



**South Australian Branch**

## Council Members

President

Bridget Sawyer

Vice President

Richard Clarnette

Hon Treasurer /Secretary

Nigel Rowe (Public Officer)

National Board Member

David Spurrier

Committee

Kate Beerworth

Patrick Custance

Alexander (Sandy) Kleinschmidt

Tanya Lewis

## 2011 Staff Members

Executive Officer (4 days per week)

Jan Stirling

Medical Director (1 session per week)

Elizabeth Clisby

Manager of Industry Partnerships

& Education (full time)

Daniel Clark

Administration & IT Officer (Part time)

Narelle van Leuven

Safer Sport Program Coordinator

(Part Time)

Marie Fitzpatrick

Finance Officer (Part Time)

Patricia Sharpe

Honorary Auditor

Heather Kilsby, HMK Accounting Support

## Presidents Report

April 2010 saw Jan Stirling become the new CEO of SMA-SA branch as Pat Sharpe completed her extraordinary reign running the state branch. Pat continues her involvement with SMA-SA, accepting the role of Finance Officer thus allowing her to continue her mentoring role during the year. We are all grateful for the time and experienced counsel she provides for both the office staff and Council members.

2011 has been a year in which retaining our current membership, whilst focussing on attracting new members from all professional disciplines has been a priority. The SA branch compares well with other states in both the numbers and the broad range of the members. As a council we are keen to see new members joining the organisation, particularly new graduates and those professionals actively involved in providing sports specific care that are not yet part of SMA-SA.

Improving SMA-SA profile in the community has been a key task for our new CEO. Several new initiatives have been undertaken. Sports Trainers courses run in various rural / regional areas with local SMA-SA members presenting have allowed our country members to be more actively involved with SMA-SA.

Daniel Clark in his role as Manager of Industry and Education has been pivotal in coordinating the Sports Trainers Courses, all of which have been very successful in increasing the profile of SMA-SA.

SMA-SA is excited to be presenting the 2012 State conference in association with the National Swimming meet at Marion swim centre.

The SMA-SA council and CEO met with Nello Marino, SMA National CEO and Tim Pain, SMA National president on 26th July 2011 to discuss the proposed One SMA vision as outlined in the president's address in the autumn edition of Sport Health.

The National Board has proposed a formal unification of the nine bodies that make up the SMA Federation.

This proposal, potentially, has significant implications for the SMA-SA state branch in its current format. Discussion of the One SMA proposal is very much in the early stages. SMA-SA council has questioned the aims of the proposal closely. We await the detail of a specific business plan. 4-5 years is the expected preparation time required for any agreement to be established. I am sure that much debate and discussion will occur in that time.

As President I encourage you to follow the debate as it progresses. Firm views both for and against the proposal have already been expressed. The SMA-SA council would be pleased to see as many members as possible at our AGM where a Forum will be convened so we can hear your views and opinion about any amalgamation into a national body.

Those who cannot make it to the AGM on Tuesday October 25th 2011 at the Hackney Hotel. Please forward any queries or comment to me via the SMA-SA office.

Dr Bridget Sawyer

# Executive Officers Overview

The most consistent dynamic of SMA-SA that I have been privileged to observe has been the depth of professionalism and passion across all levels of our membership. However I have always considered sports medicine and sports science in our country as the best in the world based upon my humble and past experience.

There are some key objectives which SMA-SA will focus on in order to improve our relevance to both our Professional members and also the broader community.

- Expanding the reach and awareness of SMA utilising our Multi-disciplinary membership
- Diversification to strengthen existing networks
- Establishing new industry partnerships
- Sustaining a high delivery standard for both Professional Members education and Community groups.



Some successes that have been achieved include:

- Allegiances with Greater Green Triangle Allied Health (regional education support)
- Department of Prime Minister and Cabinet (new Illicit Drugs in Sport education)
- Swimming Australia (2012 State Conference for Professional Members).

Key drivers of SMA-SA'S education program are quality and diversity and these are validated by:

- "Swimming Symposium" aligned to the National Olympic Qualification Championships promises to be a unique program
- Sustaining high quality education of a diverse nature (demonstrated by Jill Cook workshops which were held in February).

## Membership

Member Type	04-05	05-06	06-07	07-08	08-09	09-10	10-11
Full Members	225	212*	235	223	217	218	226
Associate	47	60*	39	82	17	8	7
Students					63	66	59
Sports Trainers	89	89*	105	114	103	90	80
Corporate/Club	2	3*	4	2	4	3	3
<b>Total Members</b>	<b>363</b>	<b>364*</b>	<b>383</b>	<b>421</b>	<b>404</b>	<b>385</b>	<b>376</b>

Medical Director Dr Elizabeth Clisby is to be congratulated for her drive and passion during her three years commitment to that role. SMA-SA remains extremely grateful for the leadership she has shown.

Industry Partners support Community Education

- SMA-SA is grateful to the Office for Recreation and Sport whose financial support has enabled our organisation to expand education delivery in regional communities
- National Pharmacies have been an "amazing" long standing sponsor and valued partner
- Beirsdorf Australia have shown wonderful support to SMA.

Finally "Our People"

The strength of any organisation primarily depends on "its people". Daniel Clark, Narelle van Leuven, Nick Dury, Marie Fitzpatrick and Pat Sharpe have been diligent, professional thoughtful and caring.

I thank them sincerely for the outstanding work ethic and the exemplary way they represent SMA-SA.

I extend my deepest gratitude to the President and Council of SMA-SA for the manner in which they have guided and supported my transition into this role. The manner in which they are so willing to share knowledge and expertise is an entrenched character attribute that I value most of SMA –SA members.

National Media Statistics of SMA (January till September 2011)

Print articles: 236    Radio interviews: 34    Magazine articles: 41  
 Online articles: 8    TV interviews: 2    Total: 321

# Medical Director Report

During the 10/11 year, 5 educational opportunities were made available to members. This included the education series, run throughout the year, the 2011 conference on tendinopathy and an education series for members and health practitioners in Mt Gambier, run over a weekend in June 2011.

Over the 2010/2011 year, 270 professionals attended education sessions. There are 226 full professional members in SA. Topics and attendances are listed on below.

All SMA-SA education sessions attracted RACGP points, either category 1 or 2 points. The education committee has again produced a comprehensive education programme and SMASA continues to be appreciative of the time that this committee puts in to organize the education sessions on behalf of members.

Education sessions over this period have produced a small profit for SMA-SA. A change in direction for the organisation helped to secure SA government funding to service country SA and this has led to a greater level of servicing for country members, in terms of education opportunities.

Overall numbers attending education sessions have remained steady with feedback indicating workshops are in demand. SMA-SA also built partnership education opportunities with Flinders University, Benson Radiology, Jones and Partners Medical Imaging, ASMI and the Wound Society over this time period. Furthering this partnership development strategy, SMASA is developing a relationship with the Asthma Foundation for our 2012 state conference.

There has been a small increase in the number of SA's professional members in 2010/2011 and overall professional member numbers have remained stable. With the bulk of the membership moiety directed towards the National organization, SMA-SA has looked at attracting non members to education sessions for a fee. This has resulted in education sessions producing a small profit in SA and attracted a small number of professionals who have joined the organization as full members.

The National organisation has now canvassed the membership about running education from the National office. This, from SA's point of view is a doubling up of services, something that the National organisation say, they wish to avoid. It would be wiser if greater funds were made available for SA, so that it could enhance its education programme, rather than setting up a competing programme.

The key performance indicators for the Medical Director role have been to maintain/increase the number of members participating in education sessions, to increase the awareness of SMASA to the professions and achieve a level of financial self sufficiency. Along with the hard work from the SMASA staff, these goals have largely been achieved.

Session	Date	Attendees
Imaging	4-Aug	45
State Conference - "Tendinopathy: Current Evidence, Research and Treatment Options"	27-Feb	78
Achilles Tendon	6-May	61
Examination Techniques of Shoulder & Knee	8-Jun	38

## Treasurer's report

Overview of 2011 Results.

Council have reviewed the Accounting & Audit Procedures during 2010-11 & agreed that the audit process has been implemented. The budget was achieved and financial stability has been maintained in 2010/2011

Operating Result

There was surplus for the year of \$15,078.00. This has been achieved after interest, dividends and \$72,462. which has been included in the income and expenditure Statement. Also included is the Share Re-valuation with an income of \$8,833.00 (last year incomes of \$17,935.00 ) has been reflected in the Income and Expenditure Statement, representing the movement in the market value of investments. SMA-SA net Assets as at 30/6/2011 is \$1,054,975 compared with 2009-10 of \$1,039,897.

Longer Term Financial Goal

Our vision for the future is to maintain financial stability and use the income from our Investments Portfolio to service our Membership.

The Hon. Treasurer Nigel Rowe

## Our Supporters



Wallmans Lawyers

Bureau of Meteorology

## Honour Board

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	Dr. Bridget Sawyer

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

## Community Education and Services

The Level 1 Sports Trainers courses continued to grow in 2010 / 2011 with 18 courses run across the state including 8 regional attracting 250 attendees. This represented an 18% increase from the previous year. SMA-SA developed a one day Level 1 course for University students of Health & Medical Science and in the past 12 months 43 students participated and further growth is expected in 2012.

SMA-SA has started to implement a train the trainer process identifying suitable people who can run courses in regional SA with support of our professional members. Course facilitators are provided up skilling, administrative support and educational resources. The Office of Recreation and Sport have extended support to SMA-SA by way of a grant to advance this project.

Delivery of the Level 2 course has been revised to provide flexibility. Trainers have the option of attending the two full day format, or participating in modules of the Level 2 course. Participants are given two years to complete all modules required. A benefit of the Module format is other interested people can attend. Advanced Taping and the Introduction to Sports Massage are the most popular. This revised process has seen 121 people attend Modules with 36 completing the Level 2 accreditation.

The 2010 Sports Trainers Conference was held at Woodville West Torrens Football Club with 85 sports trainers attending. Lectures and workshops were held covering a range of interesting topics. SMA-SA remains grateful to our members who gave of their valuable time at the conference.

During the year SMA-SA has identified a Core Group experienced Sport's Trainers to assist develop a mentoring program which will enhance the hands on education process when new trainers begin working in the sporting environment. The Tour Down Under remains a Major event on our SIMS calendar, as well as Secondary School Sports South Australia. In 2010/11 SMA-SA covered 51 events including the National Aged Swimming Trials and the 2011 Australian Multi-Disability Lawn Bowls National Championships and this represented 915 hours of coverage.



### Future Developments

2012 will see some new developments start to occur in particularly with the Fitness Industry and the Sports Specialist Schools. The foundation work for these new markets started this year and SMA-SA is excited by the associated challenges these new environments provide.

In conjunction with Fitness Australia, SMA-SA will hold the inaugural FAST (Fitness and Sports Trainers) Conference this Nov 2011. A new dynamic has been applied to the Sports Trainers Conference with a stream for Fitness Professionals that brings with it new topics, a diverse range of presenters, new trade displays and importantly all passionate & enthusiastic participants from the two sectors will be the winners.

Working collaboratively with Fitness Australia Continuing Education Credits (CECs) has been aligned to the Level 1 Sports Trainers Course. We anticipate an increase in the number of Fitness Professionals undertaking this course. Workshops with both Fitness Australia and Kinect Australia specifically for Fitness Professionals will be piloted in the next twelve months. Topics will include Injury Rehabilitation, Nutrition, Injury Prevention and Training Techniques.

SMA-SA surveyed a number of Sports Specialist Schools in SA during 2011 to assess and evaluate their current services to students. Consultations with schools has identified SMA-SA can provide a range of programs from short courses on taping, careers in sport, drugs in sport through to Level 1 Sports Trainers Courses.