



CANOE KAYAK
ONTARIO
SPRINT



**2023 Spring Training
Resource Package**

CKO Sprint Spring Training Resource Package

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CKO Sprint Spring Training Resource Package

Overview

Dear Athletes,

Welcome to our Spring Training Camp Resource Package and congratulations on your commitment to excellence! We are thrilled to provide you with a comprehensive resource package that includes a packing list, a cleaning checklist, assistance with school, a training zone chart, nutrition resources, and mental health resources.

As you prepare for the camp, be sure to pay close attention to the packing list and include any necessary first aid items such as blister dressings and other injury preventatives. Please note that some over-the-counter first aid items in Canada require prescriptions in the US, so it is advisable to bring them with you to prevent any training interruptions.

Our team dietitian, Emily Fulton, has curated the nutrition resources to help you with meal planning, grocery shopping, balanced eating tips, and delicious recipes.

The simplified training zone chart is designed to provide you with a deeper understanding of pacing, stroke rates, and training zones.

The cleaning checklist resource is designed to help divide duties among roommates at the training camp. This resource will ensure that everyone has a clear understanding of their responsibilities and will help to keep the living quarters organized and tidy.

Training at a high level can bring both physical and mental challenges, and being away from home for an extended period of time can add additional stressors. The Canadian Sport Institute of Ontario (CSIO) has included a package of mental health resources in the resources package to help athletes manage the challenges and stress that may arise during a spring training camp. It is recommended for athletes to explore these resources before arriving at the camp and to remember that taking care of both physical and mental health is crucial for a successful and fulfilling training experience.

All of these resources and more are conveniently available online at ckosprint.ca/spring-training-resources. We hope that these resources will assist you in making the most of your training camp experience and wish you the best of luck in your training journey.

Sincerely,

Hayley Plante
CKO Sprint Athlete Services Manager
hayley@ckosprint.ca

2023 CKO Sprint Spring Training Resource Package: Packing List

		QTY		QTY		QTY		QTY		QTY
Basics	<input type="checkbox"/>	Water Bottles	<input type="checkbox"/>	Textbooks	<input type="checkbox"/>	Phone Charger	<input type="checkbox"/>	Electrical Tape	<input type="checkbox"/>	Backpack
	<input type="checkbox"/>	Passport	<input type="checkbox"/>	Notepad	<input type="checkbox"/>	Headphones	<input type="checkbox"/>	Boat Weights	<input type="checkbox"/>	Supplements
	<input type="checkbox"/>	USD Cash	<input type="checkbox"/>	Laptop	<input type="checkbox"/>	GPS Watch	<input type="checkbox"/>	Butt Pad	<input type="checkbox"/>	Favourite Spices
	<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>	Pens/Pencils	<input type="checkbox"/>	GPS Charger	<input type="checkbox"/>	Paddle	<input type="checkbox"/>	
	<input type="checkbox"/>	Copy of Travel Insurance	<input type="checkbox"/>	School Work	<input type="checkbox"/>	Watch Holder	<input type="checkbox"/>	Spray Skirt	<input type="checkbox"/>	
	<input type="checkbox"/>	Copy of Flight Information	<input type="checkbox"/>	Calculator	<input type="checkbox"/>	Resistor	<input type="checkbox"/>	Lacrosse Ball	<input type="checkbox"/>	
	<input type="checkbox"/>	Copy of Passport	<input type="checkbox"/>	Training Journal	<input type="checkbox"/>	Heart Rate Monitor	<input type="checkbox"/>	Extension Cord	<input type="checkbox"/>	
Clothing	<input type="checkbox"/>	Underwear	<input type="checkbox"/>	Sport Bras	<input type="checkbox"/>	T-Shirts	<input type="checkbox"/>	Bathing Suit	<input type="checkbox"/>	
	<input type="checkbox"/>	Socks	<input type="checkbox"/>	Training Tank Top	<input type="checkbox"/>	Long Sleeves	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Pajamas	<input type="checkbox"/>	Training T-Shirt	<input type="checkbox"/>	Sweaters	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Running Shoes	<input type="checkbox"/>	Training Long Sleeve	<input type="checkbox"/>	Shorts	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Gym Shoes	<input type="checkbox"/>	Vest	<input type="checkbox"/>	Long Pants	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Sandals	<input type="checkbox"/>	Short Spandex	<input type="checkbox"/>	Sweatpants	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Hat	<input type="checkbox"/>	Long Spandex	<input type="checkbox"/>	Jacket	<input type="checkbox"/>		<input type="checkbox"/>	
	<input type="checkbox"/>	Buff	<input type="checkbox"/>	Running Shorts	<input type="checkbox"/>	Rain Coat	<input type="checkbox"/>		<input type="checkbox"/>	
Hygiene	<input type="checkbox"/>	Tooth Brush	<input type="checkbox"/>	Deodorant	<input type="checkbox"/>	Aloevera	<input type="checkbox"/>	First Aid Kit	<input type="checkbox"/>	
	<input type="checkbox"/>	Tooth Paste	<input type="checkbox"/>	Bug Repellant	<input type="checkbox"/>	Hair Brush	<input type="checkbox"/>	Band Aids	<input type="checkbox"/>	
	<input type="checkbox"/>	Shampoo	<input type="checkbox"/>	Moisturizer	<input type="checkbox"/>	Loofa	<input type="checkbox"/>	Anti-Inflammatory (aspirin)	<input type="checkbox"/>	
	<input type="checkbox"/>	Conditioner	<input type="checkbox"/>	Vaseline	<input type="checkbox"/>	Muscle Cream	<input type="checkbox"/>	Polysporin	<input type="checkbox"/>	
	<input type="checkbox"/>	Body Wash	<input type="checkbox"/>	Razor	<input type="checkbox"/>	Dental Floss	<input type="checkbox"/>	Ear/Eye Drops	<input type="checkbox"/>	
	<input type="checkbox"/>	Soap	<input type="checkbox"/>	Q-Tips	<input type="checkbox"/>	Mouth Wash	<input type="checkbox"/>	Tweezers	<input type="checkbox"/>	
	<input type="checkbox"/>	Face Wash	<input type="checkbox"/>	Medications	<input type="checkbox"/>	Lip Balm	<input type="checkbox"/>	Nail Clippers	<input type="checkbox"/>	
	<input type="checkbox"/>	Sunscreen	<input type="checkbox"/>	Vitamins	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

2023 CKO Sprint Spring Training Resource Package: Cleaning Check List

WEEK 1							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed
<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes
<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Take out trash	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Sweep Kitchen floor
		<input type="checkbox"/> Take out trash			<input type="checkbox"/> Clean kitchen counters		<input type="checkbox"/> Check fridge and pantry for expired food
		<input type="checkbox"/> Laundry			<input type="checkbox"/> Laundry		<input type="checkbox"/> Tidy living space
		<input type="checkbox"/> Tidy living space					<input type="checkbox"/> Tidy Bedrooms
		<input type="checkbox"/> Tidy Bedrooms					<input type="checkbox"/> Clean bathroom (sink, toilet, shower)

WEEK 2							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed
<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes
<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Take out trash	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Sweep Kitchen floor
		<input type="checkbox"/> Take out trash			<input type="checkbox"/> Clean kitchen counters		<input type="checkbox"/> Check fridge and pantry for expired food
		<input type="checkbox"/> Laundry			<input type="checkbox"/> Laundry		<input type="checkbox"/> Tidy living space
		<input type="checkbox"/> Tidy living space					<input type="checkbox"/> Tidy Bedrooms
		<input type="checkbox"/> Tidy Bedrooms					<input type="checkbox"/> Clean bathroom (sink, toilet, shower)

WEEK 3							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed
<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes
<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Take out trash	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Sweep Kitchen floor
		<input type="checkbox"/> Take out trash			<input type="checkbox"/> Clean kitchen counters		<input type="checkbox"/> Check fridge and pantry for expired food
		<input type="checkbox"/> Laundry			<input type="checkbox"/> Laundry		<input type="checkbox"/> Tidy living space
		<input type="checkbox"/> Tidy living space					<input type="checkbox"/> Tidy Bedrooms
		<input type="checkbox"/> Tidy Bedrooms					<input type="checkbox"/> Clean bathroom (sink, toilet, shower)

WEEK 4							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed	<input type="checkbox"/> Make bed
<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes	<input type="checkbox"/> Wash dishes
<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Clean kitchen counters	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Take out trash	<input type="checkbox"/> Sweep Kitchen floor	<input type="checkbox"/> Sweep Kitchen floor
		<input type="checkbox"/> Take out trash			<input type="checkbox"/> Clean kitchen counters		<input type="checkbox"/> Check fridge and pantry for expired food
		<input type="checkbox"/> Laundry			<input type="checkbox"/> Laundry		<input type="checkbox"/> Tidy living space
		<input type="checkbox"/> Tidy living space					<input type="checkbox"/> Tidy Bedrooms
		<input type="checkbox"/> Tidy Bedrooms					<input type="checkbox"/> Clean bathroom (sink, toilet, shower)

Note: It is recommended to divide the tasks among roommates living in the apartment to ensure that the cleaning is done efficiently and everyone has a role.

Spring Training: Assistance with School Absences

It is important to effectively communicate your spring training plans with your educators. An in-person meeting, if possible, can be more impactful and personalized, allowing you to express your commitment to your education and address any concerns they may have. However, if that is not feasible, an email can also be an effective way to communicate your plans. The email template provided below can serve as a starting point to help you organize your thoughts and make sure you have covered all the important details.

When communicating with your educators, it is essential to emphasize your dedication to maintaining your academic progress during your absence. You may also consider asking for their help in getting ahead with your work before you leave, making the transition smoother. Don't forget to ask for the following information:

- Units that will be covered during your absence
- List of assigned readings and any accompanying materials
- Homework and assignments that will be due during your absence
- Scheduled tests or exams and if they can be proctored or deferred
- List of necessary materials to bring, such as textbooks or calculators

By being proactive and thorough in your communication with your teachers, you can ensure that you are fully prepared and equipped to maintain your academic progress while participating in your spring training camp.

Email Template

Subject: Absence for Spring Training Camp in Florida - [Start Date] to [End Date]

Dear [Educator's Name],

I am writing to inform you that I will be attending the Spring Training Camp for Sprint Kayaking [or Canoeing] with Canoe Kayak Ontario Sprint. The camp will be held in Florida from [Start Date] to [End Date], and I am eager to attend and improve my skills in this sport.

This is an important training opportunity for me. Sprint kayaking is a sport that requires intense focus, discipline, and physical training, and this camp will provide me with the necessary environment to develop these skills. I am dedicated to making the most of this experience and I believe that it will positively impact my personal and academic growth.

I was hoping to get some information from you regarding the assigned reading, homework, assignments, and tests that I will be missing during my absence. I would also like to inquire if there is a possibility of proctoring any tests or postponing them until my return. I am committed to keeping up with my school work, there will be a designated space to study every day while I am away, as well as many other student athletes to study with. It would be really helpful to sit down with out and put together a planner to assist with keeping up with my school work and assignments while I'm away. I was also wondering if you have any suggested online tools, such as video tutorials, that can assist me with my homework.

I appreciate the extra work that this may require from you and I am grateful for your support in helping me plan ahead. If you need to communicate with me, I will be checking my email regularly, and I will be more than happy to stay in touch.

Thank you for your understanding and support. I am looking forward to sharing my experience with you upon my return.

Best regards,

[Your Name]

Simplified Training Zone Chart

Athletic Ability	Aerobic Capacity			Aerobic Power		Speed Endurance			Speed
Training Variables	Long/Basic Endurance		Threshold	Critical Speed or Sub Race Pace	MAP	Anaerobic Lactic Capacity	Anaerobic Power	Alactic Capacity	Alactic Power
Zone	GA1-	GA1+	GA2	E1	E2	AN1	AN2	AN3	AN4
Intensity ¹	50-65% 6km pace	65-80% 6km pace	80-90% 6km pace	90-95% 2km pace	90-95% 1km pace	Max HR 500m pace	Max HR 200m pace	Top Speed 75-100m	Explosive 25m
Target Stroke Rate ²	Technical MK: 60-70 WK: 55-65 MC: 33-36	MK: 70 - 80 WK: 65 - 75 MC: 36 -40	MK: 80 - 90 WK: 75-80 MC: 40 – 50	MK: 90 - 100 WK: 80 - 95 MC: 50 - 55	MK: 100 - 115 WK: 95-110 MC: 55 - 65	MK: 115 - 130 WK: 110 - 120 MC: 65 - 75	MK: 130 - 140 WK: 120 - 130 MC: 65 - 75	MK: 140 + WK: 130 + MC: 75 +	
Max. Duration of Effort	90 min +		40 min	15 min	4 min	2 min	45 sec	20 sec	8 sec

¹ Intensity Measured by MAP (Mean Arterial Pressure)

² The primary focus must be technical effectiveness. Technical effectiveness should never be sacrificed for achieving a certain stroke rate



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MEAL/SNACK LIST

Use the spaces below to think of at least 3 meals you can make for the following week. Use the calendar to map out when you might fit in each meal. If you use a recipe write down the cookbook and page number, or the link to the website if creating electronically, for easy reference. To avoid 'recipe burn-out' try 1 new recipe per week, or even 1 new recipe per month.

Type of Recipe (ie. Main, snack etc.)	Name of Recipe(s)	# of Servings	Time required	Date to prepare



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SAMPLE MENU PLANNER

Week:

Meal	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Notes							

Meal Planning Tips

- **Make a meal plan.** Decide which recipes you will make for meals and snacks. Choose recipes based on: seasonality, variety, and level of difficulty.
- **Check sales in advance.** Take advantage of sale items and seasonal ingredients.
- **Cook once, eat twice.** Cook larger portions. Use your batch cooked meals on busy days and choose easy meal options for alternate days.
- **Use leftovers.** Reuse leftovers in new dishes (salads, wraps, smoothies, soups) on the remaining days of the week.
- **Freeze leftovers.** Leftover meals such as soups can be frozen after 2 days and kept for up to 3 months in the freezer. Freeze leftover fruits (mangoes, apples, pears, bananas, berries) and vegetables (spinach, kale) before they go bad, to use in smoothies.



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GROCERY LIST

Vegetables/Fruit	Dairy/Eggs	Meat/Deli/Fish	Freezer	Cereal/Dry/Canned	Misc.

FINDING THE RIGHT BALANCE

Combining Protein and Carbohydrate

Lasting Energy

Choose meals and snacks that combine protein and carbohydrate for lasting energy. The balance can help keep you full longer, reduce cravings, increase energy, and prevent overeating at meals.

For best results:

4

Generally **avoid going longer than 4 hours without eating**. Eat every 3-4 hours.

20

Look for a **minimum of 15-20 grams of protein** at each **meal**.

10

Look for a **minimum of 5-10 grams of protein** at each **snack**.

PROTEIN

Recovery

Protein is essential for muscle recovery and healing after exercise.



High Protein

- Fish, shellfish
- Turkey, chicken
- Pork / ham, beef
- Ground beef, chicken, turkey
- Soybeans, edamame, soy nuts
- Tofu, tempeh
- Soy and tofu products (e.g. meat substitutes)

Moderate Protein

- Dairy milk (e.g. regular, chocolate)*
- Soy beverage
- Cheese
- Greek yogurt, regular yogurt, kefir
- Cottage cheese
- Eggs, egg whites

Variable Protein

- Nuts, nut butters
- Seeds
- Beans*
- Lentils*, other legumes
- Chickpeas*, hummus

* Can serve as a protein and a carbohydrate (combination food).

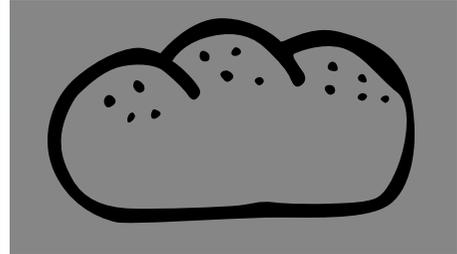
Notable Exceptions:

These foods are **not** good sources of protein.

- Cream cheese
- Ice cream
- Sour cream
- Bacon
- Pepperoni
- Plant-based beverages (e.g., almond, oat, rice, hemp, etc.)

Fuel

Carbohydrates provide fuel to increase energy level and improve performance.



High Carbohydrate

- Breads, bagels, buns, tortillas, pitas
- Crackers
- Pasta
- Potatoes, sweet potatoes, yams
- Oats / oatmeal
- Rice
- Cereal, granola bars
- Quinoa, spelt, bulgur, etc.
- Barley, couscous
- Rice and oat beverages
- Fruit juice



Moderate Carbohydrate

- Fresh / frozen fruits
- Canned fruits
- Dried fruits



Low Carbohydrate

- Leafy greens
- Fresh / frozen / canned vegetables
- Vegetable / tomato juice
- Tomato sauce

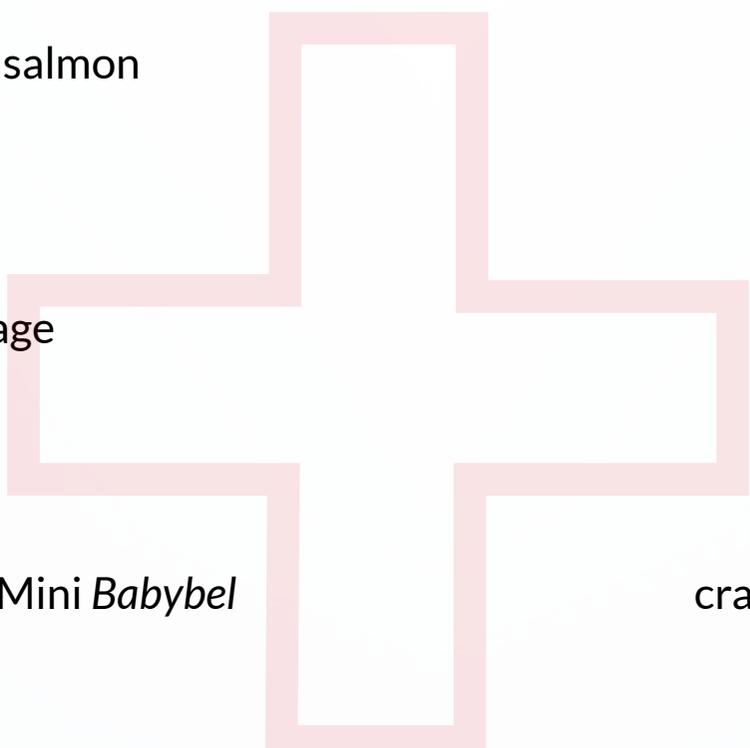
Notable Exceptions:

- Candy
- Pop
- Syrup / Sugar / Jam / Jelly
- Chocolate bars
- Donuts, pastries

These foods are high in carbohydrates, **but** also high in added sugars and low in vitamins, minerals, and fibre.

Balanced Snacking Ideas

Protein + Carbohydrate



yogurt	fruit
cheese	crackers
cottage cheese	blueberries, pineapple, etc.
nut butter	apple, banana, celery, etc.
flavoured tuna or salmon	crackers
almonds	fruit
hummus	veggies or pita bread
milk or soy beverage	cereal
hardboiled eggs	toast or veggies
nut butter	English muffin
cheese strings or <i>Mini Babybel</i>	crackers, fruit, or veggies
yogurt	granola + berries
yogurt	applesauce
deli meat	wrap
milk or soy beverage	oatmeal
cheddar cheese	toast or English muffin + tomato
refried beans	veggies

Balanced Snacking Ideas

Combination Food Snacks

Recall: Some foods can serve as both a protein and a carbohydrate (combination food).

milk or soy beverage

quinoa or couscous salad with chickpeas or other beans

edamame or chickpeas

bean, lentil, or meat-based soup (look for 5g of protein or more on the label)

energy bar (look for 7-10g of protein and 20g of carbs or more on the label)

meat or vegetarian chili

bean salad & vinaigrette

Snack Tips:

- Aim to include food sources of both **protein & carbohydrates** at snacks
- **Choose leaner meats** when eating around exercise (e.g. chicken, turkey, ham)
- When possible, **choose whole foods** which are more nutrient rich
- Choose **whole wheat** or **whole grain** to boost fibre intake (e.g. bread, pasta, rice)

Balanced Snacking Ideas

Rapid Snacks



Frozen Fruit Shake

Ingredients

- 1 frozen banana (peel and freeze in a Ziploc bag when brown)
- 3/4 cup milk or plant-based beverage
- berries (fresh or frozen) to taste
- splash of orange juice

Combine all ingredients in a blender and blend until thick. Serve immediately.



Refried Bean Burrito

Ingredients

- 1/2 cup refried beans
- 6" or 12" whole wheat tortilla
- 1oz. cheese
- 1/2 tomato, diced

Combine beans and cheese in a bowl and microwave for 1-2 min, until cheese is melted. Spread on 1/2-1 tortilla and add tomato. Fold tortilla and cut into slices. Serve with sour cream and salsa.

Balanced Snacking Ideas

Rapid Snacks



PM "Hold Me Over"

Ingredients

- 1/2 cup cottage cheese
- 2 tbsp raisins
- 2 tbsp sunflower seeds
- Cinnamon, to taste

Combine all ingredients in a small, re-sealable container. Use, as needed, to curb cravings and hunger, usually mid-afternoon, at work / school / practice / etc.



Trail Mix

Ingredients

- 2 parts dry-roasted soy beans
- 1 part raisins
- 1 part bran buds
- 2 parts cereal (i.e., *Shreddies* or *Cheerios*)
- 1 part dry-roasted almonds or sunflower seeds

As a pre-exercise snack, replace bran buds with a lower fibre option, or increase to 3 parts cereal, to reduce stomach discomfort during exercise. Serving size = 1/4 cup (portion out).

SELF-DIRECTED RESOURCES

MENTAL HEALTH APPS

 MindShift CBT anxiety relief, mindfulness	 Headspace breathing, relaxation, focus	 Healthy Minds problem-solving, mood tracker, journaling, coping	 Calm mindfulness, relaxation, meditation	 CBT-i Coach sleep, self- guided CBT
 Smiling Minds mindfulness, relaxation, meditation	 Oak mindfulness	 Sleep Cycle sleep monitoring, journaling	 Womaze self-care, mental health, personal growth	 Bloom self-guided CBT

SPORT INFORMED CARE

All Sport Canada carded athletes, non-carded national team athletes, and national team-level coaches are eligible for up to \$2500/year of mental health support. Contact mentalhealth@mygameplan.ca to reach the Mental Health Network Coordinator for confidential service.



If you are looking for sport-informed care you can access resources and fee-for-service therapy at the **Canadian Centre for Mental Health in Sport (CCMHS)**.

National Team athletes affiliated with CSIO, whether carded or not, have access to a Game Plan Advisor at CSIO. Please contact gameplan@csiontario.ca for more information.

Athletes at all levels can reach out to inquire if they are eligible for a Mental Health Wellness Check with a Mental Health Practitioner at CSIO. To access this service, please connect with the Sport Medicine Coordinator at sportmedicine@csiontario.ca.

SELF-HELP RESOURCES

GAME PLAN RESOURCES

- Athletes can find self-directed sport-informed resources for mental health on the Game Plan website: Game Plan - Resources for athletes from career, education, skill development and health

ANXIETY

- [Anxiety Canada](#) - Resources to manage anxiety including how to relax and strategies for managing unhelpful ways of thinking
- [What? Me Worry!?!](#) - Information & strategies to manage worrying and anxiety
- [Assert Yourself!](#) - Information & strategies to develop assertiveness skills
- [Panic Stations](#) - Information & strategies to manage panic attacks and anxiety
- [Shy No Longer](#) - Information & strategies to manage shyness and social anxiety

PERFECTIONISM

- [Perfectionism in Perspective](#) - Strategies to manage perfectionism
- [Put Off Procrastinating!](#) - Information & strategies to manage procrastination

MOOD

- [Back From the Bluez](#) - Information and strategies for managing mood
- [Antidepressant Skills Workbook](#) - Strategies to manage depression and change patterns that trigger depression
- [Bipolar Disorder Self-Help Resources](#) - Information Sheets (health.wa.gov.au)
- [Centre for Clinical Interventions Modules: Improving Self-Esteem](#) - Information & strategies to manage low self-esteem
- [Bipolar Wellness Centre](#) - Self-help website for people experiencing bipolar symptoms
- [Centre for Clinical Interventions Modules: Facing Your Feelings](#): Strategies to manage distressing feelings more effectively

SLEEP

- [Getting a Good Night's Sleep](#)
- [CBT for Insomnia](#)
- Insomnia and Mindfulness apps are also recommended, particularly:
 - [CBT-i Coach](#) on the App Store (apple.com)
- For dealing with Travel and Jet Lag, check out: [Jet Lag Rooster](#) by Sleepopolis, [CSIO Jet Lag Management Strategies](#), CSIO Nap Pod!

TIP:

All the listed resources are live website links! Click on the line to be redirected to the resource.

SELF-HELP RESOURCES

RED-S, EATING DISORDERS AND BODY IMAGE

- [Eating Disorders Self-Help Resources](#) - Information Sheets & Workbooks
- [Building Body Acceptance \(Body Dysmorphia\) Self-Help Resources](#)
- [Appearance Overconcern Self-Help Resources](#) - Information Sheets, Worksheets & Workbooks
- [Body Brave](#) - providing accessible eating disorder treatment and support and community training and education
- [NEDIC](#) - National Eating Disorder Information Centre
- [Sheena's Place](#) - offers free support groups on a range of topics related to disordered eating and eating disorders
- [#TRAINBRAVE](#) - athlete-focused disordered eating and eating disorder resources

ADDICTIONS

- [Connex Ontario](#) or *211 or text CONNEX to 247247
- [Breaking Free Online](#) | Recovery Program for Alcohol & Drugs

MISCELLANEOUS

- [Mindfulness Based Stress Reduction](#) - Strategies and skills for coping with stress
- [Self-Compassion](#) - Guided meditations and exercises
- [Cultivate Your Happiness: A ThriveRU Weekly Workbook](#)
- [Walkalong](#) - Resources to support your wellbeing, improve resilience, monitor progress, and record your thoughts
- [Tips for ADHD: Adults with ADHD Self Help Resource Pack June 2017.pdf](#)
- [ADHD Self-help overview & Tips.pdf](#)
- [Boosterbuddy app](#) - Self-care, time management/organization, cognitive strategies
- [Forest app](#) - Focus & productivity

MINDFULNESS

- [Learn Mindfulness Meditation](#) | Centre for Mindfulness Studies in Toronto
- [Mindfulness Everyday](#)
- See also Mental Health Apps

OTHER MENTAL HEALTH INFORMATION SOURCES AND SUPPORTS

- [CMHA](#) - CMHA Ontario
 - Hope & Me support groups for various mental health concerns
- [Be There](#) - Mental health support
 - How to have difficult conversations and support others

THERAPY RESOURCES

PUBLIC/OHIP-COVERED REFERRALS

The following resources will link you with mental health practitioners that are covered by OHIP and can be found online or through your family doctor or sport medicine doctor.



PUBLIC/OHIP-COVERED RESOURCES:

Note: These resources are not sport-informed.

- Ontario Structured Psychotherapy (OHIP covered therapy by District)
 - This is individualized, evidence-based therapy for a wide variety of concerns. Depending on the district where you live in Ontario, you can either self-refer or get your doctor to refer you using online referral forms. Look online for an Ontario Structured Psychotherapy program in your catchment area (e.g. CAMH or York Region)
- Bounceback - Cognitive behavioural therapy self-help for depression; online program with phone coaching. Physician referral needed
- Most major community hospitals have Mental Health Departments with a multidisciplinary team (psychiatry, nurse, social workers, psychologists)
 - Wait times exist for most of these programs but they vary
 - Often have focused group therapy programs
 - Care provided based on catchment area (your postal code)
 - Some places offer MD-to-MD consults for your doctor to speak with psychiatry to speed up the process of medication consultation

THERAPY RESOURCES

PSYCHIATRIC CARE (OHIP-COVERED)

Psychiatrists are medical doctors, covered under OHIP in Ontario. Some will only provide consultation wherein they will assess, diagnose, and treat mental health disorders with medication. A small proportion of them will do follow-up care or therapy as well. You can explore this as an option if interested.



In Ontario, your primary care provider (e.g., family doctor, nurse practitioner) or Sports Medicine doctor has to refer you for psychiatric assessment. Often, these assessments have a wait time but there are some places where family doctors can just ask to consult with a psychiatrist in order to feel comfortable with prescribing psychiatric medications to you themselves. Ask your doctor for a referral to the psychiatrist or community hospital nearest to where you live.

You can also seek out support from a psychiatrist or GP Psychotherapist (a doctor covered under OHIP that provides psychotherapy) using the following links (a referral from your doctor may still be required).

PSYCHIATRIC CARE/MEDICAL PSYCHOTHERAPY RESOURCES:

Note: These resources are not sport-informed.

- [CouchMD](#)
- [MDPAC](#) – Medical Psychotherapy Association of Canada

There may also be sport-informed psychiatrists that you can contact to see if they are taking new athletes. Please inquire with sportmedicine@csiontario.ca for updated names and contacts.

THERAPY RESOURCES



PRIVATE REFERRALS

These resources will lead you to a list of therapists in Ontario that are Fee-for-Service. You can inquire about sliding fee rates with each professional. Please look into coverage for counselling through your family's Employee Assistance Program (EAP) or Extended Health Benefits Plan/Private Insurance Plan, or your athlete/coach benefits.

PRIVATE THERAPY RESOURCES:

Note: These therapists are not usually sport-informed. Please research and connect with the practitioner of your choice.

- Ontario Psychological Association Referral Service
- Ontario Association of Social Workers
- [Find a Registered Psychotherapist](#) – College of Registered Psychotherapists of Ontario
- [Betterhelp Network](#)
- [MindBeacon](#)
- [AbilitiCBT](#)

AFTER HOURS AND CRISIS SUPPORTS

- If you need help in an emergency or are in crisis:
 - visit your local emergency department or call 911
 - contact a distress centre in Ontario near you
 - Distress Centres - Toronto, Mississauga, Brampton, Scarborough, Durham, Halton Region (from Crisis Resources | CAMH)

- Canada-wide Crisis Line: 1-833-456-4566 or Text 45645
- Kids Help Phone: 1-800-668-6868 or Text CONNECT to 686868 or kidshelpphone.ca
- First Nations and Inuit Hope for Wellness Help Line: 1.855.242.3310 <https://www.hopeforwellness.ca/> (Available 24 hours)