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Wimmera Sports Trainer Network News

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Welcome to the Wimmera Sports Trainer Network Calendar of Events



April 15 & 22 - Sports Medicine Australia Level 1 Sports Trainer - SMA - CANCELLED

April 29 - Wimmera Sports Trainer Network - Horsham Fire Station, Hamilton Street, Horsham, 3400

10: 00 - 12:00 - Adrian Taylor Masseur
Soft tissue injuries and Massage techniques
1:00 p.m.. - 3:00 p.m.

Sports Taping and Advanced Taping workshop - Ian Clough and local trainers

May 6 & 27 VCFL Trainers Course - \$195
Wimmera Football League headquarters - 8:00 a.m. - 6:00 p.m.

Contact: Alan Davies - Phone: 0439474114

May 28 - Sports Trainers Forum - Horsham Football and Netball Clubrooms - All enquiries to Bill Khan Ph: 0400903635 - Wimmera Sports Medicine Supplies—Club Warehouse, Elastoplast

Sports Taping with AFL Trainer

June 24 Wimmera Sports Trainer Network - Horsham Fire Station, Hamilton Street, Horsham—10:00 a.m. - 12:00 p.m. - Roger Murray - Ambulance Victoria—Emergency procedures, unconscious victim, management of injuries



AC joint taping—part of advanced taping course at April 29

1:00 p.m.. - 3:00 p.m.- SmartPlay - Risk Management, Sports Medicine Australia - Resources, Asthma, Dental - mouth guards

July 1 - Sports Trainer reaccreditation - Sports Medicine Australia - Ph: 9674-8777 or Wimmera Regional Sports Assembly Ph: (03) 5382-4599, Horsham Fire Station 1:30 p.m. - 3:30 p.m. - Requires current First Aid qualification

October 7, 2007 - Wimmera Sports Trainer Network - WRSA/Members 10: 00 a.m. - 12:00 p.m.—Issues, Dinner

Shin Soreness—Shin pain is one of the most common complaints among athletes. Here are 7 tips for preventing it:

1. Gradually introduce track training or training on hard surfaces
2. Wear shock absorbing insoles to reduce shock and impact stresses on the lower leg
3. Have a biomechanical assessment to find out if you over-pronate. Orthotic insoles may be needed
4. Stretch the calf and other muscles of the lower leg
5. Apply ice or cold therapy after training to reduce inflammation
6. Tape the shins to reduce stress on the lower leg
7. Get a regular sports massage to identify trouble spots long before they develop

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Sports Trainer Dates

- April 15 & 22 SMA Level 1—Cancelled
- April 29 Sports Trainer Network
- May 6 & 27 VCFL Trainers Course
- May 28 Sports Trainer Forum
- June 24 Sports Trainer Network
- July 1—SMA Sports Trainer reaccreditation
- October 7—Sports Trainer Network Dinner



Good Gear to Go for Your Sports Training Needs

Ice Up portable ice massage

- Portable carry cooler keep Ice-Up® Stick frozen up to 10 hours!



- Effective treatments in 5-10 min. vs. 20 min. for passive ice packs
- Quick deep tissue penetration focused on target areas
- Effective therapy for ligament, tendon and muscular injuries

Ice Up portable ice massage

Immediate ice massage increases treatment effectiveness, speeds recovery

- Cost \$29.95 each

Tubular Bandage

- Used for effective management of strains, sprains, soft tissue injuries, general oedema and rib cage injuries.
- Delivers consistent support regardless of the variation in application technique, and is not bulky; allowing for freedom of movement and comfort.
- Sizes A—G for different limb parts
- Size D good for ankles
- Size F good for medium thighs
- Costs start from \$20.00 per 10 metre roll



Opposition Change Room Facility Standards



Visiting other clubs is usually an exciting time for teams but for the sports trainer it means pre planning and preparation on an important scale. Home teams can assist visiting teams by providing simple yet uniform change room facilities. Leagues should endorse these sports trainer requirements.

- Change rooms, shower and toilets clean
- Supplies of toilet rolls, soap, hand towel paper
- Rub down tables - minimum of 2
- Table and chair available
- Rubbish bins in change rooms and showers
- Blood bin - on sideline
- Ice bags - a minimum of 10 small bags in esky
- Information - emergency procedure for this venue
- Drinking water location
- Afternoon tea provided for trainers

Leagues should develop uniform standards for opposition change rooms throughout League



Sports Medicine Australia Resources

A quick visit to the Sports Medicine Australia website will uncover many useful resources for sports trainers. These are freely downloadable or available from SMA. Membership of Sports Medicine Australia as a sports trainer includes newsletters and public liability insurance.

Select the link to Sports Trainers Resources to find:

- Injury Management—Warm Up, Drink Up, Fix Up, etc
- First Aid Kit and Treatment Room
- Women in Sport Fact Sheets
- Blood Rules OK!
- Sport Specific Information fact sheets
- Mouth Guard Information
- Medical History Form
- Injury Reporting Form
- Hot Weather Guidelines
- SMA Pre-screening System



Visit the website at:
<http://www.sma.org.au/>
for great resources.