



# CSMTA ON Chapter ENewsletter

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Volume 2

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#### FUTURE Events

**CSMTA National Conference/  
Annual General Meeting**  
October 21-23rd 2016

#### PAST Events

##### SWATCH FIVB World

##### Tour Finals

Volleyball Rio Athletes  
Toronto, ON  
Sept.12th-18th 2016

##### Epic Tour

Cycling Event  
Milton, On  
Sept.11th 2016

##### 2016 Rio Olympics

Multisport

**August 3rd-21st**

##### Rugby Baseline

##### Testing

Vaughan, ON  
July 10th 2016

#### Upcoming Courses

To be announced; after  
conference &AGM

#### Contact Us

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## 2016 CSMTA National Conference/AGM

This fall, the Ontario Chapter will be hosting the National CSMTA Conference! We are thrilled to have all provinces coming together to bring you an educational weekend! Within the conference weekend there will also be a social gathering in downtown Toronto.

If you have not signed up for this memorable conference, here is the link: [www.csmtaontario.org/on-line-registration](http://www.csmtaontario.org/on-line-registration)

At the AGM, you will have the chance to ask any questions or concerns involving the council and or the association. If you are interested in becoming involved in the association please email Maxine at [ontariocsmta@gmail.com](mailto:ontariocsmta@gmail.com).



### Member Highlight: Nino Sonsini

#### 1. What sport did you work

Olympics: Mens & Woman's Wrestling- Olympic Park  
Para-Olympics: Polyclinic - Athletes Village

#### 2. What would be a typical day as a therapist in Rio?

A typical day as a therapist at the Rio Olympics would began at 4:30am. Nino, would join the rest of the team for breakfast, catch the bus and arrive at the venue to start shift at 6:30am. His shift was 6:30am to 3pm. The athletes would flood in with all different types of conditions and he found the team of health care professionals worked tremendously together. They took an hour lunch break together and debriefed at the end of the day. In the evening after freshening up, the team would meet up and go out for dinner and drinks.

#### 3. What was the food like?

"The food was far from limited for the volunteers, EMS, military and police" says Nino. Daily buffets of assorted meats, fish, vegetables, rice, pastas, McDonald sandwiches and desserts.

#### **4. Are there any funny stories or events you would like to share?**

With Nino, working at the games for 6 weeks, there was so many stories to share. The one story he felt he wanted to share was the privilege of representing medical for a Haitian wrestler. When he was granted officials permission, he was able to walk behind the athlete with the rest of their team onto the field of play as well as sit ringside. With the live cameras on him, he was beaming to have been chosen and happy to help an athlete he had been treating for three days.

#### **5. What tips would you give someone who would like the opportunity to work at the Olympics level**

"Be different, think outside the box," says Nino. As a Canadian therapist we have vast opportunities to grow in knowledge and education. Taking workshops and developing strategies/methods your comfortable with to show you are a great asset to the team. Respect the team members you work with, and ensure you are a team player. "...nothing more rewarding than the athlete coming back the next day thanking you for helping them get his/her medal." Knowledge is power; what better way to use it then in Rio, to help an athlete achieve their goals and build with other therapist.

#### **6. What was the hardest part about doing the games?**

"Communication and transportation were the two hardest parts of the games" says Nino. With limited english speaking volunteers & being the only Canadian Sports Massage Therapist for wrestling it was difficult to work in these environments. Nino was able to generate another way to communicate with the athletes by asking them to point to where is hurts, thumbs up or down if the treatment hurt etc. He had the privilege of being the only international therapist there, and worked side by side with many Brazilian therapists. The education and dedication was "noticeable without a doubt," says Nino, all the therapist worked hard with a variety of integration.

Nino, would also like to thank Rui Raggio for all the support and efforts to help any time he could. **Many thanks.**



