



2010 Gippsland Sports Trainer Day

Saturday 13 March 2010

8:45am - 5:00pm

Morwell Football & Netball Club

Morwell Recreation Reserve, Travis St, Morwell

This is an opportunity to provide SMA accredited Sports Trainers within the Gippsland region with the latest information to ensure they are well qualified and able to provide the best immediate assistance and first aid support to prevent and treat injuries.

A number of the country's leading sports medicine professionals will present the latest treatment and management techniques of common sports injuries ensuring that you will walk away feeling rejuvenated, motivated and more confident about working as a Sports Trainer.

2010 GIPPSLAND SPORTS TRAINER DAY

Saturday 13 March

0845-0900

Registration

0900-0920

WELCOME

Wayne Draper, Training Coordinator, Gippsland Trainers Association

0920-1000

KEYNOTE SPEAKER: A DAY IN THE LIFE OF AN AFL HEAD TRAINER

Rohan Bounds, Head Trainer, Collingwood Football Club (dependant on the NAB Cup Fixture)

Enjoy the experiences of a Head Trainer from over 20 years of involvement with the AFL, giving us an insight into the relationships developed with players and the many roles that a Head Trainer can play within a football club.

1000-1040

SESSION 1: SPORTS INJURY TRACKER & HEALTH PROGRAMS

Annabel Sides, Health Programs Manager, SMA - Victorian & Tasmanian Branch

SMA can assist clubs to record their injuries using a free online system called Sports Injury Tracker. Information obtained through this system assists clubs in creating better club practices in injury prevention and management.

1040-1100

Morning Tea

1100-1200

SESSION 2: CORE STABILITY : WHAT REALLY IS THE CORE? APPLICATIONS FOR THE INJURED AND UNINJURED PLAYER

Paul Haas, Director & Physiotherapist, Bounce Health

This session will address the common questions of what core stability really is and how we can prevent injury.

1200-1230

SESSION 3: ELASTOPLAST SPORT PRODUCT SESSION

Andrew Meehan, Elastoplast Sport

A session to bring Sports Trainers up to speed with the latest Elastoplast Sport injury prevention products available.

1230-1330

Lunch

1330-1700

INTRO TO SPORTS MASSAGE

This course will increase your knowledge of massage within the sporting environment. Participants will receive a certificate of participation and six points towards their Level 2 Sports Trainer accreditation.

1700-1930

SPORTS TRAINER REACCREDITATION (OPTIONAL)

Available to Level 1 and Level 2 Sports Trainers that need to update their accreditation. Please fill in the separate enrolment form if you wish to take part in this course.

Program



Gippsland Sports Trainer Day Registration

Name _____

Address _____

Suburb/town _____ P/code _____

Phone _____ Email _____

Payment details (all prices include GST)

Enclosed is my cheque for \$ _____ (payable to SMA Tasmanian 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-Tasmanian Branch, BSB - 017-010, Acc Number - 0017-2805 and forward remittance advice and registration form.

Registration Fees

Gippsland Sports Trainer Day

■ \$85

Please note that the Intro to Sports Massage course is included with the registration fee.

REGISTRATION CLOSING DATE
WEDNESDAY 10 MARCH

■ Sports Medicine Australia occasionally uses photographs of events within publications and on its website. Please tick this box if you do not grant Sports Medicine Australia permission to use your photo or filmed image.

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.sma.org

For more information, contact Wayne Draper, Training Coordinator, Gippsland Trainers Association on 0448 348 417 or Tamara Christmas, Event Coordinator, SMA-VIC on 03 9674 8707 or at tamara@vic.sma.org.au

Speaker Profiles



Keynote Speaker

Rohan Bounds

Head Trainer,
Collingwood FC



Rohan has been involved with the Collingwood Football club for over 24 years and has filled the role of the Head Trainer at the club for the past ten years. Rohan is also responsible for the welfare, media and public appearances for Collingwood Football Club contracted players.

Some of Rohan's career highlights include....

Head Trainer, Victorian State of Origin Team

Head Trainer, Australian International Rules Team

Head Trainer at various overseas international rules games

Rohan has also just returned from that Collingwood Football Club pre season training camp to Arizona and looks forward to a successful 2010 season.



Presenters

Paul Haas

Director & Physiotherapist,
Bounce Health Group



Having graduated with a Bachelor of Science and Physiotherapy, Paul is now a senior physiotherapist with Bounce Health Group with expertise and interest in sports physiotherapy. His interest expands further to include lecturing and teaching, and as a promoter of the advancement of the physiotherapist and their role as primary care practitioners.

Paul has a special interest and expertise in groin and hip pain and works directly with some of Melbourne's most respected hip surgeons. His work with elite gymnasts, the ITCP Elite Junior Basketball Program and Victorian State Teams, and TAC Cup footballers. This work ensures Paul is a leader in his approach to athlete diagnosis and management.

Annabel Sides

Health & Programs Manager,
SMA Victorian & Tasmanian Branch

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.

