

## Victorian Sports Trainer Conference

Saturday 13 November

Darebin Arts and Entertainment Centre

Cnr Bell St. & St Georges Rd, Preston 3072

Supported by



### VICTORIAN SPORTS TRAINER CONFERENCE

Saturday 13 November

0830 - 0900

Registration

0900 - 0930

#### KEYNOTE SPEAKER

##### NELLO MARINO

This session will give you an insight into the direction of SMA from Chief Executive Officer Nello Marino. Current SMA initiatives and programs benefitting Sports Trainers will also be discussed throughout the session.

0930 - 1015

#### SESSION 1: GROINS - A SPORTS TRAINER GUIDE *Mat Holmes, Osteopath, Korumburra Sports and Spinal Clinic*

This session will cover learning how to identify and manage groin injuries. This includes understanding the importance of the role the sports trainer plays in managing groin injury recovery.

1015 - 1045

Morning Tea

1045 - 1130

#### SESSION 2: BIOMECHANICS AND INJURY *Kevin Ball, Biomechanist, Victoria University*

This session will help you to break down and better understand the mechanisms of injury using biomechanical principles.

1135 - 1230

#### SESSION 3: BEYOND THE SWELLING: PSYCHOLOGICAL ASPECTS OF DEALING WITH INJURY *David Williams, Sports Psychologist*

This session will assist you to understand key psychological components surrounding response to injury and discuss successful coping strategies that can be used by support staff to help with rehabilitation.

1230 - 1330

Lunch

1330 - 1420

#### FOLLOWING LUNCH DELEGATES WILL BE DIVIDED INTO GROUPS AND ROTATE THROUGH ALL THREE WORKSHOPS WORKSHOP 1

- **CURRENT STRETCHING TECHNIQUES IN THE SPORTING ENVIRONMENT**

*Facilitated by Kieren Morgan, Physiotherapist, Melbourne Storm*

There is mixed evidence regarding the importance of stretching in the sporting environment. Current practices/techniques in professional sport will also be covered during this session.

- **COMMUNICATING WITH ATHLETES AND YOUR MEDICAL STAFF**

*Facilitated by Matthew Pearce, Head Trainer- Richmond FC*

This interactive workshop will provide participants with an insight on how to communicate effectively with their athletes and other medical staff during times of player injury.

- **ASSESSMENT & TREATMENT OF CORE-STABILITY IN ATHLETES**

*Facilitated by Rebecca Wade, Physiotherapist, Physio Health*

Core 'bracing' can lead to further injuries and it's important for treatment to be specific to the athlete's weakness. Rebecca will cover a variety of assessment and treatment options throughout the session.

1425 - 1515

#### WORKSHOP 2 (AS ABOVE)

1515 - 1545

Afternoon Tea

1545 - 1630

#### WORKSHOP 3 (AS ABOVE)

1630 - 1645

CLOSING

#### SPORTS TRAINER COURSES

SPORTS TRAINERS ATTENDING THE CONFERENCE CAN ALSO PARTICIPATE IN THE SCHEDULED SPORTS TRAINER COURSES AT DISCOUNTED RATES.

**Saturday 13 November (Session will commence after the closing of the conference)**

1730 - 1930 CPR Update & Sports Trainer Re-Accreditation

**Sunday 14 November (Please note these courses will be held at Sports House, 375 Albert Road, South Melbourne)**

0830 - 1230 Spinal Injury Management

0930 - 1230 Advanced Taping

1300 - 1500 Concussion Management

1300 - 1800 Intro to Sports Massage

1515 - 1700 Wound Management

# Registration Host/Guest Name: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb/town \_\_\_\_\_ P/code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Payment details (all prices include GST)

Enclosed is my cheque for \$ \_\_\_\_\_ (payable to SMA Victorian Branch)

Please debit \$ \_\_\_\_\_ from my

MasterCard      Visa

Card no \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Card expiry date \_\_\_\_ / \_\_\_\_

Name as it appears on the card \_\_\_\_\_

Signature \_\_\_\_\_

SMA member number (for those who pay SMA an annual membership fee) \_\_\_\_\_

**EARLY BIRD REGISTRATION CLOSES FRIDAY 29th OCTOBER**

Please fax or send this form with your cheque/credit card details to:  
Sports Medicine Australia (Victorian Branch), Sports House, 375 Albert Rd, Sth Melb VIC 3205  
Phone: 03 9674 8777 Fax: 03 9674 8799  
Email: melanie.brothers@vic.sma.org.au  
ABN: 13 821 409 176  
Direct Deposit: Transfer funds to; Acc Name - Sports Medicine Australia-Victorian Branch,  
BSB - 013-030, Acc Number - 1003-58763 and forward remittance advice and registration form.

## Registration fees

Victorian Sports Trainer Conference

SMA Member Registration      Non SMA Member Registration

<input type="checkbox"/> Early	\$130	<input type="checkbox"/> Early	\$180
<input type="checkbox"/> Late	\$180	<input type="checkbox"/> Late	\$225

Student Registration

<input type="checkbox"/> Early	\$110	<input type="checkbox"/> Late	\$140
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Registration and SMA Sports Trainer Membership

<input type="checkbox"/> Early	\$250
<input type="checkbox"/> Late	\$290

Receive a SMA Sports Trainer Membership with your registration. Visit [vic.sma.org.au](http://vic.sma.org.au) for a list of benefits.  
EARLY BIRD REGISTRATION UNTIL FRIDAY 29 OCTOBER.  
REGISTRATION CLOSING DATE TUESDAY 9 NOVEMBER.

Dietary requirements \_\_\_\_\_

Sports Trainer Courses (Sunday sessions will be held at Sports House, 375 Albert Road)

<input type="checkbox"/> CPR Update	\$40 (normally \$50)
<input type="checkbox"/> Sports Trainer Re-accreditation (Including CPR)	\$120 (normally \$140)
<input type="checkbox"/> Advanced Sports Taping	\$85
<input type="checkbox"/> Intro Sports Massage	\$125
<input type="checkbox"/> Spinal Injury Management	\$125
<input type="checkbox"/> Concussion Management	\$50
<input type="checkbox"/> Wound Management	\$50

Discounts only apply to conference attendees. Please submit this form with payment. All prices include GST. A tax invoice confirming registration will be issued upon receipt of payment. The SMA refund policy is available at [vic.sma.org.au](http://vic.sma.org.au)

# Speaker Profiles

## Keynote Speaker

### Nello Marino, CEO SMA

For over 20 years Nello has been active in the not-for-profit sector through numerous senior roles in the health, sport and fitness industry. Prior to being SMA Chief Executive Officer Nello served in a number of project and senior management roles including SMA National General Manager and Executive Officer of the SMA Victorian Branch. Since becoming SMA CEO in 2009, he is working at delivering a more transparent, accountable and streamlined organisation and committed to fulfilling the goal of making SMA the worlds foremost sports medicine organisation and building on the great spirit of co-operation which is one of the hallmarks of Australian sports medicine.

## Session and Workshop Presenters

### Mat Holmes

Mat graduated from Victoria University in 1998, with a Masters in Health Science – Osteopathy. He established a busy practice in the small Gippsland town of Korumburra. Patient demand forced the clinic to grow into the Korumburra Sports & Spinal Clinic, a multidisciplinary clinic and mecca for injured Gippsland sports people.

As well as having a thriving private practice, Mat has been a Senior Lecturer at Victoria University Osteopathic Course for the past 11 years. He has been actively involved with local sports trainers groups and regularly presents SMA's Sports Trainer's courses.

### Dr Kevin Ball

Kevin has been involved in sports science and elite sport for twenty years. After seven years at the AIS Biomechanics Unit, he completed his PhD at Victoria University. Kevin then became the first biomechanist to work fulltime in professional sport as assistant coach at Fremantle AFL club. This role included coaching, sports science and working closely with medical and conditioning staff in prehab and rehab programmes. Kevin now holds an academic position at VU and consults as specialist kicking coach to Melbourne Football Club, Melbourne Storm and AIS AFL squads.

### Matthew Pearce

Matthew is the Head Trainer of the Richmond FC and has had several years of experience at both AFL and VFL level. He also runs his own Myotherapy and remedial massage practice in Ballarat. Matthew is a frequent presenter for SMA-VIC in various courses and has also presented at other SMA state conferences.

### Kieren Morgan

Kieren graduated from Sydney University in 2003 with a Masters in Physiotherapy and a degree in Exercise and Sports Science. He is currently head physiotherapist for the Melbourne Storm Rugby League Club and has previously been head physiotherapist for the Parramatta Eels (NRL 2006-2009). He has worked in Athletics, Netball and Rugby Union.

### Rebecca Wade

Rebecca graduated in physiotherapy with honours in 2006. Three years later Rebecca completed a graduate certificate in sports physiotherapy. She currently works as a clinical pilates co-ordinator for Physio Health working with TAC Cup and VFL footballers, Melbourne Victory Womens team and the VIS/AIS swimmers.

### David Williams

David is a psychologist working out of Olympic Park Sports Medicine Centre, and is the current sport psychologist for the Malaysian Olympic Track Cycling Team. His professional experiences include: AFL, TAC Cup Football, National Junior Volleyball, Professional Netball, Golf, Track Cycling and Paralympic table tennis.