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"SIRC has made an enormous contribution to the teaching of the next generation of physical educators, kinesiologists, coaches, sports administrators and so on. And it (SIRC) is recognized all over the world as THE best, most comprehensive source for leading edge research in sport."

- Bruce Kidd,
Dean,
Faculty of Physical Education and Health,
University of Toronto

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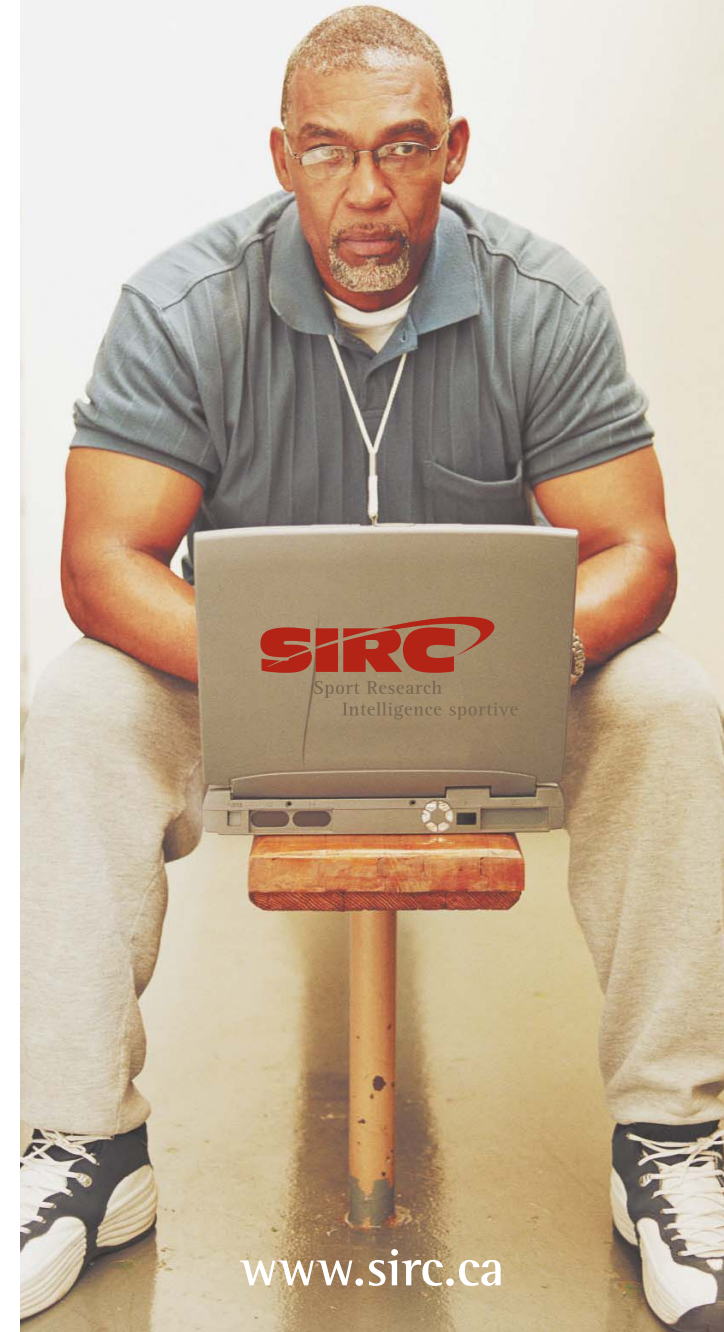
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About SIRC

Since 1973, SIRC has been Canada's Sport Information Resource Centre. Based in Ottawa, SIRC is a not-for-profit corporation that serves the sporting community through:

- Comprehensive collection of sport related materials
- Qualified indexing and research services
- Creating and providing access to the world leading sport database, SportDiscus™
- Reliable document delivery service

SIRC's goal is to collect and archive educational sport information and to ensure individuals and organizations involved in sport are aware of and have access to it. By continuing to develop a comprehensive library containing everything from coaching and training to sport medicine material, SIRC is the world's leading sport information resource centre.

We encourage people to visit us in Ottawa and we also recognize that this is not always possible. As a result we are excited about SIRC Membership. This provides SIRC Members with online access to our services from anywhere in the world.

"These articles (SIRC Newsletter – Overtraining) are some of the VERY best I have read. Please do all you can to make sure coaches in this country have access to them ... The individual sports particularly should be made aware of this material! Keep up the good work."

– Lawrie Johns, Basketball BC.

SIRC Membership

Whether you are coaching the youth of today or preventing the injuries of tomorrow you need to have the latest information. Become a SIRC member and you can:

Ask a SIRC Librarian

Our librarians are specialized in the areas of sport, fitness, sport science, sport medicine, physical education, health, wellness and other related topics.

Search the SIRC Collection

SIRC has over 6.5 million pages of sport and fitness information ranging from practical to peer reviewed documents. Members can also search the SPORTDiscus™ with full-text which contains full-text and bibliographic references.

Receive your Articles

Articles are available online or through SIRC's document delivery service.

Stay Informed

- SIRC Newsletter - Monthly content based newsletter.
- SIRC Press Release Service - Receive a daily email summary of sport activities
- SIRC Job Posting - View and post career opportunities in sport.
- SIRC Conference Calendar - View and post events and conferences in sport.



*Available for individuals involved in the development of sport and fitness in Canada

SIRC Literature Review

If you have a question or need help finding resources, we can help. SIRC's professional indexers and research librarians can help you save time and money by assisting with your literature review process. We are uniquely positioned to provide you with subject specific information required for preparing newsletters, news articles, research papers, lesson materials, position statements, etc. This service provides citations to articles, book chapters, conference proceedings, and more, as well as delivering the document to the subscriber.

Contact SIRC for more information. info@sirc.ca

"We have used the SIRC literature review service for several programs over the past year and are very pleased with the extensive results, turn around time and helpful nature of the SIRC staff. I would highly recommend this service!"

– Jane Arkell, Executive Director, Active Living Alliance for Canadians with a Disability



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