

## INTRODUCTION TO SPORTS MASSAGE

The 6 hour course (ran over two days) offers an introduction to Sports Massage in looking at:

- Contra-indications in massage
- Etiquette in sports massage
- Proper application and terminology used in sports massage
- preparation and recovery for an athlete pre- and post-competition

COST = \$110.00

# 2012 SAFER SPORT PROGRAM



Sports First Aid & CPR		
21200F	8:30am - 5:00pm	21 <sup>st</sup> January
21201F	8:30am - 5:00pm	28 <sup>th</sup> April
21202F	8:30am - 5:00pm	23 <sup>rd</sup> June
21203F	8:30am - 5:00pm	25 <sup>th</sup> August
21204F	8:30am - 5:00pm	10 <sup>th</sup> November
Level 1 Sports Trainer Course		
21200	8:30am - 5:00pm	14 <sup>th</sup> & 15 <sup>th</sup> January
21201	8:30am - 5:00pm	26 <sup>th</sup> May & 2 <sup>nd</sup> June (2 Saturdays)
21202	8:30am - 5:00pm	28 <sup>th</sup> & 29 <sup>th</sup> July
21203	8:30am - 5:00pm	8 <sup>th</sup> & 9 <sup>th</sup> September
21204	8:30am - 5:00pm	17 <sup>th</sup> & 24 <sup>th</sup> November (2 Saturdays)
Level 2 Sports Trainer Course		
21205A	8:30am - 5:00pm	3 <sup>rd</sup> /4 <sup>th</sup> & 10 <sup>th</sup> /11 <sup>th</sup> March
21206A	8:30am - 5:00pm	6 <sup>th</sup> /7 <sup>th</sup> & 13 <sup>th</sup> /14 <sup>th</sup> October
Sports Trainer Reaccreditation Course		
21207R	1:00pm - 3:30pm	1 <sup>st</sup> April
21208R	1:00pm - 3:30pm	22 <sup>nd</sup> July
21208R	1:00pm - 3:30pm	2 <sup>nd</sup> December
Elastoplast Strap Smart		
T1200	6:30pm - 9:30pm	23 <sup>rd</sup> January
T1201	6:30pm - 9:30pm	2 <sup>nd</sup> April
T1202	6:30pm - 9:30pm	4 <sup>th</sup> June
T1203	6:30pm - 9:30pm	27 <sup>th</sup> August
T1204	6:30pm - 9:30pm	22 <sup>nd</sup> October
Advanced Sports Taping Course		
B1200	6:30pm - 9:30pm	20 <sup>th</sup> February
B1201	6:30pm - 9:30pm	16 <sup>th</sup> April
B1202	6:30pm - 9:30pm	18 <sup>th</sup> June
B1203	6:30pm - 9:30pm	17 <sup>th</sup> September
B1204	6:30pm - 9:30pm	5 <sup>th</sup> November
Sportstape K Advanced Plus		
K1200	6:30pm - 9:30pm	27 <sup>th</sup> February
K1201	6:30pm - 9:30pm	23 <sup>rd</sup> April
K1202	6:30pm - 9:30pm	25 <sup>th</sup> June
K1203	6:30pm - 9:30pm	24 <sup>th</sup> September
K1204	6:30pm - 9:30pm	26 <sup>th</sup> November
Introduction to Sports Massage Course		
M1200	6:30pm - 9:30pm	19 <sup>th</sup> & 26 <sup>th</sup> March
M1201	6:30pm - 9:30pm	6 <sup>th</sup> & 13 <sup>th</sup> August
M1202	6:30pm - 9:30pm	12 <sup>th</sup> & 19 <sup>th</sup> November
Spinal Injury Management Course		
221SIM	9:00am - 12:30pm	1 <sup>st</sup> April
222SIM	9:00am - 12:30pm	22 <sup>nd</sup> July
223SIM	9:00am - 12:30pm	2 <sup>nd</sup> December

Please note all internal course will be at: Sports House, Sydney Olympic

**Safety · Prevention · Advice**

[nsw.sma.org.au](http://nsw.sma.org.au)  
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 Fax: +61 2 8116 9760  
[admin@smansw.com.au](mailto:admin@smansw.com.au)  
[nsw.sma.org.au](http://nsw.sma.org.au)

## REGISTRATION FORM

Sign up for:	Course #	Price*
Sports First Aid		\$140.00
CPR Only		\$50.00
Level 1 Sports Trainer		\$285.00
Level 2 Sports Trainer		\$297.50
Reaccreditation		\$135.00
Elastoplast Strap Smart		\$60.00
Advanced Sports Taping		\$60.00
Sportstape K Advanced Plus		
Introduction to Sports Massage		\$110.00
Spinal Injury Management		
	<b>Total</b>	\$

**Spinal Course Price:** SMA member = \$120.00  
 SMA non-member = \$130.00  
**Sportstape K Plus:** SMA member = \$80.00  
 SMA non member = \$105.00

**Please Specify at Registration**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Suburb \_\_\_\_\_ P/Code \_\_\_\_\_  
 Contact (Ph) \_\_\_\_\_ Mobile \_\_\_\_\_  
 Email \_\_\_\_\_

Payment Details (all prices include GST)

- Direct Deposit \$ \_\_\_\_\_ on the \_\_\_\_\_  
 Enclosed is my Cheque for \$ \_\_\_\_\_ (payable to SMA - NSW Branch)  
 Please debit \$ \_\_\_\_\_ From:  MasterCard  Visa

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

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

Signature \_\_\_\_\_

Please send cheque or credit card payment to:  
**Sports Medicine Australia - NSW Branch**  
**PO Box 3176, Rhodes, NSW, 2138**

Phone: 02 8116 9815  
 Email: [admin@smansw.com.au](mailto:admin@smansw.com.au)  
 ABN: 41 447 443 124

Direct Deposit: **Acc Name** - Sports Medicine Australia - NSW Branch **BSB** - 032 249  
**Acc Number** - 113 218 please use 'surname\_course no' as your transaction reference &  
 email the remittance advice to [admin@smansw.com.au](mailto:admin@smansw.com.au)

