

Victorian Sports Trainer Conference

Saturday 15 November Melbourne Sports and Aquatic Centre

Supported by



VICTORIAN SPORTS TRAINER CONFERENCE Saturday 15 November

0830-0900

Registration

0900-0945

KEYNOTE SPEAKER *Adam Ramanauskas, Former Essendon Australian Rules Footballer*

One of the most inspirational stories in AFL history. Ramanauskas an Essendon star plagued with injury and illness will recount his experiences and the important role sports trainers have played in his countless comebacks. A keynote presentation not to be missed.

0945-1030

SESSION 1: A HEADS UP ON CONCUSSION *Dr Dan Bates, Sports Medicine Registrar*

Concussion results in temporary symptoms and changes in brain function, with recovery being variable from person to person. This session will examine the prevention, cause, management and treatment of this common injury.

1030-1100

Morning Tea

1100-1145

SESSION 2: THE NUTS AND BOLTS OF SPORTS TRAINER TECHNOLOGY *Presented by Club Warehouse, STC 2008 Major Partner*

This is your chance to view four products available to sports trainers.

1145-1230

SESSION 3: PUT A CORK IN QUADRICEPS CONTUSION *Michael Vadiveloo, Sports Physiotherapist*

The quadriceps contusion is an extremely common injury in contact sports. Michael will examine the "corked thigh", common causes and their treatment.

1230-1330

Lunch

1330-1530

FOLLOWING LUNCH DELEGATES WILL BE DIVIDED INTO GROUPS AND ROTATE THROUGH TWO WORKSHOPS

WORKSHOP 1: MASSAGE – THE AFL TRAINER WAY *Facilitated by Jason Patten, RMIT University with Rohan Bownds, Collingwood Football Club; Arthur Lyons, Hawthorn Football Club; Ray Spiteri, Carlton Football Club; and Andrew Waddington, St Kilda Football Club*
This hands on session will demonstrate massage principles used by sports trainers currently working with AFL clubs.

WORKSHOP 2: TAPING TECHNIQUES FOR THE ATHLETIC PATIENT *Facilitated by Alicia Tang, Physiotherapist*

This practical session will go one step further in your taping knowledge, highlighting core and back taping, splinting, padding and muscle taping.

1530-1600

Afternoon Tea

1600-1700

SESSION 4: ASK THE EXPERT – COMMON INJURIES *Dr David Bolzonello, Sports Physician, Calder Cannons TAC Cup Team; Dr Stuart Down, Sports Doctor, Victorian Bushrangers Cricket Team; Peter Mulkearns, Head Conditioning Coach, St Kilda Football Club; and Andrew Wallis, Sports and Manipulative Physiotherapist, St Kilda Football Club*

Here's your chance to discuss common injuries with sports medicine professionals currently working with elite sporting teams.

SPORTS TRAINER COURSES

SPORTS TRAINERS ATTENDING THE CONFERENCE CAN ALSO PARTICIPATE IN THE SCHEDULED SPORTS TRAINER COURSES AT DISCOUNTED RATES.

Saturday 15 November

1700-1900 Reaccreditation and CPR

1730-1900 Dental Injury Management

Sunday 16 November

0900-1300 Spinal Injury Management

0900-1700 Sport Specific Conditioning

1330-1600 Wound Management

Registration

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 (Vic Branch), Sports House, 375 Albert Rd, Sth Melb, 3205
Tel: 9674 8777 Fax: 9674 8799 Email: jennifer@sma.org.au ABN: 45 006 104 025

Registration fees

Victorian Sports Trainer Conference

SMA Member Registration

Early \$110
 Late \$140

Non SMA Member Registration

Early \$145
 Late \$175

Registration and SMA Membership

Early \$215
 Late \$245

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

EARLY BIRD REGISTRATION IS AVAILABLE UNTIL FRIDAY 31 OCTOBER.

CLOSING DATE FOR REGISTRATIONS IS WEDNESDAY 12 NOVEMBER.

Sports Trainer Courses

<input type="checkbox"/> Dental Injury Management	\$25	
<input type="checkbox"/> Reaccreditation	\$80	(normally \$125)
<input type="checkbox"/> CPR	\$40	(normally \$55)
<input type="checkbox"/> Spinal Injury Management	\$70	(normally \$80)
<input type="checkbox"/> Wound Management	\$45	(normally \$65)
<input type="checkbox"/> Sport Specific Conditioning	\$100	(normally \$120)

Discounts only apply to conference attendees.

Speaker Profiles

Keynote Speaker

Adam Ramanauskas

Adam Ramanauskas debuted with the Essendon Football Club in 1999 after being pick 12 of the draft from the Dandenong Stingrays the year before. "Rama" was an integral member of the dominant 2000 Bomber Premiership team, which lost just 1 game for the entire season. His season was outstanding with recognition coming via second place in the Rising Star Award.

Ramanauskas played a major part in the Bombers' 2001 and 2002 finals campaigns, before being diagnosed with cancer in 2003. After an interrupted season he came back to play every game in 2004 in a tremendous effort and reached the 100 game milestone.

Ramanauskas had more misfortune in 2005 when he underwent a season-ending knee reconstruction. A recurrence of the cancerous growth on the eve of the 2006 season sidelined him as he sought treatment. In July 2007, against all odds, Ramanauskas played his first AFL match in two years.

For the past two years, Adam has worked passionately with the Essendon Football Club Community Affairs Department coordinating youth programs and developing a strong alliance with the Cancer Council of Victoria.

Session and Workshop Presenters

Dr Dan Bates

Dan is a Sport and Exercise Medicine Registrar and a Director of Bounce Health Group. He completed a Science degree and Honours at Melbourne University and then studied medicine at the University of Newcastle. Dan spent a short time in Uganda and set up a medical clinic that ran from 2001 to 2005. He is the doctor of the Eastern Ranges TAC Cup Club and the Basketball Victoria ITC Development Program.

Dr David Bolzonello

Dr Bolzonello is a Sports Physician with over 20 years clinical experience and has been part of the Alphington Sports Medicine team for almost 15 years. He has a special interest in groin, hip and shoulder disorders, pain management, and adolescent and corporate health. Dr Bolzonello currently works with the Calder Cannons TAC Cup Club. During the 2006 Commonwealth Games, Dr Bolzonello worked at the "polyclinic" in the athletes village. He is also a consultant to TAC and CGU workers compensation. He previously worked with the Carlton and Western Bulldogs Football Clubs and was the Medical Officer for the Australian Open Tennis.

Dr Stuart Down

Stuart is a Senior Sports Medicine Registrar who currently consults at both Lifecare Ashwood and Prahran Sports Medicine Centres and covers the Victorian Bushrangers Cricket Team. In 2007 he worked with the diving and water polo at the FINA World Championships. In 2006 Stuart was Senior Medical Officer for weightlifting at the Commonwealth Games and Medical Officer for the Northern Knights TAC Cup Club. In 2005 he worked at the AIS with the men's water polo and soccer teams and was the Medical Director for the 2005 Women's Champions Trophy Hockey Tournament. Stuart has also traveled with the AIS men's hockey team and the Coburg Tigers VFL team.

Peter Mulkearns

Peter Mulkearns has ten years experience working with AFL teams in strength and conditioning roles. At North Melbourne Football Club (1998-2002, 1998 Grand Finalists, 1999 Premiers) and Carlton Football Club (2003-2006) he worked as Strength and Conditioning Coach and since 2007 with St Kilda Football Club as the Senior Conditioning Coach. Peter also provides rehabilitation to Simon Colosimo (International Soccer Player), Liz Travener (Australian Netball Player) and Desi Glaubitz (International Basketball Player). A podiatrist by profession, Peter is also the Principal of Strathmore Podiatry Clinic.

Jason Patten

Jason has travelled the world with numerous sporting teams including the European Cycling and Beach Volleyball teams in sports science and massage therapy roles. Jason is an exercise scientist and a Senior Educator at RMIT University. He is also the Director of Health Corp, a corporate health and fitness consultancy.

Alicia Tang

Alicia completed a Bachelor of Physiotherapy at LaTrobe University in 2005 and is currently completing her Masters in Sports Physiotherapy. She works at the City Baths Spinal and Sports Centre and Energize Clinical Pilates. She is also involved with the State/National athletics, Australian Conservatoire of Ballet and Williamstown VFL Club. She has previous experience with the Knox/Scoresby Football Clubs in EFL, at the 2006 Commonwealth Games, University Games, Melbourne Rugby Union and the St Kilda/Casey Football Teams.

Michael Vadiveloo

Michael graduated as a physiotherapist in 1986. He established the City Baths Spinal and Sports Medicine Clinic in 1991 to complement the successful Cheltenham Spinal and Sports Injury Clinic which was established in 1987. Michael has worked as the physiotherapist for many sporting teams including the Sandringham Football Club, the VFA Representative Team, the Dream Team and the St Kilda Football Club.

Andrew Wallis

Andrew Wallis is an APA Sports and Manipulative Physiotherapist with 15 years experience in professional sports. He has a special interest in hip and groin pathology as well as lower limb biomechanics. Currently he is the Head Physiotherapist at St Kilda Football Club after working at Melbourne Victory FC in their inaugural two years.