

Wimmera Sports Trainer Network News

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Sports Trainers Dates for 2008— Sports Medicine Australia



Venue: Horsham Fire Station
 35 Hamilton Street HORSHAM
Level 1 Sports Trainer Course

Venue is the Horsham Fire Station on Sundays April 6 and April 13 from 9 a.m. to 5 p.m. both days. Please note a first aid certificate (minimum Level 1 is required prior to the course.

Bookings through Wimmera Regional Sports Assembly

Cost \$140—Significantly reduced fee

Reaccreditation—Level 1 or Level 2

Sunday April 13 from 5 p.m. to 7 p.m.

Cost \$110—Contact Wimmera Regional Sports Assembly

Sports Trainers Modules suitable for Level 2 Sports Trainers*

Hard Playing Surfaces (Drought) Workshop*



shop*

Sunday 20th April—10 a.m.—1 p.m.
 FREE

Asthma Management*

Sunday 20th April—1:30—4:30 p.m. Cost: \$60

Advanced Taping*

June 24 10 a.m. — 1 p.m.

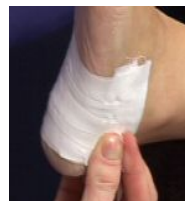
Introduction to advanced taping techniques including:

- Wrist, hand, elbow and forearm
- Shoulder and arm
- Knee, foot, ankle and leg

Sports Massage*

June 24 2:00 p.m.—5 p.m.

- Basic theory and practical application of sports and remedial massage
- Benefits of Massage and its effect on blood flow
- Massage techniques
- Benefits of massage in athletic preparation and recovery



Bruised heel taping

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Sports Trainer Dates

- April 6 & 13 SMA Level 1 Course
- April 13 —SMA Sports Trainer reaccreditation
- April 20 Drought Workshop and Asthma
- May VCFL Trainers Course
- May 28 Sports Trainer Forum
- June 24 Sports Trainer Modules
- October —Sports Trainer Dinner

Recovery Nutrition—Lisa Sutherland, Sports Trainer Conference 2007

Recovery Nutrition Priorities

Replenish depleted fuel stores

->CARBOHYDRATES

Repair muscle damage to promote muscle adaptation and growth

->PROTEIN

Replace fluid and electrolyte losses

->WATER

->SODIUM

Glycogen Restoration

Rate of glycogen synthesis greatest in the first hour post-exercise

Immediate intake of carbohydrate enhances muscle glycogen synthesis rate

Immediate intake most important if less than 8 hours before next session

Total amount of carbohydrate most important factor in long-term glycogen recovery

Muscle repair: Intake of protein beverages important before, during and after exercise

Stop Press!

Drugs in Sport Forum
 Tuesday February 19 6:30—8:15 pm
 Horsham FC Social Rooms



Good Gear to Go for Your Sports Training Needs

PreMax—Massage Creams

PreMax massage creams save on the amount of lubricant required during massage. They leave the skin without a large amount of residue and are created from natural products. Used by several AFL and NRL clubs. Developed in Victoria.



Three products available:

- Original
- Sports inc heat
- Essentials inc Aloe vera

Prices start from \$15 plus GST per 450g tub

Available: Club WareHouse & Wimmera Sports Medicine Supplies

PreMax—massage cream — Original, Sports, Essentials

Coreshorts

Coreshorts are compression shorts specifically designed to mimic the body's anatomy of anterior and posterior diagonal sling systems to assist those with lower back, abdominal hamstring, groin or hip pain. Excellent for training and playing.

Four sizes available:

- Small
- Medium
- Large
- X-large

Price from \$154 + post and handling
Available: Club WareHouse



Coreshorts—diagonal bands support lower back, abdominal, hamstring, groin and hip injuries

Efficiency of Recovery Modes—Dawson Kidgell, Deakin University



Recovery Modalities

- **Massage**
- **Active Recovery**
- **Contrast temperature water immersion**
- **Compression garments**
- **Stretching**

Future Directions and Conclusions

Most studies have focussed on different recovery modalities on lactate removal of untrained individuals with DOMS—Delayed onset muscle soreness in the next 24 to 72 hours after exercise.

The relevance of these recovery modalities to recreational / elite athletes has yet to be proven.

Blood lactate levels return to baseline with rest alone in a time—shorter than is common between training sessions.

Massage, active recovery, contrast temperature water immersion and stretching do not appear to be advantageous.

The efficacy of compression garments requires further scientific enquiry.

Since these modalities are gaining wide acceptance among elite athletes and sports are investing money in providing these modalities, future research and better consideration of the evidence of their effectiveness appears warranted

Most important of all recovery is rehydration, refueling and rest—shame many local athletes drink alcohol, eat junk food and stay out late!



Groin Pain—It's not just Osteitis Pubis—Dr Dan Bates Sports Medicine

Groin pain is a complicated area to diagnose: Bones, hip joint, pubic symphysis, sacroiliac joints, ligament, reproductive organs, intestines, muscles/tendons/bursa, nerves, blood vessels, and the back are all evident here.

Common causes of groin pain: Cutting, twisting & kicking
Recognise it early—the longer you wait, the longer it takes to get back to play

Early signs: Tightness, stiffness after activity with no or temporary relief following stretching

Loss of acceleration

Loss of maximal sprinting speed

Discomfort with acceleration

Rehabilitation: Early—perform exercise without pain—no running or kicking, x train, no stretching of abductors

Return to play: Straight line running, Agility—begin repetitions and gradually move to change of direction,

Kicking commences when there is no pain

Kids are not supposed to get groin pain—get it checked



X-ray of Osteitis pubis