



BOWLS SASK SPORT MEDICINE & SCIENCE DAY

Diversity
Integrity
Respect
Excellence
Communication
Transparency

Date: Sunday, June 4, 2023

Location: Regina Lawn Bowling Club - 3820 Victoria Ave., Regina

Registration: Attendees are required to register in advance by contacting the Bowls Sask office bowsask@sasktel.net. A minimum and maximum quota is required to make this viable therefore registration will be on a first-come-first-serve basis with the pre-registration deadline of May 24th.

Items Required: Bring a tennis ball or similar item plus a long sock for the session on self-massage. Bring your own bagged lunch.

Agenda:

- 8:30-8:45 am** Registration
- 8:45-9:45** Mental Performance Session – Ralph Schoenfeld
- Goal Setting
- 9:45-10:00** Break
- 10:00-11:00** Mental Performance Session – Ralph Schoenfeld
- Ideal Performance State
 - How to deal mentally with environmental conditions (cold, heat)
- 11:00-11:15** Break
- 11:15-12:15** Sleep and Performance Session – Ralph Schoenfeld
- 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.
- 12:15-1:15 pm** LUNCH
- 1:15-2:15** Self-Massage and the Athlete session – Al Bodnarchuk
- How self-massage assists in injury prevention and enhancing training. Included “hands-on” instruction on different self-massage strokes.
- 2:15-2:30** Break
- 2:30-4:00** Injury Prevention and Management – Al Bodnarchuk
- Prevention and care of common and sport specific Lawn Bowling injuries.
- 4:00** Wrap-Up and Evaluation