

## Schad Richea, Kinesiology '95 Athletic Therapist, University of Calgary Sport Medicine Centre



University of Waterloo's Kinesiology program provided me with a fantastic scientific background and the ability to critically analyze and decipher information. After completing my degree, I entered Sheridan College to begin my post-degree diploma in Sports Injury Management (three-year program) as a direct-entry student. My Kinesiology degree got me directly into second year, and I was fortunate to be the first direct-entry student who won the Toronto Blue Jays scholarship, which is offered to a second-year student based on academics and extra-curricular activities.

Sheridan College is well known for its Sports Injuries Management program, which has produced some of our country's leading Athletic Therapists. The course material was different than my university experience and provided me with the hands-on techniques for Athletic Therapy.

My education was a great mix and I feel has made me a better therapist. In my business, all kinds of people try selling you their wares and make outrageous claims. Most of their studies are weak and I like picking holes in their science! For this reason, people in my peer group and other Athletic Therapists from around Western Canada have frequently asked my opinion about ergogenic aids, nutritional supplements, and therapeutic aids.

My first experiences with Athletic Therapy were with the University of Waterloo men's basketball team. I was a student therapist in the 1994 and 1995 seasons. It was my first taste of time management with practice/games, treatments at the Physical Activities Complex (PAC), and my own school work.

I worked with Toronto Blue Jays Baseball for the full 1996 season, and my affiliation continued until the fall of 2001. In 1997, after completing the Sheridan College program, I worked in professional baseball in the independent Northern League in Thunder Bay. That fall, I accepted a job with the Regina Pats hockey team. I worked hockey from September to April/May, then baseball with the Toronto Blue Jays minor system from April/May to September. That pace was hard to keep!

I moved to Calgary in Spring 2004 and am now an Athletic Therapist (currently the acting Head Athletic Therapist) at the University of Calgary's Sport Medicine Centre. I am involved with teaching and supervising Kinesiology students (which is shortened to KNES here, instead of KIN like I am used to!) in the Athletic Therapy Major. The Roger Jackson Centre of Health and Wellness (Sport Med Centre) includes six Canadian Academy of Sport Medicine doctors, eight orthopedic surgeons, athletic therapy, physical therapy, massage therapy, orthotics/prosthetics, and nutrition consulting for the varsity athletes, Olympic Training Centre, and the active Calgary area.

I am also dabbling in the world of research as it pertains to Athletic Therapy and on-field sport emergency assessment and management skills. I hope to publish some of this work one day.



During my career, I have also been on the medical staff as an Athletic Therapist for three Canada Games and two Western Canada Games, and a member of the Canadian Wrestling team athletic therapy staff.

Sport has always been a huge part of my life. Since I can remember, I have been involved in some sort of pick-up game of hockey, baseball, or football. I played baseball on a provincial championship team, played hockey up to Junior B, and played as many high school sports as I could. I realized that my athletic skills were not going to take me anywhere, so I began to pursue a career in sports medicine and athletic therapy. I have met and worked on many pro athletes. I can understand their psyche and they trust me to get them well.

All alumni that I have lost touch with can contact me at [richea@ucalgary.ca](mailto:richea@ucalgary.ca) or visit our website [www.sportmed.ucalgary.ca](http://www.sportmed.ucalgary.ca).

Photos courtesy of Betty Bax