



## Canadian Sport Centre Manitoba Appoints a Second Sport Scientist

Congratulations and Welcome

**Mike Dahl**

## Congratulations to



Kevin Geyson, Diving  
Cam McLean, Diving  
Lee Carter, Wheelchair Tennis

for being selected as Hbc's  
sponsored athletes from Manitoba.

Show your support by volunteering or  
participating in the

## Hbc Run for Canada

on Sunday July 1st at Assiniboine Park.

See next page for more information.

If anyone is interested in participating as a  
CSCM Relay member for the Manitoba Marathon,  
taking place on Sunday June 17th, please send

Lisa-Marie an email by May 18th.

[buccinil@cc.umanitoba.ca](mailto:buccinil@cc.umanitoba.ca)

## Stacey Levitt Women and Sport Scholarship

The Stacey Levitt Women and Sport Scholarship is open to a young woman, a girls' team, or a sport organization that exemplifies Stacey's ideals and qualities. This \$2500 scholarship is in her memory. It will be shared by five recipients.

High school and university/college-age women are encouraged to apply. Consideration will be given to financial need. There is no application form. Candidates are simply asked to outline how the scholarship will be used for women and sport. Please include your name, age, phone, fax and e-mail on your application.

**Application deadline:  
May 31, 2007.**

For further information please go to the Canadian Association for the Advancement of Women in Sport's website:  
<http://www.caaws.ca/e/grants/levitt/>





# RUN FOR CANADA COURONS POUR LE CANADA

JULY 1, 2007 • 10K Run 3K Walk 1K Kids Run

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# March & April (up to April 10th) Athlete Results

## **Lisa Blackburn, Swimming**

Spring Nationals, Victoria, BC  
2nd - 100m breaststroke (1:10.84)  
7th - 200m breaststroke (2:36.24)

## **Jennifer Botterill, Delaney Collins,**

### **Sami Jo Small, Hockey**

World Women's Hockey  
Championships, Winnipeg, MB  
Canada defeated USA in second  
round (5-4)  
Canada defeated Finland in  
Semi-final game (5-0)  
Canada defeated USA in  
Gold Medal game (5-1)

## **Murray Carter, Cross Country Skiing**

Canadian Cross Country  
Championships  
Monte Ste Anne  
36th - Senior Men's 50km (2:22.19)

## **Kirby Cote, Swimming**

Can/Am Championships  
Montreal, Quebec  
1st - 100m breaststroke (1:22.99)  
4th - 50m freestyle (29.54)  
2nd - 200m IM (2:40.38)  
4th - 100 m freestyle (1:04.48)  
3rd - 100m butterfly (1:12.14)

## **Clara Hughes, Speed Skating**

World Single Distance  
Championships  
Salt Lake City, Utah  
13th - 3000m (4:05.77)

## **Kristjan Hunter, Athletics**

CIS Championships  
Montreal, Quebec  
9th - 1000m (2:29.09)  
8km (26:33)

## **Megan Imrie, Biathlon**

2007 National Biathlon  
Championships  
Charlo, NB  
GOLD - 12.5km (45:18)  
GOLD - 7.5km sprint (26:16.5)  
GOLD - 10km pursuit (36:54.8)

## **Mike Ireland, Speed Skating**

World Single Distance  
Championships  
Salt Lake City, Utah  
15th - 500m (34.92) Race 1  
2nd - 500m (34.48) Race 2

## **Andrea Johnson, Speed Skating**

Olympic Oval Final, Calgary, Alberta  
16th - 500m (43.15)  
9th - 1000m (1:24.41)  
13th - 1500m (2:10.42)  
8th - 3000m (4:39.32)

## **Doris Jones, Archery**

Canadian Indoor Championship  
Winnipeg, Manitoba  
GOLD - Senior Women Compound  
(FITA 1 18 Meters - 586)  
New Canadian Record

## **Team Jennifer Jones, Curling**

Strauss Canada Cup, Kamloops, BC  
Lost to Porritt 8-9  
Lost to King 6-10  
Defeated Bernard 9-5  
Defeated Middaugh 8-2  
Defeated Santos won 7-5  
Playoffs: Defeated Kleibrink 7-4  
Semi final: Defeated Anderson 9-5  
Final: Defeated King 10-7

## **Players Championships**

Calgary, Alberta  
Lost to Madonia in draw #2 (1-8)

## **Daria Jorquera Palmer, Fencing**

Championnat du Quebec 2007,  
Montreal  
SILVER

## **Cindy Klassen, Speed Skating**

World Single Distance  
Championships  
Salt Lake City, Utah  
2nd - 1500m (1:53.40)  
3rd - 3000m (3:58.50)

## **Tim Kury, Speed Skating**

Olympic Oval Final, Calgary, Alberta  
29th - 500m (38.61)  
16th - 1000m (1:14.95)  
23rd - 1500m (1:55.45)  
22nd - 3000m (4:02.22)  
15th - 5000m (7:02.74)

## **Jay Lyon, Archery**

Canadian Indoor Championship  
Winnipeg, Manitoba  
GOLD - Senior Men Recurve  
(FITA 1 18 Meters - 579)

## **Team Manitoba - Men's Squash**

Canada Games, Whitehorse, Yukon  
6th  
(David Glass, John Arbutnot,  
Graeme Schmidt & Johandre Jacobs)

## **Team Manitoba - Women's Squash**

Canada Games, Whitehorse, Yukon  
4th  
(Alix Younger, Elsemari Jacobs,  
Chelsea Clarke, Leanne Glass)

## **Matt McLean, Speed Skating**

Olympic Oval Final, Calgary, Alberta  
1st - 500m (35.53 - Race 1)  
8th - 500m (36.07 - Race 2)  
15th - 1000m (1:11.38)  
19th - 3000m (3:58.90)

## **Greg Miller, Athletics**

World Cross Country Championships  
Mombasa, Kenya  
96th place

## **Kyle Parrott, Speed Skating**

Olympic Oval Final Calgary, Alberta  
4th - 500m (35.70 - Race 1),  
13th - 500m (36.44 - Race 2)  
5th - 1000m (1:09.77)  
5th - 1500m (1:48.98)  
19th - 3000m (3:58.90)

## **Shannon Rempel, Speed Skating**

World Single Distance Championships  
Salt Lake City, Utah  
9th -500m (38.32) Race 1  
13th - 500m (38.30) Race 2  
9th - 1000m (1:15.36)

## **Jennifer Saunders, Racquetball**

Pan American Championships  
Santiago, Chile  
Preliminary Round:  
Defeated Ana Fortin (Honduras)  
15-2, 15-3  
Defeated Naomi Sasso (Costa Rica)  
15-2, 15-2  
Defeated Fabiola Marquez (Chili)  
15-10 15-2  
Defeated Maria Paz Munoz  
(Ecuador)  
15-4, 15-9

## **Max Stearns, Fencing**

Junior Cadet World Fencing Cham-  
pionships Belek, Turkey  
Bye in the first round  
Defeated Shevlyakov in the second  
round  
Lost to Polossifakis in the third round

## **Team Stoughton, Curling**

Strauss Canada Cup, Kamloops, BC  
Defeated Johnson 7-5  
Defeated Menard 8-0  
Lost to Koe 5-7  
Lost to Jordison 4-6  
Lost to Martin 1-4

## **Bear Mountain Arena Curling Classic Victoria, BC**

Defeated Craig 7-5  
Defeated Appleman 8-2  
Lost to Carruthers 5-6  
Defeated Smale 10-2  
Defeated Simmons 6-5  
Defeated Carruthers 7-4 (quarter-  
finals)  
Defeated Koe 6-5 (semi-finals)  
Defeated Peachey 7-5 (finals)

## **Kevin Tataryn, Archery**

Canadian Indoor Championship  
Winnipeg, Manitoba  
Silver - Senior Men Compound  
FITA 1 18 Meters (587)

## **Braeden Taylor, Swimming**

Spring Nationals, Victoria, BC  
100m breaststroke (prelims -  
1:08.15)  
30th - 400m (prelims, 4:57.41)  
44th - 200m IM (prelims, 2:16.41)  
20th - 200m breaststroke (prelims,  
2:26.19)

## **Julianne Toogood, Swimming**

Spring Nationals, Victoria, BC  
16th -50m freestyle (prelims - 27.33)  
23rd - 100m backstroke (prelims  
1:07.53)  
33rd - 200m freestyle (prelims  
(2:09.10)  
6th - 110m freestyle (finals 57.93)

## **Breta Vosters, Waterpolo**

Waterpolo Tournament, Victoria, BC  
SILVER

## **Landice Yestrau, Swimming**

Spring Nationals, Victoria, BC  
56th - 50m freestyle (prelims - 28.44)  
46th - 100m butterfly (prelims - 1:07.32 )  
8th - 100m backstroke (finals - 1:06.52)  
58th - 100m freestyle (prelims -1:00.82)  
36th - 200m backstroke  
(prelims - 2:27.46)



# Recipe of the Month

For a lighter choice cut the oil to only ¼ cup olive oil and consume only 11g fat and 230 calories.



## CHICKEN & SPINACH SALAD

### Ingredients

350 g Fresh spinach  
300 g Chicken breast  
5 tbsp Olive oil  
¼ cup Dry white wine  
To taste Salt & pepper

### Dressing:

½ cup Dry white wine  
½ cup Extra virgin olive oil  
5 tbsp Vinegar  
250 g Shallots  
3 tbsp Mustard seeds or 1 tbsp dry mustard  
To taste Salt & pepper

### Instructions

Wash and drain spinach leaves and arrange on a serving platter to use as a base for the chicken. Refrigerate the spinach until ready to use. Place the chicken breasts one at a time between sheets of food wrap. Pound lightly to a uniform thickness and slice into small strips about half inch wide.

Peel the shallots, chop coarsely and place in a pot along with the wine. Allow the wine to come to a boil and reduce to half the original volume. Let the shallots cool a few minutes and transfer to a blender or food processor. Add oil, vinegar, salt, pepper, mustard seeds or mustard. Blend until mixture is smooth and consistent. Heat 5 tbsp of olive oil and sauté the chicken strips for 3-4 minutes. Add the wine and let evaporate completely. Transfer the chicken strips over the spinach, top with the dressing and serve.

### Nutritional Facts - Per Serving

330 Calories, 12 g Carbohydrate, 2 g Dietary Fibre, 16 g Protein, 23 g Fat.  
High source of vitamin A, C, and a good source of iron.

## Sport Nutrition

### The Energy Edge

A balanced eating program is an integral component to obtaining the energy edge in performance and any physical fitness program. Dietary goals should be to obtain adequate nutrition in order to optimize health and fitness or sports performance. In other words, you want to strive to eat right all day long. Wherever you are in life, you can nourish yourself with a diet that supports good health and high energy!

### PLANNING FOR GOOD NUTRITION

We all need energy that will last as long as our day lasts. By planning for good nutrition you are on your way to top performance:

- \* Use Canada's Food Guide as a starting point
- \* Choose more servings of grain products and vegetables and fruit to meet higher energy needs
- \* Choose a variety from each food group each day; no one food group supplies you with all the necessary nutrients
- \* Learn to choose wisely while eating out: the 80-20 Rule: eat well at least 80% of the time and allow for quality of life 20 percent of the time!
- \* Try new foods/beverages during practice; not the day of an event
- \* Plan ahead and know what and when you will be able to eat throughout the day; always carry extra "on the go" snacks (muffin, cracker, fruit, juice, cheese, peanut butter/bread)
- \* Don't forget fluids; drink before, during and after physical activity
- \* Drink plenty of water when traveling; a few hours in the air can cause dehydration

Age in Years	Children			Teens			Adults		
	3-5	6-8	9-11	12-13	14-18	19-30	31+	65+	
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	
Grain Products	3	4	6	6	7	6-7	8	7	
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	
Meat and Alternatives	1	1	1-2	2	3	2	3	2	

The chart above shows how many Food Guide Servings you need from each of the four food groups every day. Meeting the amount and type of food recommended and following the tips in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

### CARBOHYDRATE: Fuel For Champions

Carbohydrates are found in a variety of foods. More active people require more carbohydrates. Carbs are necessary to maintain blood glucose and are used for quick energy for muscle activity. Depleted glycogen stores (the quick energy) lead to reduced endurance, fatigue and exhaustion. Eating carbs is the only way to maintain and refill muscle glycogen stores.

- \* Before competition consume a high carb and low in fat diet on a regular basis. Precompetition meals should be consumed 2-3 hours before the event. Rest or taper activity for a few days prior to competition so that muscles are able to store carbs as glycogen
- \* After intense activity drink/eat carb-containing foods within the first 15-30 minutes post-activity
- \* 2-4 hours post-exercise (practice/competition) try to consume high carbohydrate snacks (fruit, fruit yogurt, crackers, chocolate milk, cereal, bagels)

### POWER PROTEINS

As an athlete it is vital you consume enough protein in your diet. Protein aids in building, repairing and maintaining muscle tissue. Strenuous endurance or strength training can increase one's protein requirements. However, even high performance athletes can meet protein needs through a well planned out diet. The food guide provides for a generous allowance for protein for the elite athlete.

- \* Consume at least the minimum number of servings of Milk Products and Meat and Alternatives
- \* Lean meat, fish, poultry, eggs, or a combination of legumes, grains, nuts, and seeds provide quality sources of protein and other essential nutrients
- \* Darker meats increase intake of iron and zinc (reduce risk for iron deficiency anemia)
- \* Protein beyond the body's requirement is broken down for use as energy or stored as fat. This process requires fluid; may lead dehydration!



# Nutrition Tip - Cont'd

## FLUID AND TOP PERFORMANCE

Fluid is a constant need and plays a major role in an athlete's performance and recovery. Heavy or prolonged sweating is the mechanism the body uses for body temperature regulation. This act can lead to dehydration which is a major cause of fatigue and poor performance. Dehydration also increases the risk of cramps, heat exhaustion and life threatening stroke. It can also delay an athlete's recovery after exercise/the event.

- \* Drink a minimum of 2 L or 8 cups of fluid every day to meet basic needs
- \* Consume additional fluids with activity
- \* Drink plenty of cool, plain water before, during and after physical activity
- \* Drink 1.5 L of fluid for each kg or 3 cups for each pound of weight lost during exercise
- \* Monitor urine colour and amount. A small amount of dark urine is a sign of dehydration
- \* Plain cool water is sufficient for events/workouts lasting up to one hour
- \* A sports drink is beneficial when the activity lasts longer than one hour. Look for 4-8% carbohydrate when choosing a sports drink. **Remember to trial first in training before using it in an event. Make your own sports drink: mix equal volumes of orange juice and water and add a "pinch" of salt**

## FOOD GROUP

## SERVING NUMBERS

### Vegetables & Fruit

#### Serving Size:

1 cup raw/leafy veggies, ½ cup canned/cooked fruit, veggies or juice. 1 medium fruit or vegetable. Choose dark green and orange vegetables; "Natures Vitamin Pill"

### Minimum

8



### Most Athletes

8-10

### Endurance

10+

### Grain Products

#### Serving Size:

1 slice bread, ½ cup cooked rice/pasta, ¾ cup cereal (energy foods)

7

8+



12+

### Milk Products

#### Serving Size:

1 cup milk or soy bev., ¾ cup yogurt, 1 ½ oz cheese. Choose lower fat milk products more often. Protein and carbs in chocolate milk make it a great recovery drink! (High source of calcium)

3-4



3-4

4+

### Meat & Alternatives

#### Serving Size:

1-2 eggs, 50-100g meat, fish, poultry, ½-1 cup legumes (high source of iron)

2-3

2-3



3

For more information on setting up a nutrition plan for your sport contact your CSCM sports dietitian.



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## Upcoming Events

Canadian Squash Championships May 2-5 Calgary, AB	CanoeKayak World Cup #2 May 18-20 Szeged, Hungary
Canada Cup - FINA Diving Grand Prix May 4-6 Montreal, QC	Wheelchair Basketball Nationals and Selection Camp May 18-25 Winnipeg, MB
CanoeKayak World Cup #1 May 4-6 Zagreb, Croatia	Canadian Individual Rhythmic Gymnastics Championships May 21-26 Regina, SK
IPC World Cup May 7-15 Manchester	Summer Senior National Diving Championships May 24-27
FINA Grand Prix Diving May 10-13 Fort Lauderdale, FL	GCG-RG Canadian Individual Championships May 24-27 Regina, SK
Canoe/Kayak National Team Trials #2 May 12-13 Montreal, QC	Team Canada Volleyball World League - vs Finland May 25-26 London, ON
Cadet/Jr National Fencing Championships May 16-20 Saskatoon, SK	FINA Grand Prix Diving May 31 - June 3 Moscow, RUS
Canadian National Handball Championships May 16-20 Montreal, QC	

# No Workshops scheduled for May.



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