

# 2016 - 2017 Overview



## Council Members

### President

Verity Cooper

### Vice President

Kate Beerworth

### Hon Treasurer /Secretary

Sean Murphy

### Committee

Ben Allen  
Aaron Beck  
Patrick Custance  
Angela Moran  
Harry Roesch  
David Spurrier

## 2017 Staff Members

### Executive Officer

Daniel Clark

### Medical Director

Dr Duncan Walker

### Community Project

#### Officer

Jaye Sippel

### Community Project Support

#### Officer

Hayley Ashworth

### Finance

Heather Kilsby  
*HMK Accounting Support*

## President's Report

2016 / 17 has seen the dramas and difficulties associated with the OneSMA discussions from previous years behind us. They continue to be hands off and not willing to negotiate, and we are happy to continue to run our organisation in parallel with them. To that end, we will maintain to provide a high level of service to our members and in late 2017 we will be seeking feedback from our membership in regards to what they would expect from the organisation and what services we can continue to provide in the future.

One of the main issues the Board has dealt with this year, has been that of falling revenue - both from government grants and from the provision of medical support for major sporting events. Both of these issues are likely to continue for the next year at least, so we need to look for other sources of income.

After consultation the Board made a decision to actively invest more capital into our share portfolio, due to the low interest rates currently available for term deposits. This will net us significant gains. We thank Mr Richard Barnes of Macquarie Equities for his services in this regard.

Sponsorship is a primary target for the organisation, and we thank Dr Jones & Partners, Benson Radiology, National Pharmacies, MediPro and Affinitas Capital for their generosity and support in 2016/17.

The Sports Trainers Awards held in February this year was well attended and enjoyed by all those who came, many of them from the country. It was great to see sports trainers honoured and appreciated for their volunteering, their long hours and hard work.

Our education meetings have been well attended, and appreciated this year, and we thank the Education Committee, headed by David Spurrier, and including Natalie Tyson, Tim Kreis, Damir Metljak, Carlie Altmann, Olivia Warnes, Andrea Sparrow and Dr Duncan Walker for their fantastic contribution and excellent delivery of the programme. Both our Members Education Series and Masterclasses have been a huge success once again in 2017.

The 2017 Conference was an outstanding success, with record numbers and profit. Many thanks to Kate Beerworth and her assistant Aaron Beck for providing such a thorough and interesting coverage of the topic of Pain – a huge issue which we deal with on a daily basis with our patients.

The Sports Medicine in General Practice Course was run in June 2017 and we thank Dr Marc Cesana and Daniel for their hard work in coordinating this course. A big thank you to all of our lecturers as if it was not for them then this course would not keep attracting GP's from across the country looking to gain a greater understanding of the particular demands of sports medicine. With the significant interest that has been shown, including from interstate, we will be aiming to run these courses more frequently to satisfy the demand.

I would like to thank Dr Duncan Walker for his services as Medical Director. He has been very helpful to Daniel and his team for medical information and advice. He also wrote the report providing medical advice to contestant safety in professional boxing and combat sports, a national project SASMA tendered for and won.

I'd like to thank Daniel Clark, our EO, and his staff Jaye and Hayley - it is thanks to them, and their hard work and dedication to the organisation that it is as well run and useful to us and the community as it is. On top of the Members services they have continued to run our successful Sports Trainers Courses and Community Education Programs to approximately 2000 participants this last year.

Finally, I'd also like to thank the SASMA Board - Vice President Kate Beerworth, Treasurer Sean Murphy, and Members Ben Allen, Aaron Beck, Patrick Custance, Angela Moran, Harry Roesch and David Spurrier. Their input and management is extremely valuable and we thank them for their time and efforts. I would like to especially thank Patrick Custance who will be stepping down this year from the Board for his dedication to SASMA for well over 2008 and most recently guiding the organisation through the transition to the SA Sports Medicine Association.

We look forward to the next year and seeing you at the meetings- thank you!

Dr Verity Cooper  
President

## Treasurer's Report

### Overview of 2016-17 results

Council have reviewed the Accounting and Audit Procedures for 2016-17 by independent auditor's Dean Newberry and Partners and agreed that the audit process has been implemented.

We have continued to receive support from the SA Government (Office for Recreation and Sport), as well as corporate sponsors Dr Jones & Partners, Benson Radiology, Affinitas Capital and National Pharmacies who have increased their sponsorship by \$7,500. All these sponsors make a significant contribution to our ability to continue to provide quality services to our members and the community.

### Operating Result

There was a net loss for the 2016-17 financial year of \$39,308. Factors impacting this result were a reduction in income from government grants of \$30,000 from the Office for Recreation and Sport and \$15,000 from Return to Work SA. Investment/interest income was reduced influenced by lower interest rates for term deposits. Major event income was reduced due to events not being held in Adelaide this financial year which amounted to income of \$114,942.73 last financial year. Membership income increased by \$3,365 which was positive on top of a \$19,830 increase last financial year. New project grants of \$10,909.09 were obtained and required significant work from Dr Duncan Walker and Daniel Clark to realise this. Numbers attending Sports Trainers courses were up resulting in \$7,000 in extra income from previous financial year. Expenses have been well managed by Daniel and staff. We have seen an increase in rent which now includes electricity charges.

In summary, the overall result with consideration for loss of grant income and major event income has been a positive one. We continue with our aim to maintain financial stability and look to develop further income streams and cost savings to bring the budget back into surplus. A special thanks to Heather Kilsby and Daniel Clark for their dedication to SASMA and efforts in financial management.

Sean Murphy  
Hon. Treasurer

2016-17 Members Education Sessions	Date	Attendees
Master Class: Strength & Conditioning for Physiotherapists	6 Jul 16	13
Shouler Injuries: Joint and AC Sprains	26 July 16	60
Master Class: Plantar Fasciopathy Update	7 Sept 16	19
Master Class: Rehabilitation of Groin Injuries	12 Oct 16	27
To Screen or Not to Screen: Is Screening Relevant	2 May 17	66
2017 Members Conference: Pain and the Brain	28 May 17	133
The Complicated Adolescent Runner	20 June 17	63
2017 Sports Medicine in General Practice Course	22 - 25 June 16	15

## Members Education Report

The Education Committee in 2016/17 put together a great line up of Education Sessions. A special thank you to our Education Committee – David Spurrier, Natalie Tyson, Tim Kreis, Damir Metljak, Carlie Altmann, Dr Duncan Walker, Olivia Warnes and Andrea Sparrow – for the great work they have put in this year. They have put a lot of time and effort into our members' education program and the continued growth of the program is because of this committee.

The 2017 Members Education Series covered: To Screen or Not to Screen, The Complicated Adolescent Runner and Injury Recovery. Attendances were high for all three sessions with in excess of 60 in attendance at all three. This Series continued to be supported by the Master Class Series, which allows for more hands on and practical learning for SASMA Members.

Our 2017 Conference Convenor Kate Beerworth and her assistant Aaron Beck put together a high quality conference based around the theme of "Pain and the Brain" on Sunday 28th May. Over the last few years we have seen a growth in the number of people attending the annual conference and this year was no exception with a record of 133 delegates. An excellent line up of speakers was assembled for a mixture of lectures and workshops over the day catering for all disciplines.

SASMA would like to thank all the speakers involved in our education program for providing such excellent and informative presentations. A lot of time is spent preparing to present and as speakers volunteer their time and expertise it is important for us, as an

organisation, to acknowledge their hard work.

Ensuring our Education Program is available to all our Members no matter where in the world they are based is important to SASMA and in 2017 we saw the continued growth and uptake of the webcast and videos from our sessions. Not only was the conference available via a live webcast, but so was the full Members Education Series and for the first time a Master Class session as well. We look to continue to grow this area for our members along with making the videos from the sessions available through the Members' Portal on our website.

## Executive Officer's Report

2016/17 has been a year full of achievements for the SA Sports Medicine Association. We had record numbers in attendance at our Members Conference, ran the inaugural Sports Trainer of the Year Awards, saw an increase in the number of community workshops and forums held, an increase in the number of people undertaking sports trainers' courses and an increase in our membership numbers.

I want to start by saying a big thank you to all our staff this year...Jaye Sippel, Hayley Ashworth and Kim Fryer. The way in which they have continued to drive our organisation forward and all our programs would not be where they are today if it was not for them.

As an organisation we do face some challenges over the coming years especially in the areas of income. With the limited number of major events run here in SA, reduction in government grants and the continue fight for sponsorship dollars we face the challenges of sourcing income streams from year to year. Council made the decision to invest a greater percentage of the organisation's funds in our investment portfolio rather than long term deposits with low interest rates. In the following 12 months we will start to see the fruits of this.

A shift of thinking from relying on government grants to sourcing projects through government and other agencies is required. In 2017 we successfully tendered for the project to report on medical issues in combat sports nationally. With the assistance of Dr Duncan Walker we reviewed best practice on a range of medical issues in combat sports that state governments will utilise to shape their legislations and the governing bodies' rules.

Education remains a priority of the SA Sports Medicine Association. It is something we have always done very well and this is in large due to the passion of our members for passing on their knowledge to other medical and allied health professionals. This year we ran the Sports Medicine in General Practice Course with 15 in attendance and I thank Dr Marc Cesana for the great work he did in coordinating this course. A big thank you must also go to Dr Andrew Potter who has been the coordinator up until this year. His passion has inspired others to take on this role and the course would not be attracting GP's from across the country to attend if it was not for the work he and many others put into the structure and delivery of the course.

Our Education Program remains strong and relevant due to the great work of our Education Committee under the guidance of David Spurrier. Record numbers keep attending, which is a testament to the program that has been run yet again this year. Our Education Program would not be possible without the support of our partners Dr Jones & Partners, Benson Radiology and Affinitas Capital.

The SASMA Sports Trainers and Community Programs continue to grow thanks to Jaye Sippel and Hayley Ashworth. The Community Education & Services Report highlights many of the achievements of 2017 in these areas. A big thank you to our members who present at our community workshops as well as our community program supporters National Pharmacies and MediPro.

Technology is changing the way we do things and at SASMA we always do our best to remain at the forefront of these. We continue to provide the option of live webcasts of our sessions for members to access. This has opened up our programs to not just those based in Adelaide but also in regional SA, interstate and overseas. For the first time in the middle of this year we offered our first session to sports trainers through a live webinar and it was very well received. This will start to be an area we drive more and more as a service to our members and the community.

SASMA with the continued support, input and direction of Council and our members has sustained a focused approach to improve our organisation deliverables across all areas of our education, training, community education program and the way in which we work in collaboration with a range of industry partners. I would like to thank Dr Verity Cooper and our SASMA Council for their time and efforts in growing the organisation and providing us with the direction to continue moving forwards.

Daniel Clark  
Executive Officer

Member Type	09-10	10-11	11-12	12-13	13-14	14-15	15-16	16 - 17
Full Members	218	226	189	203	214	231	243	259
Associate	8	7	6	3	3	5	4	4
Students	66	59	74	100	161	143	142	148
Sports Trainers	90	80	102	60	55	58	60	45
Corporate/Club	3	3	3	2	1	1	1	1
<b>Total Members</b>	<b>385</b>	<b>376</b>	<b>374</b>	<b>368</b>	<b>434</b>	<b>438</b>	<b>450</b>	<b>457</b>

## Community Education & Services Report

2016 -17 saw the continued development and growth of community services and education delivered by SASMA. Across the 12 month period SASMA delivered 17 Level 1 Sports Trainer courses including 6 regional courses. These courses attracted 402 participants consolidating our position as the go to organisation for training of Sports Trainers in South Australia. SASMA also held 3 Level 2 Sports Trainer courses. Combined, 59 trainers continued their education and development as Level 2 Sports Trainers. In addition to the Level 1 and Level 2 courses, SASMA delivered 71 shorter community courses to local councils, clubs, sporting organisations and schools across South Australia with over 1500 attendees, more than 600 more than last year!

This year we saw an increase in the number of Concussion Management and Spinal Management workshops ran highlighting our continued effort to expose community level sport to high level sports medicine professionals and provide the latest information on sports most discussed and needed topics.

In February 2017, SASMA held one of its biggest ever FAST Conferences at South Australia's premier sporting location, the Adelaide Oval. The world-class location coupled with an array of prestigious presenters saw SASMA attract over 130 delegates to our largest annual community event. The 2018 FAST Conference will again be held at the Adelaide Oval on Sunday 25th of February.

SASMA would like to take this opportunity to say thank you to all of the members who have given their time and passed on their knowledge whilst presenting at our courses this year. We would not have achieved the growth in course numbers without the support of the members who enable us to deliver high quality sports medicine courses.

YEAR	PRESIDENT
1961 – 1964	Dr. Garton M. Hone
1965 – 1969	Dr. Owen Bowering
1970 – 1972	Dr. Donald Beard
1973 – 1975	Mr. M.G. Maguire
1976 – 1977	Dr. R. C. Heddle
1978 – 1980	Mr. Max Sopp
1981 – 1982	Dr. Denise Chapman
1983 – 1984	Dr. Brian Sando
1985 – 1986	Mr. Michael Mason
1987 – 1988	Dr. Peter Barnes
1989 – 1990	Mr. Max Pfitzner
1991 – 1992	Dr. Roger Paterson
1993 – 1994	Mr. Simon Bartold
1995 – 1996	Dr. Malcolm Kerr Grant
1997 – 1999	Ms. Lynne Haysman
2000 – 2002	Ms. Libby Austin
2002 – 2002	Dr. Phil Hamdorf
2002 – 2003	Mr. Duncan Haskard
2004 – 2006	Dr Andrew Potter
2007 – 2008	Dr Elizabeth Clisby
2009 – 2010	Mr. David Spurrier
2011 - 2012	Dr. Bridget Sawyer
2013 - 2014	Mr. Nigel Rowe
2015 - 2016	Mr. Patrick Custance
2017 -	Dr. Verity Cooper

### National Life Member

Dr. Brian Sando

### Recognition of Hon. Secretary's

Mr. Bert Apps. 1961 to 1975 (leave of absence 1970-71 Mr. Robin Haskard was Hon Sec.)

Dr. Henry Kneebone 1976 – 1991

During the year SASMA has also continued servicing community and elite sport through our Sports Injury Management Service. In 2016 SASMA provided coverage for over 80 events. SASMA has continued to work with organisations such as the South Australian Government, Basketball Australia, Cycling Australia, and other sporting groups providing sports injury coverage at events across the state.

Special mention goes to Community Project Support Officer, Hayley Ashworth who has driven significant growth in all areas of the SASMA Community Portfolio.

We look forward to continued growth and development over the next 12 months.

Jaye Sippel  
Community Project Officer

## 2016 -17 SASMA Supporters



Government of South Australia  
Office for Recreation and Sport



WALLMANS  
LAWYERS



we're that somebody

