

The 2011 South East Region Conference of Science & Medicine in Sport will be held at the Golf and Country Resort in beautiful Kangaroo Valley on the south coast of NSW. As always, an excellent conference schedule has been put together encompassing topics relevant to the multi-disciplinary environment Sports Medicine Australia actively encourages.

The conference is open to everyone with an interest in sports medicine and provides an excellent opportunity to network with professionals from various disciplines. The relaxed atmosphere of the conference and the facilities available at the venue allow for a great weekend and delegates are encouraged to bring their families along.

To register your interest in attending this conference email eo@act.sma.org.au

KEYNOTE PRESENTATION – PROFESSOR RICHARD TELFORD

Physical inactivity and obesity – weighing up the risks.

Dick completed his BSc (Hons), MSc and PhD in physiology in the Faculty of Medicine at the University of Melbourne. His personal professional sporting career in cricket and AFL football was followed by participation in veteran athletics. Since then he has concentrated on distance running coaching, having coached medallists at the Olympics and Commonwealth Games. His sports science and preventative medical research has featured an applied and interdisciplinary focus combining metabolic and environmental physiology, immunology, cardiology, haematology and anthropometry in athletes, non-athletes and children.

Current Positions:

- Research Director, Lifestyle of our Kids (LOOK) project
- Adjunct Professor, Faculty of Medicine, Australian National University
- Coach and Physiologist to Australian athletes and Teams

Former Positions:

- Inaugural Sports Scientist, Australian Institute of Sport 1981-2002
- AIS Distance Running Coach 1996-2004

Academic Achievements & Awards:

- Officer of the Order of Australia (AM) for contribution to sport/sports science.
- Published more than 80 research articles in peer reviewed international journals



CONFERENCE SCHEDULE

The conference schedule is specifically designed to allow delegates plenty of time to enjoy all that Kangaroo Valley has to offer and take in some excellent golf for those who play. On the Saturday, presentations will run from 9am - 2pm, followed by a one hour speciality workshop with Trish Wisbey-Roth, a leader in her field. A conference dinner to enable delegates to network whilst enjoying a meal with colleagues will be held on the Saturday night from 7pm. On the Sunday, the schedule runs from 9am - 2.30pm allowing for an early return home.

The 2011 conference has something to offer all delegates. The full schedule is to be release by end of October. Some of the topics and speakers already locked in for 2011 will include:

- Issues of contention and threats to the elite distance runner with Professor Richard Telford.
- Role of technology: looking at current models used in recovery and exploring scientific methods with Shona Houlson, AIS
- Tailoring technology for the demands of team sport and latest research using GPS technology with Ben Wisbey, Exercise Physiologist.
- AIS PhD Research group. A cross section of Institute PhD students presenting their current research.
- Who are you being whilst you are doing what you know? The art and science of influencing athletes musculoskeletal outcomes. Pete Clark

Panel Discussion:

- Transition of athletes after elite sport. Speakers include Clyde Rathbone, Jackie Fairweather and Simon Fairweather.
- Case for and against bare foot running. Jimmy Barker, Soft Tissue Therapist moderator, Pete Garbutt Sports Chiro affirmative side and Paul Fleet, Podiatrist on the opposing side.

Workshop:

Trish Wisbey-Roth Physiotherapists will present a practical workshop on "Retraining graded and functional control of the Hip region to optimise dynamic activity".

Accommodation:

All accommodation options provide a blissfully peaceful and private space setting. Bring the family along and enjoy a weekend away. Entertainment a plenty to ensure children enjoy the stay.

Professional Development:

- Physiotherapists can claim Continuing Professional Development (CPD) points.
- The conference program will be sent to the RACGP for adjudication.
- Fitness Professionals can accrue up to 7.5 Continuing Education Credit points (CEC's) by attending the conference (2.5 on Saturday & 5 on Sunday).
- AAMT Members will receive 20 Professional Massage Education (PME) points by attending the conference.
- Level one and two Sports Trainers, 1.5 modules.

2010 Conference Testimonials:

"As a student member of SMA-ACT, I found the annual conference to be the most rewarding part of being involved in this organisation. I have been very impressed with the quality and diversity of the program and speakers which has provided me with a great educational experience. In addition, the small size of the conference allows good networking opportunities and valuable presenting experience." Ina Janssen, Student AIS.

"The quality of the speakers has been outstanding at the two conferences I have attended in 2009 and 2010. The speakers have been from many different medical and sporting backgrounds and I have found the conferences to be extremely relevant to my GP learning needs. Add the fact that you get to mix with all sorts of other health professionals which creates a great atmosphere. Congratulations to Trish and the ACT branch of SMA"
Dr. Mark Hislop, GP

**See you in Kangaroo Valley January 2011. Registration open Monday 1st November 2010.
To register your interest in attending this conference email eo@act.sma.org.au.**