

Wimmera Sports Trainer Network News

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What's On This Year - Sports Trainer Education 2011



- March 23 Beiersdorf/Club Warehouse Sports Trainer Evening - Horsham Football Netball Club Social Rooms—6:30 - 9:00 pm—no cost — Bookings to Bill Khan at Wimmera Sport Medicine Supplies Ph 0400903635
- April 2 & April 3 SMA Level 1 Sports Trainer Course—Horsham Fire Station 9:00-5:00 pm both days Cost \$185 - Sports Trainers will need to have a current first aid qualification to do the course or complete a first aid course within 6 months to become qualified
- April 3 —SMA Sports Trainer reaccreditation—Horsham Fire Station 5:00-6:30 pm Cost \$95 or \$140 for VCFL trainers—need a current first aid qualification

Fire Station 12:30—3:30 pm Cost \$75 **NB. Please bring 4 large towels and, if possible, a portable massage table**



- May 1— CPR update— Horsham Fire Station 3:30-5:30 pm Cost \$30
- VCFL Trainers Course—TBA contact Steve McQueen—Wimmera Football Hub Firebrace St Horsham Ph 53810134
- June 5 SMX 2011 Victorian Conference of Science and Medicine in Sport and Exercise @ Darebin Arts & Entertainment Centre (Melbourne)—see www.vic.sma.org.au
- November 19 STC 2011 Victorian Sports Trainers Conference @ Darebin Arts & Entertainment Centre (Melbourne)—see www.vic.sma.org.au

Contact Wimmera Regional Sports Assembly for any information regarding the Sports Trainer education dates for 2011. Ph 53824599

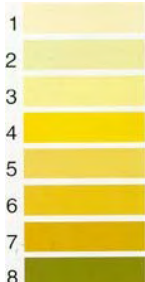


- May 1—Advanced Sports Taping— Horsham Fire Station 9:00 am—12:00 pm Cost \$65
- May 1— Introductory Sports Massage Horsham

Hydration—cool water is absorbed easiest

1. Thirst is a poor indicator of hydration. Thirsty=dehydrated

2. Color of your urine is best indicator—should be clear or almost clear.



3. Weigh before and after exercise—1 kg = 1 litre of fluid loss—keep it less than 1 kg.

4. Check weather—prepare, be SunSmart, a large amount of heat is lost/absorbed though your head

5. Hydrate for 2-3 days pre-event, 500ml pre-event, 200 ml @20 minutes during

6. Reload nutrition if event is longer than 90 minutes

7. Water is best—sports drinks can assist with minerals and salts lost

8. Beer and alcohol are diuretics—they make you urinate=dehydration

9. Muscle cramps and headaches are symptoms of dehydration



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Sports Trainer Dates 2011

- March 23—Sports Trainer Evening
- April 2 & April 3 SMA Level 1 Course
- April 3 —SMA Sports Trainer re-accreditation
- May 1 - Advanced Sports Taping
- May 1 - Introductory Sports Massage
- May 1 — CPR
- VCFL Trainers Course—TBA

Stop Press!

Sports Trainer Conference—Saturday November 19 2011 - Darebin Arts & Entertainment Centre



Good Gear to Go for Your Sports Training Needs

Sports Drinks

The 3 things sports drinks should accomplish:

1. Hydrate effectively
2. Replenish electrolytes
3. Provide energy for working muscles to enhance performance and speed recovery

At 6-8% carbohydrates sports drinks are absorbed up to 30% faster than water.

Beware: Sports drinks contain sugar and can damage tooth enamel as the protective covering of saliva has dehydrated—rinse with water



Gatorade and Powerade from supermarkets

Sustagen

Sustagen sport was especially formulated by dieticians for athletes. It is high in protein, carbohydrates and contains all of the essential amino acids.



When would be the best time for an athlete to consume Sustagen?

- Pre-event
- In between competitions or
- Post-event

Shin Soreness

Often referred to as shin splints but may in fact be one of several conditions:

- **Medial Tibial Stress Syndrome**—muscles on the lower leg pull on the lining of the tibia-pain present during exercise but may decrease as you warm up-maybe worse in morning and after exercise
- **Stress Fracture**-constant pain that usually increases with exercise-pain develops quickly, sharp pain, maybe too painful to exercise
- **Compartment Syndrome**-swollen or painful muscle fascia sheath injury to lower leg-pain increases on activity and decreases when stopped-muscles may feel weak or numb, pins and needles -urgent medical treatment

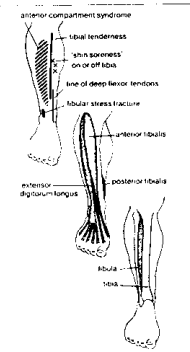
Causes

Training methods: too much too soon—keep training off season

Training surfaces: hard or uneven ground-do cross-training

Footwear: worn out or inappropriate shoes-buy new shoes

Poor flexibility: in lower limb muscles-stretching, variety



Muscle imbalance or Inadequate strength

Immediate Management—Stop and RICER

Prevention

1. Gradually increase training
2. Wear shock absorbing insoles
3. Have a biomechanical assessment
4. Stretch calf and lower leg muscles
5. Apply ice or cold therapy
6. Get a regular sports massage



Muscle Cramp (Heat cramp)

A cramp or painful spasm of the voluntary muscles in the arm, leg, or abdomen caused by depletion of both water and salt. Always rehydrate during events and reload nutrition if event is longer than 90 minutes

Treatment

1. Reciprocal inhibition compression - while evoking an isometric contraction of the Dorsi flexors (push toes back for 10-15 seconds against muscle contraction). If the cramp is not releasing apply direct compression—trigger point soleus/gastrocnemius muscles of lower leg
2. When the cramp subsides ask the athlete to take a

deep breathe and then slowly release the isometric contraction on the exhale.

3. Then slowly stretch the muscle at the end of the athlete's exhale. Hold for 10-15 seconds and then return to resting length. If the cramp returns (repeat)
4. Approximation for fusiform muscles (muscles such as gastrocs, hamstrings, biceps and triceps)—bunching the muscle fibres in the middle and stretches the tendons (inhibits contraction)
5. Apply an ice-pack for 10-15 minutes after cramp is relieved, keep athlete cool and drink fluids inc sports drink