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Integrated Support Team: Building your Pit Crew

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Sport Science

- Sport science is a discipline that studies the application of **scientific principles** and techniques with the aim of **improving sporting performance**.
- Traditional areas within the discipline are:
 - Physiology
 - Strength and Conditioning
 - Sport Psychology
 - Biomechanics
 - Nutrition
 - Technology
 - Sport medicine & related therapies

IST

- These are integrated teams made up of professionals who support athletes and coaches
- The IST works regularly with the coaches and athletes to ensure athletes are receiving performance enhancing services.
- The goal of an IST is to ensure that athletes are healthy, fit and psychologically ready for optimal performance.

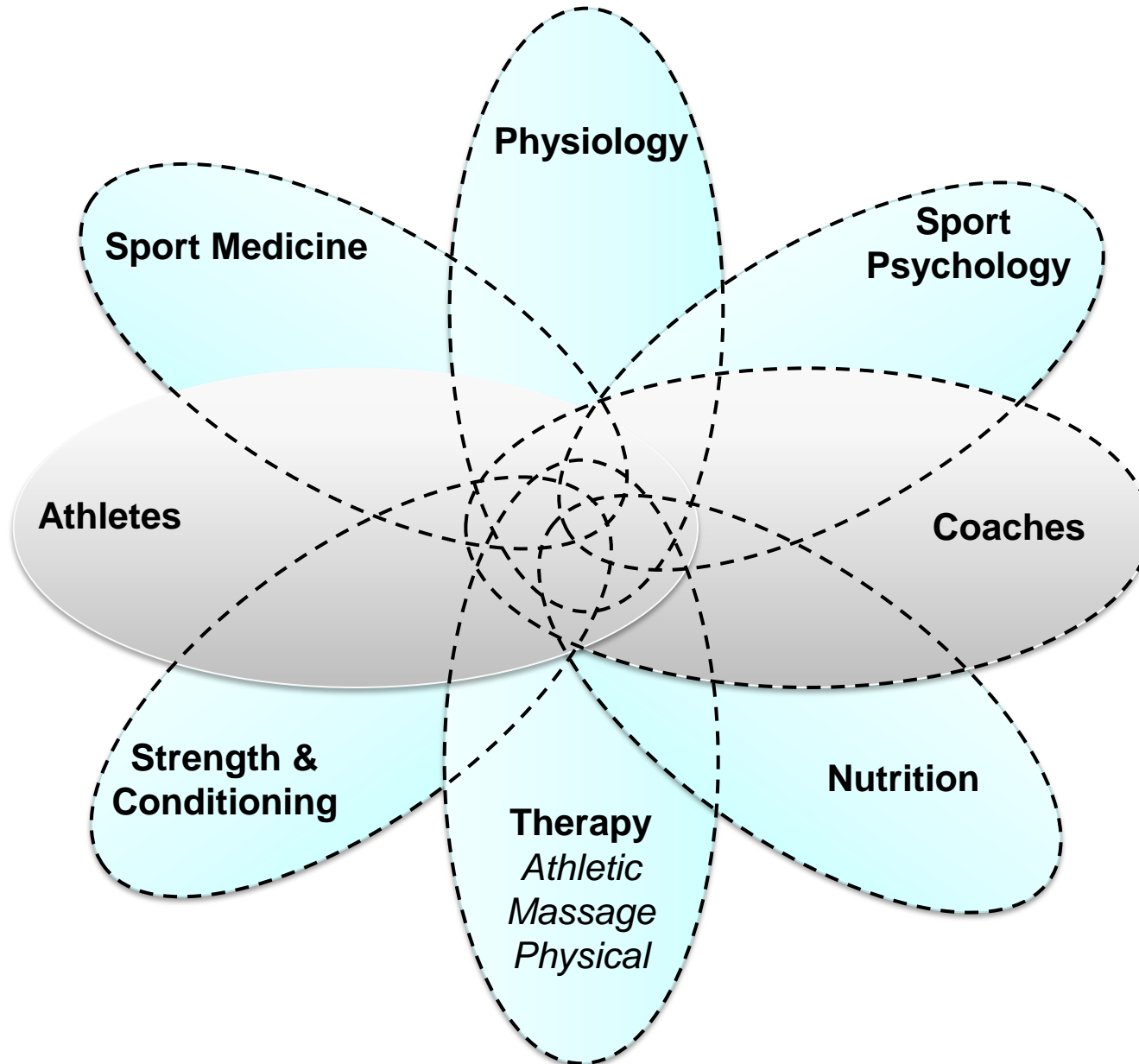
Critical component of an IST

The delivery of sport sciences and sport medicine services as designed by the IST is

athlete-centered, and coach driven,

thus requiring continuous communication and integration between the coach and the team of experts that support the athlete.

IST Model



Factors to Consider

- Professional qualifications
 - In all fields there are sport specific qualifications
- Availability
 - Is the service provider willing to communicate with the coach?
- Cost
 - Should negotiate a lower price than just off the street
- Proximity
 - Location, location, location, needs to be close to training

Where to start?

- Parents – they generally know someone
- Who are they already seeing? – some may already have a relationship with a provider
- Specific issue – is there something that the team needs ie. Nutrition – start there
- Word of mouth – best place for referrals