

Sports Medicine Australia media review June 2009

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Trainer earns award

Colac sports trainer Robert Payne says the best part about attending a Victorian sports safety award was networking with other trainers. Payne won the 2009 Victorian Smartplay Sport Safety Encouragement Award after South Colac Sports Club nominated him.

Colac Herald, VIC, p.34, 19/5/2009

Circulation – 5,172

Fact sheets reduce injury risks

With the football and netball season underway, participants can reduce their risk of injury by using Smartplay's Preventing Australian Football and Netball Injuries fact sheets.

North Central Review (Kilmore), VIC, p.44, 19/5/2009

Circulation – 12,581

Stay on the safe side

With the football and netball season underway, leading sports medicine experts have renewed calls for players to take steps to reduce the risk of injury while playing sport. Sports Medicine Australia (SMA) has released fact sheets with advice on how to reduce the chance of injury while playing football and netball.

Star (St Albans-Deer Park-Caroline Springs), VIC, p.37, 19/5/2009

Circulation – 32,627

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Star (Sunshine-Ardeer-Albion), VIC, p.37, 19/5/2009

Circulation – 16,909

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Star (Whittlesea), VIC, p.25, 19/5/2009

Circulation – 45,542

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Star (Whittlesea-Wallan-Kilmore), VIC, p.25, 19/5/2009

Circulation – 5,469

Sport fact sheets can prevent stay on hospital sheets

Sports Medicine Australia has launched fact sheets it says will help reduce the risk of injuries to footballers and netballers. Developed in conjunction with the AFL and Netball Australia, the Smartplay's Preventing Football and Netball Injuries fact sheets encourage players to prepare their bodies for play – to get the most from their game, and, most importantly, avoid injury.

West Wimmera Messenger, VIC, p.15, 20/5/2009

Circulation - 800

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Wimmera Messenger, VIC, p.15, 20/5/2009

Circulation – 2,000

Safety award to Clough

Horsham Saints trainer, Ian Clough received an individual award at the Victorian Smartplay Champion Awards on Wednesday night.

Wimmera Mail Times, VIC, p.41, 27/5/2009

Circulation - 8,994

Fact sheets reduce football and netball injury risks

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Armidale Independent, NSW, p.20, 27/5/2009

Circulation – 14,940

Clough a true champion

Horsham Saints Football Netball Club trainer Ian Clough has been announced as champion individual winner of the Victorian Smartplay Sport Safety Champion Awards 2009.

Weekly Advertiser, VIC, p.41, 28/5/2009

Circulation – 23,340

Amy is Champion Individual Youth winner

Maryborough Netball Association's Youth Member, Amy Thomas, 16, has been announced as Champion Individual Youth winner of the Victorian Smartplay Sport Safety Champion Awards 2009.

Maryborough Advertiser, VIC, p.38, 29/5/2009

Circulation – 3,601

Peak body recommends helmets for alpine sports

Star FM Albury, 1/6/2009, Interviewed Dr Peter Nathan

Sports round-up: Injury reduction course

In an effort to reduce sporting injuries an accredited level one sports trainer course will be held in Merimbula on June 13 and 14. The program is being hosted by Sapphire Physiotherapy in association with Sports Medicine Australia (SMA) NSW.

Bega District News, NSW, p.32, 2/6/2009

Circulation – 2,770

Reducing sports injuries

With the football and netball season underway, participants can reduce their risk of injury by using Smartplay's Preventing Australian Football and Netball Injuries fact sheets.

Merredin-Wheatbelt Mercury, WA, p.15, 3/6/2009

Circulation – 1,132

Wear a helmet in the snow

There is now sufficient research and clinical evidence to encourage participants in alpine sports to wear protective helmets, according to Sports Medicine Australia (SMA), the peak body for sports medicine and science. SMA national board member Dr Peter Nathan said there was very good evidence showing that helmets reduce the risk of head injury.

Kiewa Valley Observer, VIC, p.4, 3/6/2009

Circulation – 1,591

Push for helmets this winter

Sports Medicine Australia (SMA) has urged all participants in snow sports to consider wearing helmets.

Summit Sun, NSW, p.8, 4/6/2009

Circulation – 1,600

Club's healthy edge

Gidgegannup Football Club has kicked off the new season as a 'Healthway Healthy Club' attributing their successful start to the season to their healthier attitude to fitness and sport safety. They received advice from Sports Medicine

Australia on tackling issues such as drug and alcohol use, sports safety and nutrition.

Hills Gazette, WA, p.42, 6/6/2009

Skiers told: keep a lid on it

All skiers and snowboarders should wear a helmet when taking to the mountains, the nation's leading sports medicine group says. Sports Medicine Australia says the recent death of English actress Natasha Richardson following a ski fall in Canada demonstrated that all snow sport participants should consider a helmet.

Sun Herald, NSW, p.24, 7/6/2009

Circulation – 473,769

Parental support encourages physical activity

Parental support plays a role in enhancing physical activity among cultural sub groups, a new study has shown. The study featured in the *Journal of Science and Medicine in Sport* (JSAMS) published by Sports Medicine Australia, examined the association between parental support and physical activity among Anglo Australian and Vietnamese Australian teenage girls.

Moorabool News, VIC, p.19, 9/6/2009

Circulation – 2,500

How to reduce football and netball injury risks

With the football and netball season underway, participants can reduce their risk of injury by using Smartplay's Preventing Australian Football and Netball Injuries fact sheets.

Bellingen Courier Sun, VIC, p.21, 10/6/2009

Circulation – 2,275

Preparation reduces winter sports injuries

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Smartplay. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program, offers these timely tips...

Maryborough Herald, VIC, p.31, 10/6/2009

Circulation – 12,457

Common running injuries

Runners World, Interviewed Dr Rob Reid

Healthy attitudes rewarded

Gidgegannup Football Club has kicked off the new season as a 'Healthway Healthy Club' attributing their successful start to the season to their healthier attitude to fitness and sport safety. The club has received advice and information from Sports Medicine Australia on how to tackle issues such as drug and alcohol use, sports safety and nutrition.

Bullsbrook Ellenbrook Advocate, WA, p.43, 10/6/2009

Circulation – 6,598

Overtraining – what is it?

Overtraining can be a serious issue, particularly for younger people. The CleanEdge website has been set up by Sports Medicine Australia in an effort to provide information about getting the best out of your training and the consequences of drugs in sport.

Youth Central website, Interviewed Professor Geraldine Naughton

Testosterone levels

Sydney Morning Herald

General injuries

Retail Pharmacy magazine, Interviewed Rosemary Riley

Mass warm ups are cool

Rigorous warm up sessions and careful cool-down exercises have helped Waverley Little Athletics pick up a new trophy. The club was recently recognised for its efforts to ensure athletes competed in safe conditions. Sports Medicine Australia named it club champion in the Victorian Smartplay Sport Safety Champion Awards last month.

Waverley Leader, VIC, p.28, 16/6/2009

Circulation – 50,601

Sports medicine career

Herald Sun VTAC guide, Interviewed Jade Harries

Exercise to stay healthy

One of the most important forms of exercise for baby boomers is strength training. As we get older we are at greater risk of osteoporosis and poor balance. Strength training can aid both of these things. Sports Medicine Australia suggests you complete these four exercises to keep you healthy.

Herald Sun, VIC, p.6, 17/6/2009

Circulation – 515,500

Trainers corner – An interview with Lisa Sutherland

Alongside her busy schedule, Lisa also sees private clients and stands as the national president for Sports Dietitians Australia and is an active board member for Sports Medicine Australia in Victoria.

Kinect Australia magazine

Sports Medicine Australia Sports Trainer of the Year

Gippsport newsletter

Preparation to reduce winter injuries

2BS Bathurst, NSW, 24/6/2009, 3.20pm, Interviewed Dr David Bolzonello

Injuries during cold conditions

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program offers these tips.

Herbert River Express, QLD, p.10, 25/6/2009

Circulation – 2,792

Preparation reduces winter sports injuries

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program offers these tips.

Portland Observer, VIC, p.24, 26/6/2009

Circulation – 3,628

Trainer course

Sports Medicine Australia NSW will hold a Level 1 Sports Trainer course in Sydney on July 4 and 5.

Penrith Press, NSW, p.78, 26/6/2009

Circulation – 61,864

Warm up for winter sports

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program offers these tips.

Tumut & Adelong Times, NSW, p.14, 26/6/2009

Circulation – 3,035

Preparation reduces winter sports injuries

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program offers these tips.

Young Witness, NSW, p.11, 29/6/2009

Circulation – 1,672

Guard against winter sports injuries

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program offers these tips.

Lithgow Mercury, NSW, p.23, 30/6/2009

Circulation – 3,800

Prepare for winter weather exercise – Sporting injuries can increase during the colder months

During winter those who are active need to prepare for the cold conditions or risk injuries, warns Sports Medicine Australia. To help prepare for winter sports, Smartplay, Sports Medicine Australia's sports injury prevention program offers these tips.

***Sunshine Coast Daily*, QLD, p.29, 30/6/2009**

Circulation – 34,964

Pronation and supination – footwear and injuries

Be Well, Peak Health magazine

Walk this way

Be Well, Peak Health magazine