



2019 FAST Conference Program

Saturday February 23 2019

Adelaide Oval



Times	Program	Presented by
9.15am	Registrations Open	
10.00 -10.05am	Welcome	Shane Worner
10.05 – 11.05am	Liability issues in sport: What are the issues and how to protect yourself? Concussion Update	Prof Jack Anderson Dr. Marc Cesana
11.05 – 11.20am	Trade Displays Presentations	
11.20 – 11.50am	Morning Tea	
11.50 – 1.00pm	Lectures: 1. Nutrition: The ultimate pre and post-game tips 2. Head and Trunk: Delving into the more serious injuries 3. Pre-hab: The essential injury prevention plan	Andrea Sparrow Dr. Kerstin Tromans Lauren Edwards Paul Taylor
1.00 – 2.00pm	Lunch Including Trade Displays and Networking Opportunities	
2.00 – 2.10pm	SASMA Education Launch	
2.15 – 3.15pm	Workshops: Workshop A – Taping the lower limb not your normal taping Workshop B – Hamstring: Prevention and rehab Workshop C – Massage: Preparing for competition and recovery Workshop D – Keeping the weekend warrior on the field Workshop E – Critical Care: What do you do to save a life	Carlie Altman Rohan Hattotuwa Ric Wojciechowski Max Martin Damien Norsworthy
3.20 – 3.40pm	Afternoon Tea	
3.45 - 4.45pm	Repeat Workshops	
4.50pm	Close	
5:30pm- 9:00pm	Sports Trainer of the Year Awards Night	

For more information and to register head to www.sasma.com.au