

SPORTS MEDICINE AUSTRALIA

(WA Branch) News - December 2010



From the Executive Officer, Sascha Hill

Welcome to our our last email for 2010.

Driving community based programs to improve sports safety and health outcomes is a constant and keeps us busy all year around. SMAWA has again received tireless efforts by its staff and many thanks are conveyed to them for their continued support in 2010. A special thank you and best wishes go to Corinne McGowan and Marie Fitzpatrick who are both taking 12 months leave next year - Corinne, to experience the joys of parenthood and Marie, to relocate to Adelaide while her husband Ian, takes up a position as Project Manager for the Australian Masters Games held in Adelaide next year. I would also like to welcome Dana Pimley and Fiona Back who will be taking up replacement positions in 2011.

A big thank you also to SMAWA members who have already completed our online survey, circulated via email last month. The survey was designed to assist us with our education planning and development for 2011. If you haven't done so already, we hope that you will complete the survey to help us improve and expand the opportunities that exist through being a SMA member in Western Australia. The collected data is currently being evaluated and the results will be reported on in our first quarterly newsletter in 2011. Congratulations to Julie Thomas for completing the survey and winning a 12 month membership to SMA. Second prize went to Christine O'Connor who won a \$100 Sports Fever gift voucher.

I would like to wish you a safe and Happy Christmas and New Year and look forward to seeing you in 2011.

Welcome to our new members of SMA (WA Branch)

Alana Austen	David Lane
Samantha Bailey	Lyn Lepore
Leone Barnes	Todd Lonie
Darlene Cole	Tracey Manifis
Sally Davis	Todd Martin
Ryan Ebert	Rachel Meade
Samuel Shen Shen Fan	Lara Mitchinson
Melissa Foss	Greg Mullings
Hayley Gavin	Wei-Qi Ng
Paolo Ghiselli	Brent O'Byrne
Chislene Goh	Jason Parker
Ebony Humble	Anthony Pirri
Jimmy Huynh	Hanyu Teong
Avinash Jeyabalan	Kemi Wright
Melanie Kerr	Tracey Manifis
Tracey Lakay	

NEW FACES SARA KONONEN Administration Officer & Smartplay Officer



BACKGROUND: Sara moved to Perth in 2006 from Collie in order to start university.

QUALIFICATION: Bachelor of Exercise & Health Science and a Diploma of Education from the University of WA.

How did you become involved in SMA?

Sara was involved with SMA's Active Girls Healthy Futures Program in 2009. This involvement lead to an interest in the other programs that SMA deliver.

What are you interested in? Sara enjoys shopping and riding horses in her spare time.



25% of all Skins Products for SMA (WA Branch) Members at Subiaco, Applecross, Cottesloe, Inglewood & CBD Stores

No other offers apply

STATE PATRONS: Dr Ken Fitch | Prof. John Bloomfield | Mr Stuart Gray



WE WOULD LIKE TO THANK OUR SPONSORS AND SUPPORTERS

Board Member Profile - Robert Haagman



SMAWA would like to welcome it's newest Board Member, Robert Haagman. Robert works in private practice as a Podiatrist at Burswood Health Professionals. His special interests lie in Sports Podiatry and Musculoskeletal Medicine. He is the podiatrist for the Perth Glory Soccer Club and has been a lecturer at Curtin University of Technology.

On a social level, Robert is a member of the North Cottesloe Surf Lifesaving Club assisting in weekend beach patrols. He enjoys middle distance running and completed the City to Surf Fun Run this year. He also has an interest in soccer and has played for many years. At present, Robert is involved in touch rugby and cricket and enjoys relaxing and playing guitar.

Achilles Tendinopathy - Call for Subjects

James Debenham is a physiotherapist who is currently lecturing at the University of Notre Dame whilst actively conducting research at Curtin University for his PhD. James' clinical and research interests relate to lower limb loading conditions, particularly Achilles Tendinopathies and how these conditions are modulated by pain and deficiencies in motor control. James most recently presented at the last Professional Education Seminar on the Difficult Foot and is looking for clinicians to refer patients to his study group for his research trials on Achilles Tendinopathy.

Should you wish to seek further information, please visit the news section of the SMAWA website.
<http://www.smawa.asn.au/newsCentral.asp?OrgID=120>

ASICS Conference of Science & Sports Medicine 2010

Some of our staff members recently attended the Asics Conference of Science and Medicine held in Port Douglas. Deb Bow and Fiona Boys from our health promotion team both presented posters at the conference.

Deb presented a poster on the Healthway funded Healthy Club program that Sports Medicine Australia has managed since 2001. A Healthy Club is a sporting club that provides and promotes a healthy and safe environment for players, coaches, officials and spectators. The program has been available to sporting clubs since 2001 with over 1800 clubs participating over this period. The aim of this program is to provide financial support to local sporting clubs to develop, promote and implement Healthy Club policies and practices, conducive to healthy and safe sporting environments

Fiona presented a poster on the successful Active Girls Healthy Futures Program conducted by the branch in 2009. The Active Girls Healthy Futures (AGHF) pilot program was a community based physical activity and healthy eating initiative run by Sports Medicine Australia (WA Branch) based in the City of Swan. The program targeted girls aged 11-13 years. The aim of this program was to facilitate healthy eating habits and encourage participants to engage in school/ community based physical activity prior to the time when many adolescent girls withdraw from organised sport.



ASICS Conference of Science & Sports Medicine 2011

19-22 Oct 2011 Esplanade Hotel,
Fremantle, Australia

For more information visit the web
address below

<http://sma.org.au/asics-conference/future-conferences/>

Safer Sport Program & Community Education Semester 1 Calendar - 2011

Date	Course
Sat 12 th Feb	Sports First Aid Course
Sat 12 th Feb	Basic Life Support Seminar
Sun 13 th Feb	Sports Trainer Reaccreditation Course
Sat 19 th & Sun 20 th Feb	Level 1 Sports Trainer Course
Sat 12 th March	Sports First Aid Course
Sun 13 th March	Level 2 Sports Trainer Course
Sat 19 th & Sun 20 th March	Level 1 Sports Trainer Course
Sat 26 th March	Introduction to Sports Massage Seminar
Sat 2 nd & Sun 3 rd April	Level 1 Sports Trainer for Physiotherapy Students
Wed 6 th April	Advanced Sports Taping Seminar
Wed 11 th May	Spinal Management Seminar
Wed 25 th May	Getting Active with Asthma & Allergies Seminar
Wed 1 st June	Advanced Resuscitation Seminar

DRUGS IN SPORT

SMA continues to manage the Drugs in Sport education project. On-going funding from the Department of Sport & Recreation allows the project to continue providing education, support services and resources to the community. The principle aim of the project is to raise awareness, provide information and encourage activities about drugs in sport issues for the active community in Western Australia.

This project also aims to facilitate the implementation of appropriate drugs in sport policies at all levels of sport, and provide presentations to a broad range of the WA sporting community and general population, including athletes, coaches, administrators, teachers and school children.

For access to our Drugs in Sport resources visit our Be Drug Free website:
www.bedrugfree.com.au

HEALTHY CLUB SPONSORSHIP

The Healthy Club program provides an incentive for sporting clubs to identify and address a range of issues that have the potential to improve the health and safety of their members and supporters. Healthway Healthy Club Sponsorships Winter 2011 are now available for sports clubs wishing to make the local sporting environment healthier.

Incorporated clubs playing in a recognised sporting competition over the Winter 2011 season may apply to receive up to \$2500 for initiatives to address health issues within the club.

To obtain guidelines & an application form visit www.smawa.asn.au
Only incorporated clubs are eligible to apply.

Applications close 5pm
Monday 21st February 2011



SMARTPLAY WORKSHOPS

SMAWA offers a range of educational workshops for both schools & clubs. We can organise to run these at your school or club and at a time convenient to you.

Topics include:

- Basic Life Support (CPR)
- Injury Prevention & Management
- Sports Nutrition & Hydration
- Sports Taping
- Rehab of the Injured Athlete



ONLINE COURSES

SMAWA has developed an online Sports Medicine Awareness & Response Training Course (GET SMART)

This non-accredited course will give you a greater awareness of injury prevention and immediate management as well as knowledge on a range of sports safety issues.

Additional modules available:

- Taping
- Drugs in Sport
- Sports Nutrition

SPORTS CARE

Are you looking for somewhere to use your Sports Trainer skills in a paid position?

SMA covers a wide range of sporting events such as school carnivals right through to national and international events.

Why not become involved in a great team?

Contact Ashlea:
sportscare@smawa.asn.au

Find out more about the services SMA offers visit: www.smawa.asn.au

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