



2019 FAST Conference Program

Saturday February 23 2019

Adelaide Oval



Times	Program	Presented by
9.15am	Registrations Open	
10.00 - 10.10am	Welcome	
10.10 – 10.50am	Liability issues in sport: What are the issues and how to protect yourself?	Prof Jack Anderson
10.50 – 11.10am	Concussion: What is the latest?	
11.10 – 11.20am	Panel Discussion	
11.20 – 11.30am	SSARM Launch	Gabrielle Fisher
11.30 – 12.00pm	Morning Tea	
12.00 – 1.15pm	<p>Lectures:</p> <ol style="list-style-type: none"> 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 	<p>Andrea Sparrow Dr. Kerstin Tromans</p> <p>Lauren Edwards Paul Taylor</p>
1.15 – 2.15pm	<p>Lunch Including Trade Displays and Networking Opportunities</p>	
2.15 – 3.15pm	<p>Workshops:</p> <p>Workshop A – Taping the lower limb not your normal taping</p> <p>Workshop B – Hamstring: Prevention and rehab</p> <p>Workshop C – Massage: Preparing for competition and recovery</p> <p>Workshop D – Keeping the weekend warrior on the field</p> <p>Workshop E – Critical Care: What do you do to save a life</p>	<p>Carlie Altman</p> <p>Rohan Hattotuwa</p> <p>Ric Wojciechowski</p> <p>Damien Norsworthy</p>
3.20 – 3.40pm	Afternoon Tea	
3.45 - 4.45pm	Repeat Workshops	
4.50pm	Close	
5:00pm- 6:00pm	Sports Trainer of the Year Awards	

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