



2010 Tasmanian Sports Injury Prevention Conference

Sunday 28 February 2010

8.30am - 2pm

Tasmanian Hockey Centre

Bell St, Cornelian Bay, TAS 7008

The Sports Injury Prevention Conference is targeted at sports trainers, first aiders, coaches, players, administrators and all those involved in sport interested in increasing their knowledge of sports injury prevention and management.

A number of the country's leading sports medicine professionals will present the latest treatment and management techniques of common sports injuries at both the local and elite level, ensuring that you will walk away feeling rejuvenated, motivated and more confident about working in the sports medicine field.

2010 TASMANIAN SPORTS INJURY PREVENTION CONFERENCE Sunday 28 February

0830-0900 Registration

0900-0930 **WELCOME: SMA - ADVANCING THE SPORTS TRAINER**
Tim Pain, SMA National President

0930-1015 **SESSION 1: INJURY PREVENTION - THE BIG PICTURE**
Dr David Humphries, Sports Physician

1015-1045 Morning Tea

1045-1130 **SESSION 2: STRENGTH AND CONDITIONING PRACTICES FOR YOUNG ATHLETES**
David Kinsella, Strength, Conditioning & Rehabilitation Manager, AFL Tasmania

1130-1230 **WORKSHOP: STRAPPED UP FOR SPORT: TAPING TECHNIQUES**
Leon Cupit, Sports Trainer & Junior Development Program, AFL Tasmania

1230-1300 Lunch

1300-1345 **SESSION 3: COMMON LOWER LIMB INJURIES AND HOW TO AVOID THEM**
Joanne Kemp, Director & Sports Physiotherapist, Bodysystem Physio

1345-1400 **CLOSING ADDRESS**
Paul Crisford, SMA Tasmania President

Program



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

Tasmanian Sports Injury Prevention Conference

SMA Member Rego \$50 Non SMA Member Rego \$75

Registration and SMA Sports Trainer Membership \$190

Receive a SMA Sports Trainer Membership with your registration. Visit www.smaVIC.org for a list of benefits.

Sports Trainer Course
Saturday 28 February, 2:30pm-4:30pm

Sports Trainer Reaccreditation \$90

Please note the reaccreditation course is a competency based assessment where you will be required to show your skills in a number of key sports trainer tasks.

REGISTRATION CLOSING DATE WEDNESDAY 24 FEBRUARY

Dietary requirements

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.smaVIC.org

Speaker Profiles



Leon Cupit

Sports Trainer & Junior Development Program,
AFL Tasmania

Leon has over 20 years experience working in Australian Rules Football, working with most AFL clubs, numerous Tasmanian representative teams including Masters Football, and local clubs and schools. Previous positions include Head Trainer of the Inaugural Tasmanian Devils VFL team, Primary Carer for Cripps Waratah Netball Club, Head Trainer of the Sandy Bay Football Club, along with involvement in athletics and touch football. Leon is currently working with AFL Tasmania in their junior development program, and with the Kilburn Netball Club in the TNL.

Dr David Humphries

Sports Physician

David has been a Sport and Exercise Medicine Physician since 1984, and has been in Tasmania since 1993. He was a past President of the Australasian College of Sports Physicians and also fills the role of Chair of the ACSP committee for accreditation of the specialty of Sport and Exercise Medicine. David currently acts as the SEM consultant for the TIS, AIS, Cricket Tasmania, AFL Tasmania, and Tasracing.

Joanne Kemp

Sports Physiotherapist, BODYSYSTEM

Joanne graduated from Latrobe University in 1992 with a B.App. Sc (Physio), completing her Masters in Sports Physio in 2008, and is currently a PhD candidate at Melbourne University looking at outcomes following hip arthroscopy surgery. She has worked with and travelled interstate and internationally with a variety of sports teams, including Australian rowing, TIS and NSWIS swimming programs, TIS programs including Women's and Men's football programs, AFL Tasmania, and as a consultant to several AFL football teams. She is the director of Bodysystem Physio and a titled APA Sports Physiotherapist.

David Kinsella

Strength, Conditioning & Rehabilitation Manager,
AFL Tasmania

Originally from Western Australia, David has worked in the field of strength and conditioning for several years, specifically with Australian Rules Football teams. He holds a Masters of Science in Strength and Conditioning from Edith Cowan University and is a member with both the Australian Strength and Conditioning Association and the National Strength and Conditioning Association. David is currently the State Strength, Conditioning and Rehabilitation Manager for AFL Tasmania, working with the AFL State Academy under 18 and under 16 squads.

Tim Pain

SMA National President

Tim is a podiatrist with a practice in Hobart and has been an SMA member for 15 years. Tim has served on the SMA National Board for the last 11 years and has been National Financial Director for the last 2 years. He has also been a member of the SMA Tasmania Board since 1996 and was Tasmanian President from 2000 to 2005. Tim has conducted numerous member and sports trainer workshops in Tasmania and worked in the Polyclinic at the 2006 Commonwealth Games. Tim is now the SMA National President.

