

**“THE MASTER ATHLETE IN SPORT” The “De” generation (keeping the baby boomers active)**

We are returning to the beautiful Golf and County Resort in Kangaroo Valley on the south coast of NSW for the 2012 South East Region Conference of Science & Medicine in Sport. As always, an excellent array of presenters has been put together encompassing topics relevant to the multi-disciplinary environment Sports Medicine Australia actively encourages.

The conference is open to everyone 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.

**KEYNOTE PRESENTATION - Dr Verity Cooper M.B.B.S., D.A., F.R.A.C.G.P.  
“War stories” from the “front line” of Masters athletes**



**Keynote:**

Dr Verity Cooper has worked as the Medical Director to Australian University Games in Adelaide 2006, 2 IC medico to World Police and Fire Games Adelaide 2007 and Doctor to Australasian Masters Games 2007 - 2011. Verity have practical experience in running the medical side for large sporting events, and organising the medical care of teams whilst overseas.

Verity was the Sports Doctor for North Adelaide Football Club (SANFL league and reserves) 2004 to 2008 and has been the accompanying doctor to Australian Womens' Soccer teams (international events).

Verity will talk about how to set up the medical side, the pre event organisation, and training of sports trainers, the management of injuries during the games, and problems encountered during the events, and how best to manage them. She will cover the types of injuries which are commonly seen in the Maters athlete, what to prepare for and example of these.

**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*

**VENUE**

This conference is well known for the excellent schedule which is specifically designed to allow delegates plenty of time to enjoy all that the venue has to offer. It is a family weekend for delegates to take in some great professional development whilst still having time to spend valuable time with the family.

Accommodation options provide a blissfully peaceful and private space setting. Delegates will receive mid week rates which represents a great saving. One bedroom cabin start at \$155per night per couple.

Bring the family along and enjoy a weekend away. Entertainment a plenty to ensure children enjoy the stay.

Excellent golf course for those who play.

**SAVE THIS DATE.**

See you in Kangaroo Valley February 2012.  
Registration open Monday 4th October 2011.  
To register your interest in attending this conference email [eo@act.sma.org.au](mailto:eo@act.sma.org.au)

**CONFERENCE SCHEDULE**

The 2012 conference has something to offer all delegates. The full schedule is to be finalised by end of October, however some of the topics and speakers already locked in for 2012 will include:

- Dr Verity Cooper - “War Stories” from the front line of Masters athlete. Giving a range of common injuries and barriers which Masters Athletes face.
- Dr Verity Cooper - Setting up and Management of medical team for Master Athletes. This talk will give an insight into how the different allied health professions integrate to look after the Masters athlete. How to set up the medical side, the pre event organisation, training of sports trainers, the management of injuries during the games, problems encountered during the events, and how best to manage them.
- Dr Rylee Diongi, Associate Head Charles Sturt University - Psycho-social and socio-cultural dimension of older Masters athletes. That is, the ‘sub-culture’ of older masters athletes and who they are and what it means to them to be competing in sport in later life.
- Dr Rob Reid - The indications & containdictors for cortisone. How these are used in older athletes, exercise and aging effects and clinical outcomes.