

Victorian Sports Trainer Conference

Saturday 21 November Melbourne Sports and Aquatic Centre

Official conference partner



Supported by



VICTORIAN SPORTS TRAINER CONFERENCE
Saturday 21 November

0830-0900	Registration
0900-0930	KEYNOTE SPEAKER: WHO'S IN CHARGE OF THIS MESS? BEING A TEAM MEMBER IN THE SPORTS MEDICAL TEAM <i>Dr Peter Larkins, Sports Physician and Medical Doctor</i> Drawing on his professional and personal experiences as an Olympian, Medical Practitioner, Sports Physician and Team Doctor with various sports, Dr Larkins will give an insight into how to provide elite care for the non elite performer, working within grassroots medical team care, and knowing your role in multi disciplinary team settings.
0930-1015	SESSION 1: TAKE THE STING OUT OF SHIN PAIN <i>James Pope, Podiatrist, Olympic Park SMC</i> This session will look at the common causes of shin pain, common treatment modalities from a Podiatric perspective, and how you can adapt your programs to cater for a patient with shin pain.
1015-1045	Morning tea
1045-1130	SESSION 2: WOUND MANAGEMENT: ARE SPORT DERIVED WOUNDS ALL THAT IMPORTANT? <i>Associate Professor Geoff Sussman, Senior Academic, Consultant Clinician Wound Management</i> This session will discuss the mechanism of wound healing, looking at the common sporting wounds such as lacerations, grazes, pressure wounds, bleeding and their appropriate management.
1130-1150	SESSION 3: CAN YOU STOP WHAT'S COMING NEXT? SPORTS INJURY TRACKER <i>Annabel Sides, Health Programs Manager SMA</i> Sports injury is a known barrier to sports participation. Sports Medicine Australia can assist clubs to record their injuries using a free online system called Sports Injury Tracker in order to create better club practices in injury prevention and management.
1150-1230	SESSION 4: HAMSTRUNG BY HAMSTRINGS <i>Ross Kinsella, Sports Physiotherapist, Lifecare Croydon SM & Alphington SMC</i> This session will address the potential causes for hamstring injuries and provide a practical approach to injury prevention and subsequent rehabilitation following a hamstring strain.
1230-1330	Lunch
FOLLOWING LUNCH DELEGATES WILL BE DIVIDED INTO GROUPS AND ROTATE THROUGH THREE WORKSHOPS	
1330-1415	WORKSHOP ROTATION 1 <ul style="list-style-type: none"> DO YOU SEE WHAT I SEE? THE SIGNS OF SERIOUS INJURY IN SPORT <i>Facilitated by Dr Jeanne McGivern, Sports Doctor, Corio Bay SMC</i> This interactive session will demonstrate how to recognise the signs indicative of serious injury and discuss their significance in time critical or specialist management. RETURN TO PLAY <i>Facilitated by Sam Rosengarten, Injury Prevention Coordinator & Physiotherapist, Carlton FC & Recovery SM</i> Stuck on the sidelines for the rest of the match? Sam will discuss and demonstrate appropriate strategies for getting injured athletes back onto the field of play. STRAPPED UP FOR SPORT – TAPING TECHNIQUES <i>Facilitated by Mary Toomey, Physiotherapist, Melbourne Storm RLC</i> Mary will be joined by Sports Trainers at Melbourne Storm to deliver a practical session that looks at introducing different taping techniques for the patellofemoral joint, lower back, plantar fascia, soft tissue unloading and difficult shoulders.
1430-1515	WORKSHOP ROTATION 2 (as above)
1515-1545	Afternoon tea
1545-1630	WORKSHOP ROTATION 3 (as above)
1630-1645	CLOSING ADDRESS

Sports Trainer Courses

Sports Trainers attending the conference can also participate in the scheduled Sports Trainer Courses at discounted rates.

Saturday 21 November
1700-1900 Reaccreditation and CPR

Sunday 22 November
0900-1200 Advanced Sports Taping
1300-1800 Intro to Sports Massage
0830-1230 Spinal Injury Management
1300-1730 Sports Specific Conditioning

For Safer Sport Program
enquiries phone 03 9674 8777 or
email ssp@vic.sma.org.au

Registration STC2009

Name _____

Address _____

Suburb/town _____ P/code _____

Phone _____ Email _____

Payment details (all prices include GST)

Enclosed is my cheque for \$ _____ (payable to SMA Victorian Branch)

Please debit \$ _____ from my

MasterCard Visa

Card no _____ / _____ / _____ / _____

Card expiry date ____ / ____

Name as it appears on the card _____

Signature _____

SMA member number (for those who pay SMA an annual membership fee) _____

Please fax or send this form with your cheque/credit card details to:

Sports Medicine Australia (Victorian Branch), Sports House, 375 Albert Rd, Sth Melb VIC 3205

Phone: 03 9674 8777 Fax: 03 9674 8799 Email: tamara@vic.sma.org.au ABN: 13 821 409 176

Direct Deposit: Transfer funds to; Acc Name - Sports Medicine Australia-Victorian Branch, BSB - 013-030, Acc Number - 1003-58763 and forward remittance advice and registration form.

Registration fees

Victorian Sports Trainer Conference

SMA Member Registration Non SMA Member Registration

<input type="checkbox"/> Early	\$110	<input type="checkbox"/> Early	\$150
<input type="checkbox"/> Late	\$150	<input type="checkbox"/> Late	\$190

Student Registration

<input type="checkbox"/> Early	\$90	<input type="checkbox"/> Late	\$120
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Registration and SMA Membership

<input type="checkbox"/> Early	\$250
<input type="checkbox"/> Late	\$290

Receive a SMA Sports Trainer Membership with your registration. Visit www.smavic.org for a list of benefits. EARLY BIRD REGISTRATION UNTIL FRIDAY 6 NOVEMBER. REGISTRATION CLOSING DATE WEDNESDAY 18 NOVEMBER.

Dietary requirements _____

Sports Trainer Courses

<input type="checkbox"/> Reaccreditation & CPR	\$120 (normally \$140)
<input type="checkbox"/> CPR	\$40 (normally \$50)
<input type="checkbox"/> Advanced Sports Taping	\$80 (normally \$90)
<input type="checkbox"/> Intro Sports Massage	\$90 (normally \$110)
<input type="checkbox"/> Spinal Injury Management	\$100 (normally \$110)
<input type="checkbox"/> Sport Specific Conditioning	\$50 (normally \$60)

Discounts only apply to conference attendees. Please submit this form with payment. All prices include GST. A tax invoice confirming registration will be issued upon receipt of payment. The SMA refund policy is available at www.smavic.org

Speaker Profiles

Keynote Speaker

Dr Peter Larkins

Dr Peter Larkins has done it all – an Olympian, Medical Practitioner, Sports Physician, Team Doctor, founding partner of Epworth Sports & Exercise Medicine Centre, Administrator, Teacher, Author and Media Commentator, he brings an abundance of experience from the sports medicine field to this conference.

Peter has been a Team Doctor for the Australian Track & Field, Cricket, Triathlon, Lacrosse, Geelong and Adelaide AFL teams, along with fulfilling the role of Medical Director for the Melbourne Marathon Festival, Noosa Triathlon and multiple community sport events including the role of Little Athletics National Medical Advisor.

Peter is frequently used as a spokesperson on various health and fitness topics throughout the media for the Australian Medical Association, Sports Medicine Australia and the Australasian College of Sports Physicians. He is a medical commentator on Channel 9 television and Triple M radio, particularly on matters relating to AFL football and sports medicine.

A past National President and Fellow of SMA, Peter was recently awarded Sports Medicine Australia's highest honour, the "President's Award", for outstanding and unique service to the organisation and in expression of the appreciation of the members.

Presenters

Ross Kinsella

Ross Kinsella is a Sports Physiotherapist who works at Alphington Sports Medicine Clinic and Lifecare Croydon Sports Medicine. Additionally he is the physiotherapist for Gippsland Power in the TAC Cup Under 18 competition. Ross has a keen interest in injury prevention and particularly injuries around the hip, groin and hamstring region.

Dr Jeanne McGivern

Born in Northern Ireland, Jeanne graduated in London and obtained her Fellowship of the Royal College of Surgeons before migrating to Australia in 1987. She was Director of Emergency Services at St. Vincent's Hospital, Melbourne and worked in Clinical Forensic Medicine before undertaking further study with the Australian College of Sports Physicians. She currently works in a private Sports Medicine practice in Geelong and Melbourne. An AFL Medical Officer with Geelong and then North Melbourne for a total of 11 years and club doctor for the Geelong Supercats basketball team, she also enjoys strong links with hockey and triathlon, utilising her interest in trauma.

James Pope

James joined the Olympic Park Sports Medicine Centre in 2008. He has a background in biomechanical research after completing his honours year at La Trobe University in 2007. His studies focused on the effects that foot orthotics have on Achilles Tendon overuse injuries and he has a particular interest in lower limb biomechanics and the management of injuries in elite and recreational athletes. James enjoys many sports including AFL, rugby, soccer, cricket, golf, running and walking.

Sam Rosengarten

Sam graduated with honours as a physiotherapist from the University of Melbourne in 2002 and has completed his masters in sports physiotherapy. He has previously worked as a physiotherapist for AFL club Western Bulldogs and Lancashire County Cricket Club, and has been involved with District Cricket, the Victorian Premier League Soccer, athletics, tennis, cycling, and rugby league as well as working in hospital orthopaedic outpatient departments. Sam currently works with Carlton FC along with Recover Sports Medicine, where he aims to bring elite athlete treatment and attention to every level of the sporting community.

Annabel Sides

Annabel has been at SMA since late 2006. Prior to joining SMA Annabel worked for Cricket Victoria and has been a physical education teacher. Annabel has a passion for the sport of water polo and has held many roles within the State association, from managing teams to being a current member of the state association board of directors. Annabel currently works as the SMA Health Programs Manager, responsible for the Community Sports Safety Project, Smartplay, CleanEdge and Sports Injury Tracker Programs.

Associate Professor Geoff Sussman

Geoff Sussman is internationally recognised as a leader in the field of wound management. He currently works in the medical faculties for both Auckland and Monash Universities and has a long history of involvement with many sporting associations including the Australian Diving Association, Gymnastics Victoria, Macabbi Sport, Victorian Commonwealth Games Association and Victorian Olympic Council. He was a team attaché for the Mauritian team at the 18th Commonwealth Games in Melbourne and has gained wide experience in pharmacology and drugs in sport through being a member of the Doping Advisory Control Panel for Swimming Australia.

Mary Toomey

A long standing supporter of the Victorian Sports Trainer Conference, Mary has been working as a Sports Physiotherapist for over 18 years. Currently the Manager of Medical and Physio Services at the Melbourne Storm Rugby League Club, Mary's previous team appointments include working with the Young Socceroos, South Melbourne Soccer Club, Victorian Netball teams, Melbourne Football Club, Victorian & Australian Women's Hockey teams, and Werribee Football Club.

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