a lesson to players and perhaps influenced their thinking with regard to their own safety and following up with assessments and treatments. Thanks to you and all of the medical volunteers. It was a pleasure dealing with you all.”

- Kevin Porter, Manager, Leon's Canadiens (Fredericton), NB Irving Oil Bantam AAA Hockey League

Congratulations to all the volunteers at IceJam 2014 for a job well done!!

Source: RCCSS(C)

Midget Champions—Halifax Macdonalds
Photo courtesy Melissa Guile @ MMG Photography

Bantam Champions—Bubba Rays Gulls
Photo courtesy Melissa Guile @ MMG Photography
New Trends in the Prevention of Running Injuries

For health professionals
By B Jaime Dubois and/or Jean-Francois Esculier

The Running Clinic™ provides the world's most practical and evidence-based course in the prevention and treatment of running injuries. Built from thousands of scientific articles, it questions many current unjustified practices in the treatment of both runners and non-runners alike. Using high quality audio-visual material, this two-day course will help you integrate advanced concepts on running with a superior mix of theory and practice. By following this course, you will be listed as a specialist of The Running Clinic™.

Don’t miss this opportunity.

Calgary, AB, March 8-9, 2014
Vancouver, BC, March 15-16, 2014
Winnipeg, MB, March 29-30, 2014
Halifax, NS, April 5-6, 2014
Edmonton, AB, April 26-27, 2014
Registration: www.therunningclinic.com

RCCSS(C) members will receive a 10% discount off their courses.
Dr. Courtney Brown grew up in Orillia, Ontario where her interest in sports chiropractic began at a young age. Her chiropractor Dr. Larry Bell, a longtime family friend and mentor, was in charge of keeping her healthy while she actively participated in many sports, particularly basketball. Through this interaction she was inspired by his ability to provide exceptional patient care, and the impact his treatments could have on the performance of elite athletes. It was his influence and her passion for sport that led her to pursue a career in sports chiropractic.

Dr. Brown graduated with a Bachelor of Science from Simon Fraser University in 2007, where she was Captain of the Women’s Varsity Basketball Team and 2-time CIS National Champion. During this time, her interest in research began as a research assistant for a local physiotherapist, Rick Celebrini who was completing his PhD the University of British Columbia investigating injury prevention strategies in female adolescent soccer players. She then went on to attain her Masters from the University of Oxford in England, where she studied the Science and Medicine of Athletic Performance with a specific focus on sudden cardiac death in young athletes.

Dr. Brown has recently graduated Magna Cum Laude with Clinic Honors from the Canadian Memorial Chiropractic College (CMCC). She is currently in her first year of the two-year, post-graduate fellowship program at CMCC in Chiropractic Sports Sciences where she is busy teaching at the undergraduate level at CMCC, performing research and expanding her sport chiropractic knowledge both in the classroom and on the field. She is currently working as the lead author of a systematic review investigating the effectiveness of exercise on recovery and clinical outcomes in patients with soft tissue injuries of the hip or knee, as well as performing original research using MRI images to assess changes in cerebral blood flow following various head positions including cervical spine manipulation.

Courtney is practicing part-time at DC Health Centre in Pickering, Ontario with four RCCSS(C) Fellows as her mentors. She is also enjoying her six-month chiropractic clinical placement in the Department of Family and Community Medicine at St. Michael’s Hospital in Toronto.
Fellowship Exam

Finished my requirements: Now What?
Dr. Todd Marshall, DC, ICSSD, FRCCSS(C)

How did these Fellows prepare for their Fellowship Exam?

Whether you’re a sports resident at CMCC or in the SSRP program, there is one step that is inevitable – the fellowship exam. Having gone through this grueling process myself as a SSRP resident and talking to many others in both the SSRP and CMCC programs I thought it would be a good idea to shed some light onto this final hurdle.

Hopefully you have looked at this residency program as a continuum, whereby you have collected information and made notes as you progressed through the years of this grueling yet fulfilling process. That’s the first step. Collect, collect and collect more. Create a database of material for regions and joints of the body. Breakdown each region and body part into injuries, mechanics, rehabilitation, assessment, emergency procedures and so on. Organize in a way that allows you to systematically go through every area of the human body and look at it from all angles. Collect systematic reviews and hallmark papers on all areas of the body and know their outcomes. Review all guidelines for emergency procedures and Canadian Guidelines for Exercise and Fitness. You are taking an exam that will grant you the privilege of calling yourself a sports specialist so it’s important that you have the knowledge of one. The exam ensures that.

Ok, so basically I’m saying know everything. Could I be more general? Let me shed some light into more of the details that got not only myself but also many others through the exam.

First let’s look at the structure of the exam. Two days covering a written exam and a diagnostic imaging exam on day one and an OSCE covering orthopedic evaluation, rehabilitation and emergency procedures. The written exam covers a large volume of theory and also diagnostic evaluation in the form of R-type questions. The radiology component is also on the first day and covers all forms of diagnostic imaging ranging from but not limited to x-ray and MRI. Day two is an OSCE format that tests your knowledge of evaluation, assessment and diagnosis of orthopedic conditions, emergency procedures and rehabilitation procedures. All sections are time sensitive and require the candidate to think on their feet in a structured and organized fashion. A more thorough breakdown of the exam is available to candidates through the examination committee but this gives you an outline of what to expect.

It has been very interesting talking with and emailing recent fellows (within the last three years) about their experiences preparing for the fellowship exam. I spoke with both CMCC and SSRP residents about their preparation for this two-day
grind and three things came up over and over again. 40-2-3, 40 hours per week for 2-3 months, organization and study groups. I was very fortunate to have three great individuals helping me through the process and I could not have gotten through it without them. Studying together promotes higher learning. It allows you to bounce questions off each other as well as spread out the collection of data. For myself, and others, many individuals studied and prepared through the week and then got together with others on the weekends to present, review and perform hands-on orthopedic evaluation and emergency procedures. It’s important to maximize the time you have so be organized. Breakdown topics into a way that works for the group and give everyone a topic to cover and present for your next meeting. Be thorough. Examples of how some residents approached the topics are as follows. Some of them created Dropbox accounts to put papers, and review articles, into for everyone to have access to, as well as notes on regions of the body for everyone to review. Some groups approached it from a body part standpoint and every week they covered regions and included diagnostic imaging, rehab, orthopedics and research topics. Each member of the group had a topic to cover and spent that week preparing to present their information to the group. Individuals put PowerPoint presentations together and used their time to present like a lecture setting and teach their content to the group. The main emphasis from residents that I spoke with was to work with others and not try to do it all yourself. The volume of information is simply overwhelming.

So the take home message for you as your preparation begins for what I believe to be your biggest academic achievement quite simple: grab your fellow residents and create a plan. A plan that covers all avenues of resources for all possible topics and buckle down for the 40-2-3. I hope this sheds a little light on this final step to obtaining in my opinion the top post-doctorate fellowship in our profession. Good luck.

Dr. Todd Marshall, DC, ICSSD, FRCCSS(C)

_The examination breakdown that Dr. Marshall is referring to in this article can be found here;_

[http://rccssc.ca/main/Fellowship_Committee_examination_presentation1.pdf](http://rccssc.ca/main/Fellowship_Committee_examination_presentation1.pdf)
Sports Rehabilitation and Injury Prevention
Edited by: Paul Comfort and Earle Abrahamson
Wiley-Blackwell Ltd Publication, Inc, 2010
Paperback, 528 pages
ISBN: 9780470985625

The main objective of this book is to provide a resource that articulates important principles within sports rehabilitation and injury prevention. The book aims to provide new sports practitioners with evidenced based assessment strategies for screening injury. The authors, Paul Comfort and Earle Abrahamson are program leaders within strength and conditioning and sports rehabilitation. With many years of experience and research the authors create a simple understanding of sports injury rehabilitation in an easy-to-read format.

The book is broken down into five parts. Part I provides the clinician with an introduction to sports rehabilitation and management. It gives information on the role of the sports rehabilitator within the medical team. It touches on medical, ethical and legal considerations within each profession. Part 2 deals with injury screening and assessment. Parts 3 and 4 outline the basic building blocks on the pathophysiology of musculoskeletal injuries taking into account the anatomical structures involved, phases of healing, the signs for advancement, and the physiological and psychological impact of rehabilitation on the athlete. It encompasses themes for effective clinical decisions and moves the practitioner through a more complete evaluation and treatment protocol for the athlete.

The last part of the book outlines joint specific injuries and pathologies. The authors culminate information on functional anatomy; provide an overview on common injuries specific to the joint, assessment protocols and management of the injury. The chapters are designed to take the reader through a step by step decision making process to illustrate clinical decision making through a practitioner stand point for effective injury management. The concluding part of the chapter provides the reader with a case study. It provides brief history and examination findings. Allows the reader to confirm differential diagnosis. The case study ends with a treatment plan that includes both specific rehabilitation exercises and guidelines for effective care.

The information in this book is evidence-based and contains references throughout the text and after each chapter. Illustrations and tables are provided to complement text and enhance the reader’s ability to comprehend the material presented. This book is beneficial to any clinician treating an athletic population but also new practitioners who require a guideline for injury management and step-by-step appropriate functional progressions that can be applied to any sport.

Sheena Walli
RCCSS(C) Resident
Sochi 2014

Despite the negative press and rumour mill preceding the 2014 Winter Olympics in Sochi, Russia, my time spent at the games proved to be a great experience. As a sport chiropractor with the Canadian men’s and women’s ski jumping teams, I was proud to be involved with these hard working athletes. Being able to witness the history making first women’s ski jumping competition was definitely a highlight of my time in Sochi.

There was a great group of professionals working with our Canadian athletes. As an NSO practitioner travelling with my team, I was quickly welcomed by the core medical staff in the Canadian health clinic at the Mountain Village where I worked during the day. I was equally made to feel at home at the Coastal Village when I went for a visit.

I got a chance to work with some great people in the Canadian health clinic at the Mountain Village. Viewing osteopaths, physiotherapists, massage therapists, etc. working in the treatment areas at the clinic, it is apparent that there is much overlap to treatment methods and conditions that can be helped. One area that still seems to differentiate chiropractic from other IST disciplines is the proactive approach we can and do take with our athletes.

The approach I take to supporting my athletes involves a daily comprehensive treatment dealing with muscle strength, soft tissue texture, and joint mobility/mechanics. In some cases I am dealing with symptomatic complaints, but mostly I am working to ensure good muscle function and joint mobility to provide the greatest efficiency of movement regardless of the presence of symptoms. As support staff, our job is to ensure the athlete’s body is ready to perform, and I believe that Sports Chiropractors are the best at fulfilling this role. However, education and exposure to the athletes and coaches is still needed to show the sporting world that we are an asset to every athlete and team.

Thanks to all the athletes, coaches, support staff and healthcare personnel at the villages for making my time at the Olympics a fun and rewarding experience. I hope to see you all again.

Respectfully submitted
Dr. Tony Gareau RCCSS(C) Resident
The 3rd Annual Sports Issue of JCCA was published in December 2011 and was a great success portraying the fine work our Sports Fellows and Residents and Members.

Building on the success of 2011, I am pleased to announce that Dr. Mohsen Kazemi has been appointed as the guest editor to run JCCA Sports Issue on an annual basis.

As such, please consider this a Call for Papers for the 4th Sports Issue of JCCA which is scheduled to publish in December 2012. Papers should follow the standard JCCA format and be sent electronically to Dr. Kazemi (drkazemi@rogers.com) no later than April 2012. This is a great opportunity to showcase sports chiropractic research and encourage this kind of research. The papers could be case reports, original research, and literature reviews. These papers will be peer reviewed and the principle author will be contacted by JCCA with the reviewers' comments.

Thanks so much to Dr. Kazemi for coordinating this endeavour and to all the Fellows, Residents and Members for supplying their material.

RRCCSS(C) Brochures are now available with the new “Royal Logo”. They come 20 in a package for $19.95 including shipping within Canada.

To order, email the RRCCSS (C) Office at rccssc@shaw.ca
Athletes Speak Out

The quality of my training as a ski jumper has increased thanks to the help of sports chiropractic. When training at home in Calgary, I do weekly office visits to maintain good function and deal with the stresses of my sport. During training and in competition, the work done by my sport chiropractor has helped me to prepare firing up all my muscles to make sure that they were capable of doing their job when the time came. The difference from when I don't have the treatment to when I do is very noticeable. I can feel the difference right away. The plyometric portion of my warm up becomes more powerful, and feels like I don't need to try as hard and tense up my body, it just all comes naturally.

As an athlete that travels extensively, I find it very helpful when Dr. Gareau explains to us what he is doing and why it benefits us; especially when he is not able to travel with the team.

Attending the Sochi Winter games was an incredible experience; even more so being the first women ski jumpers in history to participate. As an Olympic athlete, it has been amazing to have the support from a sport chiropractor. In Sochi, I had developed shin splints on the day of our competition and also had ongoing problems with my back. I found it very helpful when Dr. Gareau was at the ski jump venue to treat me before and between my competition jumps. The difference afterwards was amazing.

I believe that having these treatments done by a chiropractor is a key ingredient to the success of an athlete, especially in a sport like ski jumping. I tend to have small issues after each training or competition jump, and it makes it stressful mentally. It can be difficult to concentrate when there is pain while preparing to take another jump.

Atsuko Tanaki
Somatic Senses Presents

On March 1st & 2nd, world-renowned DPT, CAT, CSCS, Dr. CHARLIE WEINGROFF will instruct a 2-day course in Vancouver, BC.

We expect many leading clinicians and S&C coaches from the Vancouver area to be in attendance. This course is open to trainers and clinicians interested in training and rehabilitating their clients at the highest level.

Course Description
- Movement Assessment
- Understanding the Role of the Sensory System
- Programming and Execution of Corrective Exercise
- Introduction to the Principles of Joint Centration and Developmental Kinesiology
- Linking Neuromuscular Resets to Speed & Strength Training
- Manual Therapy Options for Licensed Health Care Professionals

Date: March 1-2, 2014
Location: Richmond Olympic Oval

The regular cost of the course is $595 CAD. Register before January 15th and receive a $100 discount.

RCCSS(C) members will receive a $50 discount off registration for this course. Upon registration at www.somaticsenses.com please enter the discount code: APAZUP52F8NF

REGISTER TODAY HERE
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Please pass this on to a Chiropractor or Chiropractic Student who may be interested in joining the RCCSS(C).

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For more information, please check out our website at http://www.rccssc.ca

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