



Sports Medicine Australia - ACT Branch
2010 SPORTS TRAINERS CONFERENCE
 Sunday 24th OCTOBER 2010
 Venue: Tuggeranong Town Centre
 Supported by The Vikings Group & Elastoplast



The 2010 Sports Trainers Conference is designed to provide working sports trainers with practical professional development. This conference offers something for everyone. SMA ACT acknowledges the crucial link to refreshing skills and knowledge on a continual basis. This conference is open to anyone with an interest in sport.

Topics have been drawn from current issues facing sports trainers. Speakers from a variety of fields will provide the most up to date information on the growing expectations of the role which a sports trainer plays within a club and/or team environment.

Lunch will be included as part of the conference, allowing participants to network and develop new contacts.

Conference Schedule - Sunday 24th October 2010

	Topic	Presenter	Minutes
8.30am	Registration and Welcome	Board Representative SMA-ACT	30
9.00	Shin Splints What are Shin Splints? Looking at signs, symptoms and treatment.	Paul Fleet - Podiatrist The Foot Clinic	30
9.30	Shoulder Injuries Two commonly confused shoulder injuries and the difference between them.	Graeme Backen - Sports Physiotherapist The Sports Medicine Centre	30
10.00	Rotating Practical Workshops - 10:00am - 11:00am		
	Shin Splints How to care for shin splints using ice massage and taping.	Paul Fleet - Podiatrist	30
	Shoulder Injuries Injury assessment and taping techniques to support the two commonly confused shoulder injuries.	Graeme Backen - Sports Physiotherapist	30
11.00	Lunch		60
12.00	Concussion & Head Injuries Identifying signs and symptoms of concussion, along with return to play guidelines for children and adults.	Dr Rob Reid - Sports Physician Canberra Sports Medicine	60
1.00	Balance & Proprioception Balance and proprioception exercises, can they assist in injury prevention, and improving performance? Benefits within recovery.	TBC	60

Concludes at 2.00pm.

People wishing to take part in the CPR refresher course need to register for this session on their registration form.

2:30pm - 5.00pm	CPR (Perform CPR HLTCP201A) CPR is one of the least used skills in first aid, but a vital skill in saving lives. It is recommended that you update your CPR every 12 months.	Patricia Donoghue	150
-----------------	--	-------------------	-----



2010 SPORTS TRAINERS CONFERENCE

Sunday 24th October 2010

Venue: Tuggeranong Town Centre, Athlton Drive Tuggeranong
downstairs inside the club.

Proudly presented by Sports Medicine Australia - ACT Branch 100 Maitland Street, Hackett ACT 2602

Ph: (02) 6247 5115 Fax: (02) 62476329 Email: ssp@act.sma.org.au

Supported by The Vikings Group & Elastoplast

Name

Address

Suburb

Phone Mobile

Email

Club/profession

Registration Fees:

SMA Member	\$ 70.00	<input type="text"/>	<input type="text"/>
Student	\$ 70.00	<input type="text"/>	
Vikings Club Member	\$ 70.00	<input type="text"/>	
Non-Member	\$100.00	<input type="text"/>	

Please list your vikings club above

Is your accreditation and CPR current?

These can be updated on the day for an additional cost:

Re-accreditation Please tick the accreditation **\$ 80.00** Level 1 ST Level 2 ST

CPR session 2.30pm - 4.30pm **\$ 50.00**

Lunch: Please list any special dietary requirements. Every effort will be made to accommodate your request. _____

If you would like information regarding Level 2 accreditation, and would like to use this conference towards the modules needed for this course, please indicate here. _____

Payments:

All registration and payment are due by Wednesday 20th October. No payments will be taken on the day of the conference. All club payments need to be arranged and paid for prior to 20th October 2010.

Total Payment including any re-accreditation cost: \$ _____

Cheque / Money Order Payable to Sports Medicine Australia – ACT Branch

PAYMENT Credit Card: Master Card Visa

Card No.

Card Expiry Date /

Name on Card

Signature