

SPORTS MEDICINE AUSTRALIA

(WA Branch) E-News - July 2010

ACMS 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/>



From the Executive Officer, Sascha Hill

Welcome to the new financial year, no doubt you are like me wondering where the year has gone. This is an exciting time for SMAWA and with the announcement of our new partnership with leading sports wear store SPORTS FEVER, SMAWA is now able to offer our members some great additional membership benefits.

As a benefit to all current financial WA Members, you will find enclosed a VIP card giving you 25% off your purchases at any of the five SPORTS FEVER stores. But it doesn't stop there, also enclosed is a special once a year voucher for 50% off your footwear purchase. We welcome our new partnership with SPORTS FEVER and hope that you take full advantage of this incredible offer.

I am also very pleased to announce that the Australian Conference of Science & Medicine in Sport (ACSMS) will be held at the Esplanade Hotel, Fremantle from 19-22 October 2011.

The Conference is interdisciplinary, and its purpose is to 'promote knowledge and practice in sports science and sports medicine by providing an interactive educational forum of the highest standard so that the participation, performance and well-being of Australians engaged in sport and physical activity may be ultimately enhanced'.

The last time the ACSMS was held in WA was 2001, which is a long time between drinks, so I encourage all members to put the date in their diary and get involved, whether it be submitting an abstract or registering for the conference. You don't want to miss this wonderful opportunity to be a part of the latest and greatest in sports science and medicine, right here at your door step in Fremantle, WA.

WELCOME NEW MEMBERS TO SPORTS MEDICINE AUSTRALIA (WA BRANCH)

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|-----------------------------|--------------------------|
| Jose Moralies | Jamie Masoner |
| Adam Bowker | Christian Joubert |
| Ryan Hudson | Paul Haylett |
| Cassandra Ryan | Emily Orzel |
| Rachel Leaney | Natasha Weir |
| Amy Hamond | Russell McPhee |
| Sophie Cousins | Tony Patton |
| Craig Inglis | Trudy Haddleton |
| Samantha Elliott | Andrew Morrow |
| Ellouise Clark | Trevor Wilmot |
| Marianne Riley | Georgia Hinkley |
| Danika English | Dean Fleming |
| Kevin Westneat | Roslyn Gibson |
| Chantelle du plessis | Judy Jebb |
| Sarah Larsen | Sue Constable |
| Megan Cunningham | Marion Price |



SPORTS FEVER NEWS
Special SMAWA Member Deal

PRACTIONER VIP CARD
25% off store purchases
50% off footwear voucher

This offer is for current financial members only!
(please see enclosed card)

Did you know that you can update your details or renew your membership online.
Visit sma.org.au and click
RENEW YOUR MEMBERSHIP ONLINE

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



WE WOULD LIKE TO THANK OUR SPONSORS AND SUPPORTERS

Wintery conditions may increase the risk of sporting injuries, such as, sprains, strains and blisters and in extreme conditions hypothermia and frostbite. Sports Medicine Australia spokesperson Dr Shane Brun says cold conditions should not be a barrier to exercising, good preparation and correct equipment can prevent most cold related injuries.

To decrease your risk of cold related injuries, Sports Medicine Australia offers these tips:

- Acclimatise yourself to exercising in colder weather. For example, train outdoors instead of inside.
- Cold muscles, tendons and ligaments are at greater risk of injury. Warm up, stretch and cool down for longer than usual.
- Be aware that sunburn can occur even on cold and cloudy days (especially when skiing or snowboarding as UV radiation is more severe in alpine regions). Apply broad spectrum 30+ sunscreen to exposed skin. Also wear eye wear with UV protection.
- Drink water before, during and after activity.
- Don't drink alcohol. While an alcoholic drink seems to warm you up, it actually dilates your blood vessels, increasing blood flow to the skin thereby increasing heat loss by exchange to cold air.
- Dress in layers to trap heat and prevent heat loss. Add or remove layers of clothing as necessary according to exercise level/ conditions.
- Make sure footwear fits you properly. Footwear that is too tight or too loose will affect skin circulation and cause blisters.
- Those with a pre-existing medical condition affecting the feet, such as diabetes, should see a doctor before taking part in winter sports.

Dr Brun says by following these preparation tips your risk of injury will be decreased - to keep you enjoying being active throughout the whole of winter.



Healthy Club - Summer 2010/11 Applications

Healthy Club sponsorship applications for the Summer 2010/11 sporting season will be available online from early July. Clubs can apply for up to \$2,500 for initiatives to make their clubs safer and healthier and to train and educate volunteers.

The Healthy Club program is unique because it provides an incentive for sporting clubs to identify and address a range of issues that have the potential to improve the health and well being of clubs members and supporters.

Clubs can use their funds to purchase a range of items including first aid equipment, safety equipment, coaching and training courses and advertising costs.

For more information click on the **Healthy Club** section of the SMAWA website or contact our Healthy Club Coordinators Fiona Boys or Deb Bow on 9285 8033 or healthyclub@smawa.asn.au

Sports Medicine Australia (WA Branch) invites you to attend the Professional Education Seminar Series for 2010. In total six seminars will be presented in 2010 covering a range of sports medicine topics presented by speciality health professionals. For more information head to our website www.smawa.asn.au and look under our 'members info' & then 'Professional Education' link to our flyers / registration forms. Below are the dates and topics for our next two seminars.

Seminar 2: Tuesday 27th July

Burn out or Rust out? Issues of Player Availability in Elite Sport - The AFL Experience.

Speakers include Glen Stewart - High Performance Manager, West Coast Eagles FC.

Seminar 3: Tuesday 31st August

Sports Physiotherapy; Past, Present & Future.

Speakers include Assoc. Prof. Garry Allison, Stuart Gray, Prof. Peter Hamer & Dr Jeffrey Boyle

Cost	SMA Member	\$22	Student Non-Member	\$22	BOOK & PAY ONLINE www.smawa.asn.au
	Non Member	\$44	SMA Student Member	FREE	

Member Profile - Stuart Gray



Stuart is a retired physiotherapist, Fellow of SMA and Patron of SMAWA. He has been a member of SMA since 1969.

What was your first job (as a professional)? Physiotherapist in the Royal Army Medical Corp. (UK) 1957 - 1963.

What is your most memorable 'sports medicine' achievement, event or occasion? Hard to pick but probably the Moscow Olympic Games.

What is your favourite pastime these days? Keeping fit, expeditions, grandchildren

What do you miss about your profession since retiring? I still regularly do sports cover when asked, but I miss having an influence on the progression of Sports Physiotherapy which has stagnated somewhat locally.

Any tips for "up and coming young" physiotherapists? Involve yourself in as much sports cover as possible especially in the neglected arenas such as Little Athletics, Veterans Sport, the minority sports, & lower grades. Too many people try to start at the top. Fill your CV first.

Stuart's Latest Expedition - A tale of adventure and piracy has inspired Stuart to re-enact a trek through bushland and along beaches to Albany (approx. 660kms). Stuart will start his journey on June 23rd, hoping that it ends more positively than it did for the men who made the original trek in 1835.

The trek will raise funds for the Royal Flying Doctor Service of Australia, Western Operations. Learn more about the original trek and follow Stuart's progression at www.flyingdoctor.org.au, than go to 'news' and click on the Western Operations section.



Are you a current Level 1 Sports Trainer, ready to take the next step, or is your Sports Trainer qualification due to expire and you think it is time to upgrade your qualification to the next level? The Level 2 Sports Trainer course is designed for Sports Trainers who wish to expand their knowledge and skills in the prevention, immediate management and rehabilitation of sports injuries.

If you are interested in participating in our next Level 2 Sports Trainer course and you have a current First Aid Qualification (*Sports / Senior / Apply*) and have had at least 50hrs practical experience as a Sports Trainer, contact SMAWA on 08 9285 8033 or email info@smawa.asn.au

The next course begins Sunday 25th July (other sessions are involved in this course, see below)

Course Outline

- Education Day - Sun 25th July
- Sports Taping - Wed 11th August
- Oxygen Therapy - Wed 22nd September
- Emergency Asthma Management - Wed 27th October

Education Calendar - PROFESSIONAL AND COMMUNITY EDUCATION

July

Saturday 17th July	Level 1 Sports Trainer Course WICKHAM (Sat 17th & Sun 18th July) Level 1 Sports Trainer Course KALGOORLIE (Sat 17th & Sun 18th July)
Tuesday 27th July	Professional Ed. Seminar 2: Burn Out or Rust Out? Issues of Player Availability in Elite Sport - The AFL Experience.
Saturday 24th July	Continuing Education Seminars: Massage Lower Back (10am - 1pm) & Massage Hip Region (2pm - 5pm)
Sunday 25th July	Level 2 Sports Trainer Course plus (Wed 11/8, Wed 22/9 & Wed 27/10)

Prof Ed

August

Wednesday 8th August	Advanced Sports Taping
Tuesday 31st August	Professional Ed. Seminar 3: Sports Physiotherapy; Past, Present & Future

Prof Ed

<p>For more information contact: Professional Education: Sascha Hill E. sascha@smawa.asn.au or 9285 8033</p> <p>Community Education: Rachel Meade E. rachel@smawa.asn.au or 9285 8033</p>	<p>BOOK AND PAY ONLINE www.smawa.asn.au</p>
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