

Wimmera Sports Trainer Network News

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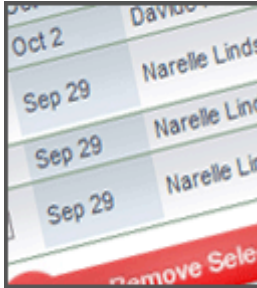


Sports Injury Tracker

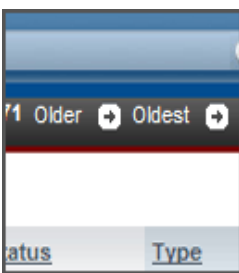
Sportsinjurytracker.com.au



Sportsinjurytracker.com.au is the first online sports injury surveillance system developed for community sport in Australia.



It enables sports injuries to be recorded, stored safely and analysed to assist community sporting organisations to analyse their data and assist in developing strategies to address their

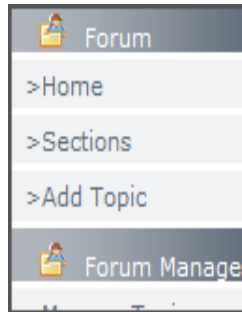


sports injury issues. Sportsinjurytracker.com.au is free and easy to use and has been

developed by Sports Medicine Australia with the support of Sport and Recreation Victoria, Department of Planning and Community Development.



Please note: Registrations for Sports Injury Tracker is available free of charge to clubs in Victoria.



To receive an email notification as soon as changes are available, please send your details to

[sportsinjury-](mailto:sportsinjury-tracker@vic.sma.org.au)

tracker@vic.sma.org.au

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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 TBC Sports Trainer Forum
- May 25—June 1 VCFL Trainers Course—TBA
- June 13 Taping & Sports Massage
- August 8 —Sports Trainer Lunch

Advanced Taping & Sports Massage—Sports Medicine Australia

Advanced Taping & Sport Massage

Advanced Taping held July 13

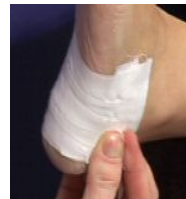
Advanced taping techniques including:
Finger, thumb, ankle, knee, shoulder, arm
Order Sports Taping and Bracing book through SMA

New Elastoplast Taping DVD due soon

Sports Massage held July 13

Theory and practical application of sports

and remedial massage, Massage techniques, Benefits of massage in athletic preparation and recovery and Muscle stretching, injury management and rehabilitation



Bruised heel taping

See the Sports Massage PowerPoint on the Wimmera Trainers WRSA web site

Stop Press!

Sports Trainer Lunch
Sunday August 8
Cancelled



Good Gear to Go for Your Sports Training Needs

Theraband and Stretchband

Conditioning and strengthening exercises are vital for injury prevention and the reoccurrence of injury.

A variety of sizes and resistances are available for athletes and clubs to develop stretching programs to improve posture and reduce muscle soreness caused by poor flexibility.

Available from Club Warehouse in different sizes from \$21.00



Stretchbands—conditioning and recovery using body resistance

Neat 3B Action Cream

- Use for sweat rash and chafing
- Prevent the irritation and discomfort of exercise of sweat rash between the legs, buttocks and breasts.
- Apply before and after activity.



Neat 3B Neat Cream for sweat rash and chafing

Have found this really useful remedy and players use it in preference to petroleum jelly.

Available in 75g tubes and tubs from pharmacy and supermarket shelves from \$10.95

Recent Head Injuries—Fact Sheet for Patient Information



Seek urgent medical attention if any of these occur in next 4-8 hours

- Increasing headache
- Nausea or vomiting
- Increased drowsiness
- Lack of concentration, confusion or disorientation
- Dizziness or lack of balance
- Blurred or double vision
- Any unusual behaviour

Be woken at regular intervals if asleep asleep over the next 12 hours to check if any of the symptoms or signs have developed

For the next 48 hours

- Rest quietly
- Do not drink alcohol
- Do not take medication other than paracetamol without medical advice



No exercise or contact sport until symptom free or have medical clearance



Clean Edge

SMA, Anti-Doping in Sport website - <http://www.cleandedge.com.au>

CleanEdge is designed as an educational resource and information hub that explores healthy ways to enhance performance, the facts about, and the consequences of, doping in sport. This website can be used in numerous ways:

- To learn about drugs in sport
- To learn about how to get an edge in sport
- With your coach or sporting club
- With your team mates
- With your parents or children

- In a classroom

If you are a high performance, elite athlete, it is important to note that although there is valuable information within the website, it is very important that you and your support network are up to date with policy, procedures and forms on the [Australian Anti Doping Authority \(ASADA\) website](http://www.asada.gov.au/)—<http://www.asada.gov.au/>. ASADA is the peak Australian body for anti-doping information in sport.