



INJURY PREVENTION FOR COACHES

PROFESSIONAL DEVELOPMENT DAY FOR CLUB & SCHOOL COACHES

SATURDAY 15TH SEPTEMBER 2018

SASI, ADELAIDE

10AM - 4:30PM, LUNCH PROVIDED

\$300 PLUS GST

COMMON ROWING INJURIES & FIRST AID

- LUMBAR SPINE
- CHEST WALL
- BUTTOCK
- KNEE
- WRIST

WARM UP & STRETCHING

ATHLETE SELF MANAGEMENT TECHNIQUES

PROGRAM CONSIDERATIONS FOR
ATHLETES WITH MEDICAL ISSUES

RETURN TO ROWING PROTOCOLS

MOVEMENT SCREENING AND GYM PROGRAMS

KELLIE WILKIE & DR LARISSA TREASE, ROWING AUSTRALIA RIO OLYMPIC
LEAD PHYSIOTHERAPIST & DOCTOR, INVITE CLUB AND SCHOOL COACHES TO AN EDUCATION DAY
ABOUT INJURY PREVENTION AND ATHLETE WELL BEING WITH A PRACTICAL & PERFORMANCE
FOCUS.

THIS EDUCATIONAL EVENT IS ENDORSED BY ROWING AUSTRALIA

RESERVE YOUR PLACE VIA EMAIL
BODYSYSTEM@BODYSYSTEM.COM.AU

[HTTPS://GROWINGBODIES.BLOG](https://growingbodies.blog)



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INJURY PREVENTION EDUCATION

INJURY PREVENTION FOR COACHES

PROFESSIONAL DEVELOPMENT DAY FOR CLUB & SCHOOL COACHES

SATURDAY 15TH SEPTEMBER 2018

1000 - 1030	THE DEVELOPING ROWERS HEALTH & WELLBEING
1030 - 1200	COMMON ROWING INJURIES & FIRST AID <ul style="list-style-type: none">• CHEST WALL• LUMBAR SPINE• INTERSECTION SYNDROME• BUTTOCK• KNEE
1200 - 1245	LUNCH AND INFORMAL DISCUSSION
1245 - 1425	INJURY PREVENTION MODULE 1 <ul style="list-style-type: none">• RETURN TO ROWING PROGRAMMING• LOAD PRESCRIPTION & MONITORING• FLEXIBILITY & MOVEMENT CONTROL FOR THE DEVELOPING ROWER
1500 - 1615	INJURY PREVENTION MODULE 2 <ul style="list-style-type: none">• PRACTICAL RESISTANCE TRAINING• MEDICAL CONSIDERATIONS AND POLICIES FOR THE ROWING COACH
1615 - 1630	SUMMARY & CLOSE

ALL EDUCATION RESOURCES WILL BE PROVIDED TO ATTENDEES ON USB



REGISTRATION FORM - COACH EDUCATION

Name: -----

Main place of work: -----

Address of practice: -----

Work phone: -----

Mobile: -----

Email: -----

PAYMENT

Direct credit [preferred]:

Deposit to: BODYSYSTEM PHYSIO

BSB 087 007 Account 4321 96633

Reference COACHEDU & your initials

Credit card

call BODYSYSTEM Physio on 03 6231 5991

to pay with credit card over the phone

OR return details below

Credit card -----/-----/-----/-----

Expiry -----/----- CCV -----

Special **DIETARY & ACCESS** requirements

RETURN COMPLETED FORM TO

Email: bodysystem@bodysystem.com.au

OR Fax 03 6231 5991

An email and copy of your receipt will be emailed to you on receipt of payment and registration form - this is your confirmation of a place on this course.