



# 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	Concussion Update, Medico/Legal issues	Dr. Mark Cesana Prof Jack Anderson
11.05 – 11.20am	Trade Displays Presentations	
11.20 – 11.50am	Morning Tea	
11.50 – 1.00pm	<p><b>Lectures:</b></p> <ol style="list-style-type: none"> <li>1. Nutrition, the ultimate pre and post-game tool</li> <li>2. Medical Conditions – Head and Trunk, delving into the more serious injuries</li> <li>3. Pre-hab, the essential injury prevention plan</li> </ol>	<p>Andrea Sparrow Dr. Kerstin Tromans</p> <p>Lauren Edwards Paul Taylor</p>
1.00 – 2.00pm	<p>Lunch Including Trade Displays and Networking Opportunities</p>	
2.00 – 2.10pm	SASMA Education Launch	
2.15 – 3.15pm	<p><b>Workshops:</b></p> <p>Workshop A – Taping the lower limb not your normal taping</p> <p>Workshop B – Hamstring, prevention and rehab, all the tips you need to keep athletes on the park</p> <p>Workshop C – Massage, preparing for competition and cooling down, but more than massage</p> <p>Workshop D – Weekend Warrior and your part in keeping them playing week after week</p> <p>Workshop E – Critical Care, what do you do to save a life</p>	<p>Carlie Altman</p> <p>Mike Heynen</p> <p>Ric Wojciechowski</p> <p>Max Martin</p> <p>Damien Norsworthy</p>
3.20 – 3.40pm	Afternoon Tea	
3.45 - 4.45pm	Repeat Workshops	
4.50pm	Close	

For more information and to register head to [www.sasma.com.au](http://www.sasma.com.au)