

Injury Prevention and Management:

Up skill you club members in the prevention and immediate management of injuries to make your club safer for all your members. We offer a two hour and now a one-hour course for the time poor clubs...so there is no excuse!

\$250
Per Workshop

Sports Taping:

Excellent follow on from the Injury Prevention and Management, this course allows clubs to explore the benefits of preventative taping of either the ankle, knee, shoulder, elbow and achilles. These practical courses require 1 hour per joint and are always a lot of fun for members.

\$300
Per Joint /
Workshop

Sports Nutrition:

Ever wanted to know the best foods to eat pre, during and post event? This one-hour workshop can provide club's with this information as well as educate members on hydration and the science behind eating for optimal performance.

\$250
Per Workshop

Concussion in Sport:

The incidence of concussions is one of the most prevalent injuries in sports today. This one-hour workshop will increase your clubs understanding of recognising the signs and symptoms, management guidelines and the return to play protocol.

\$250
Per Workshop

Drugs in Sport:

Do your members have an understanding of issues surrounding drugs in sport and the effects on athletes? This workshop looks at current cases of doping, the ethical issues of drugs in sport as well as information provided by ASADA and WADA for athletes.

\$99
Per Workshop

Club Injury Management Co-ordinator:

This three-hour course gives participants more of an in depth look at injury prevention and management along with transport, concussion and preventative sports taping. We offer specific presentations for each individual sport.

\$50_{P/P}
Min. 10 participants

Club Workshop Registration Form



Contact Details:

Club / Organisation:	<input type="text"/>		
Address:	<input type="text"/>		
Contact:	<input type="text"/>	Phone:	<input type="text"/>
Email:	<input type="text"/>		

Workshop Selection/s:

Injury Prevention and Management:	<input type="checkbox"/>	1 Hour	<input type="checkbox"/>	2 Hour						
Sports Taping:	<input type="checkbox"/>	Ankle 1 hour	<input type="checkbox"/>	Knee 1 hour	<input type="checkbox"/>	Shoulder 1 hour	<input type="checkbox"/>	Elbow 1 hour	<input type="checkbox"/>	Achilles 1 hour
Nutrition and Hydration:	<input type="checkbox"/>									
Concussion in Sport:	<input type="checkbox"/>									
Drugs in Sport:	<input type="checkbox"/>									
Club Injury Management:	<input type="checkbox"/>	Sport: Please Specify:	<input type="text"/>							

Participant Details:

Participant Numbers:	<input type="text"/>	Age Group:	<input type="text"/>
Expected Audience	<input type="text"/>		

How did you find out about SMA School Workshops?

Another Club:	<input type="checkbox"/>	SMA Website:	<input type="checkbox"/>	SMA Email:	<input type="checkbox"/>
Other:	<input type="text"/>				

Preferences (Please allow at least 3 weeks' notice for course preferences)

Preference 1 (date/time):	<input type="text"/>
Preference 2 (date/time):	<input type="text"/>
Workshop Venue:	<input type="text"/>

PLEASE NOTE:

Taping Workshop Pricing as follows:

1 Joint = \$300, 2 Joints = \$550, 3 Joints = \$700, 4 Joints = \$850, 5 Joints = \$1,000

Taping Workshop prices are based on 30 attendees. Should more than 30 be registered, there will be an charge of \$5 per extra student in attendance.

Club Injury Management requires a minimum of 10 participants.

All course participants will receive a certificate of attendance.
All training is delivered by qualified and experienced SMA lecturers.