

# SPORTS MEDICINE AUSTRALIA

(WA Branch) News - March 2011

Website: [www.smawa.asn.au](http://www.smawa.asn.au)

**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 first edition of the SMA-WA newsletter for 2011. It has been noted that we do not have email addresses for a significant number of SMA members from WA. I would like to encourage you to provide us with an email address. Not only will this ensure that you stay up-to-date and informed of the latest SMA news via the monthly members e-newsletter, more importantly, it allows you access to the members portal. This portal is an online members-only area of the national website ([sma.org.au](http://sma.org.au)) that features the following:

- You can update your personal details to ensure your details are correct and current
- You can pay your renewal fees with Visa or Mastercard through a secure online facility
- Professional members can directly access the Journal of Sports Medicine and Sport, nullifying the need for an additional login to the Elsevier website
- Professional members can maximise their business or practice by adding up to three places of work to be listed in their entry to SMA's online member directory.

The directory is an opt-in service, whereby you regulate the information you choose to be included. The directory will soon be open to the general public, whereby they will be able to search by various filters including name, profession, location, expertise etc.

The national body is currently working to expand the capabilities of the portal to include online event registration and other member-only items. SMA's online facilities will continue to grow and promote an active membership engagement and we hope that you "come online" with these initiatives.

Rest assured that if you are receiving regular SMA-WA e-newsletters, your email address is listed on the membership database. However, if you are unsure or would like to update your details, please contact SMA-WA.

No doubt you are already aware that the Science & Medicine in Sport Conference is coming to Fremantle in 2011 between 19-22 October. You will find included with your mail-out newsletter an invitation to submit an abstract that addresses the conference theme, "Optimising Health and Fitness – Participation, Prevention and Performance". I encourage all researchers, practitioners, policy makers and students who wish to present their work to submit abstracts for presentation at the conference. All abstracts must be submitted online at: [acsms.sma.org.au](http://acsms.sma.org.au) and must be received by **31st March 2011**.

On another note, Sports Medicine Australia Members and SMA accredited sports trainers can now display valuable sports injury prevention and management injury specific resources within their practices or sporting club and even customise them with their own address and contact details. Up to 50 fact sheets in total are **free** of charge to all SMA members.

An injury fact sheet order form is enclosed along with a sample resource. For orders please fax this form to the SMA-WA branch on 9284 9239.

## Call for Expression of Interest

SMAWA is looking for physiotherapy practitioners interested in being involved in an athlete treatment service, based in the Athlete's Village in Fremantle during the Perth 2011 Sailing World Championships from the 1st -18th December, 2011.

To register your interest, please contact Sascha Hill on 9285 8033.



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



WE WOULD LIKE TO THANK OUR SPONSORS AND SUPPORTERS

## Introducing Dana Pimley - Manager of Education and Services



Dana has been involved in the sport and fitness industry for over 10 years as a Sports Trainer. She has a Bachelor of Science in Sports Science and a Graduate Diploma in Exercise Physiology. Before joining SMA-WA she owned her own business in Personal Training and is currently the Head Trainer of Perth Football Club and the Strength and Conditioning Coach of the State Women's Football Team. Dana has been involved with SMA for 13 years working as a Sports Trainer and Presenter. Her wide experience and depth of knowledge makes her a wonderful asset for SMA-WA.

We are delighted to welcome Dana into our office in 2011.

## Member Education - "Protein, Meat and More"

A look at the latest research and practical advice on the consumption of protein. Topics include; daily requirements for both the athlete and non-athlete, the influence of nutrients on protein balance, the role of protein in weight loss, body composition and resistance training, as well as risk and benefits of protein supplements.

Speaker and Panel includes:

**Boris Kazakov** - Accredited Practising Dietitian and Principal of Diet Biz, a nutrition consultancy business in Subiaco.

**Strength and Conditioning Coach** - TBA

**Date:** Tuesday 5th April  
**Time:** 7.30pm - 9.00pm  
**Venue:** FJ Clarke Lecture Complex, Nedlands  
**Cost:** SMA Member \$22 / SMA Student Member - Free

**BOOK AND PAY  
ONLINE**

[www.smawa.asn.au](http://www.smawa.asn.au)

## Where is she now! Marie's experience at the "Tour Down Under"

By Marie Fitzpatrick (from Adelaide)

The Tour Down Under was definitely a highlight in my Sports Trainer career. At first there was not much to do as all the competitors were riding well and had their entourage of managers, doctors, physios etc. However on Day 2 and 3 when riders crashed, the pressure was certainly upon us. The language differences with some of the European riders was a barrier in communicating. However, they are very tough and many have had their share of crashes at some stage in their lives as professional riders.

I spent the first four days of the event posted in the medical tent that was set up in the team arena, with no spectator access. On the final day I was given the job of assisting the paramedic in the 'follow' vehicle. This meant we travelled for the entire race following not only the riders, but the officials, our doctor and even the team support cars. At times we got up to 145km, all with the permission of the police, as the roads were officially "closed".

I also got to see what all that the riders do during the race and let me tell you, they get up to all sorts of mischief.

A great photo opportunity for me!



## New addition to the SMAWA Family.

SMA-WA would like to congratulate Corinne McGowan on giving birth to a son on the 7th January, 2011.

Both Mum and son, Eamon are doing well.



## Welcome to our new SMA members from WA.

Jen Kerford	Mandy Rimmer
Lara Mitchinson	Gabrielle West
Natasha Firms	Adrian Large
Sarah Laurie	Michael Cadogan

Sports Medicine Australia (WA Branch)

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**SPORTS FEVER**  
Subiaco Applecross Cottesloe Inglewood CBD

**Why do so many podiatrists, physiotherapists, sports doctors and sports trainers send their patient's and clients to Sports Fever?**

Sports fever was established over ten years ago and is a Western Australian institution for people who want to keep active and injury free. When you come into a Sports Fever store you can expect to find the latest in technology in footwear, apparel, as well as everything else that makes achieving your goals in the fitness industry. It is the advice and the service that impresses, you don't pay any more to have someone genuinely care about what you need and help sort any problems you may be having!

**Choosing the right shoe for you?**

Don't choose a shoe on its cosmetic features, because your best friend wears them and says how good they are or because your personal trainer wears them and he is a good looking man. Have someone at Sports Fever help guide you into the right shoe! Allow the staff to assess your gait, and have a close look at the foot type in which you have. The staff member will talk about what type of activity you will be undertaking in the shoes and if you have had any past injuries that they need to be concerned about. It is a consumers market in the fact that all the major brands are spending a lot of money and time developing the best product, it is important that this information is shared with the consumer so you're ultimately in the correct shoe for your foot type. All staff at Sports Fever are trained to select and fit footwear to meet your specific needs.

**Do you wear orthotics or a corrective device?**

We all need a good podiatrist, physiotherapist and sports trainer in our life, even if it is a one off visit. A good sports shoe can only do so much. Some people's feet need more than a good shoe; some injuries need the advice of a good physiotherapist or sports doctor. The Sports Fever staff can and will direct you to the best people in your area, importantly they see a lot of customers who are already wearing corrective devices / orthotics and so have the ability to fit the correct footwear without over correcting. A properly fitted shoe does make a difference!

**How important is the lacing?**

Everybody's foot type is so different: narrow, wide, high instep, or narrow heel. The lacing of the shoe is also important, and this is why the staff at Sports Fever will lace the shoe on everyones individual foot type to accommodate their needs. We don't recommend elastic laces, unless you are wearing them in race specific shoes. Elastic laces will not hold the foot in the shoe and offer the support in which the shoe's are built for, even more so for orthotic wearers. Always lace and unlace your shoes when taking them off or putting them on, not only will this help with the wear and tear of the shoes but insure your getting the best fit because your being held and it's nice to be held...

**Shoes, shoes shoes...**

Shoes are what Sports Fever are famous for and that is because we fit better, but Sports Fever also specialize in specific Women's Sports Bras - #1 piece of equipment for women! Compression – the staff can explain the benefits in Skins; heart rate monitors – the secret to your success; you will also find a comprehensive range of technical fabrics in the best sports brands apparel range. Don't forget to treat yourself with some new socks, a good pair of socks will always make a difference, once again the staff will help you...

**DONT FORGET TO USE YOUR SPORTS FEVER  
PRACTITIONER CARD  
To receive 25% off the RRP of all stock.**