



2013 / 2014 Overview



Council Members

President
Nigel Rowe

Vice President
Richard Clarnette

Hon Treasurer /Secretary
Patrick Custance

Committee
Aaron Beck
Kate Beerworth
Verity Cooper
Sean Murphy
Bridget Sawyer
David Spurrier

2014 Staff Members

Executive Officer (4 days per week)
Jan Stirling

Medical Director (1 session per week)
Marc Cesana

Manager of Industry Partnerships
& Education (full time)
Daniel Clark

Community Education Officer (Full
Time)
Steph Potter

Finance Officer (Part Time)
Patricia Sharpe

Honorary Auditor
Heather Kilsby, HMK Accounting Support

Presidents Report

The South Australian branch of SMA has had another busy and successful year. In 2013 – 2014 there were many events run by SMA-SA that benefited both members directly and encouraged participation and involvement of students and younger practitioners. Likewise we have continued to maintain a very high profile through community education and support at many events.

Membership numbers have continued to increase for the third successive year. A particularly pleasing growth has occurred in student membership with more than 50% increase in numbers. We now welcome 161 student members to the organisation. I am sure this is due, in part, to providing specifically run university education sessions and encouraging students to complete their Level 1 and 2 Sports Trainers courses.

The members' education sessions that naturally form the backbone of our organization have again been of excellent quality throughout the year. From the State Conference in February, to the multidisciplinary evening sessions and the Master Class Series for Physiotherapists and Podiatrists, the attendance numbers and the feedback clearly demonstrates we are 'getting it right'. From my understanding, SMA-SA is leading Australia in the provision of quality education sessions and healthy attendance numbers. I would like to acknowledge the large role that our Medical Director, Dr Marc Cesana, has played in these achievements. This is the final year for Marc in this role and I would like to warmly thank him for his tremendous efforts over the last 2 years. Dr Robert Douglas has kindly taken up the baton and we wish him well for his term.

The SMA-SA Council has had a relatively busy year. We are still in discussion with the National organisation and hope to formalize a mutually agreeable working relationship with them. Council has made the decision to invest a proportion of our assets with the Macquarie Bank Investment Division. Dr Richard Clarnette, who has been on Council for 9 years, steps down and we thank him very much for his efforts over the years.

2015 is another exciting year for SMA-SA. We have our State Conference in February (Practical Applications of Research) and we will be providing coverage for 3 major sporting events coming to Adelaide: The Southern University Games, the Australian Masters Games and the Pacific School Games.

I would also like to acknowledge our Honorary Solicitor, Chris Wellington, who again has generously given his time especially in dealing with the complexities of the constitutional issues that we have addressed.

SMA-SA could not achieve such continued high standards and recognition throughout the sports medicine community without a very dedicated and hardworking staff. The team, led by Jan Stirling with Daniel Clark and Stephanie Potter, shows a level of commitment and dedication to the organisation that is second to none. I personally thank them for a huge effort over the year and look forward to working together in 2015.

Best wishes for a successful and happy 2015.

Nigel Rowe
President

Executive Officers Overview

They say ..."Destiny is not a matter of chance but a matter of choice"

SMA-SA, with the continued support, input and direction of Council and our members, has sustained a focused approach to improve our organisation's deliverables across all areas of our education, training, community Safer Sport Program and the way in which we work in collaboration with a range of industry partners.

We are pleased to advise that having met the objectives of our Grant Agreements with the Office for Recreation and Sport a proposed third year of funding has been instigated and represents the final year of this cycle.

SMA-SA remains extremely grateful to a number of industry partners who understand and remain willing to collaboratively support our unique multidisciplinary membership dynamic. Our 2014 State Conference Naming Rights Sponsor, Dr Jones and Partners, have again agreed to sponsor our 2015 Conference and we are appreciative of their ongoing support. Benson Radiology and SMA-SA utilised respective members' expertise to coordinate Professional Development sessions for GP's in three metropolitan locations. This process provided opportunities for SMA-SA Sports Doctor Members to facilitate hands on workshops. The evaluation of these sessions was overwhelmingly positive.

The collaborative work of SMA-SA's Education Committee was reflected in another year where our Master Classes achieved a high level of positive feedback from our members. We plan to include a Master Class Series for General Practitioners in 2015.

The staff of SMA-SA convey our sincerest thanks and appreciation to Dr Marc Cesana, who completed his two year term as Medical Director, for his outstanding contribution to our Professional Members Education.

My thanks goes to Stephanie and Daniel for the manner in which they strive for continual improvement of our organisation. Finally, the SMA-SA staff, and I am sure all members, would like to express our tremendous gratitude to Nigel Rowe who has been an outstanding leader during the past two years.

Jan Stirling
Executive Officer

Membership

Member Type	06-07	07-08	08-09	09-10	10-11	11-12	12-13	13-14
Full Members	235	223	217	218	226	189	203	214
Associate	39	82	17	8	7	6	3	3
Students			63	66	59	74	100	161
Sports Trainers	105	114	103	90	80	102	60	55
Corporate/Club	4	2	4	3	3	3	2	1
Total Members	383	421	404	385	376	374	368	434

Medical Director Report

2014 was my second year as Medical Director and provided many challenges along the way in developing a program that would engage the SMA membership. I have made it a focus to promote local speakers of high quality of which we have many. I would like to thank all the speakers who have presented at one of our education sessions over 2013 - 2014.

If possible I think it is useful to have a theme that is set at the conference and the lectures follow that theme. It is challenging to try to provide interesting topics that appeal to all the specialties. Experience shows that common topics attract the most people.

My focus has been on clinical based topics that people can use at their practices or their sporting teams. I think you could question the topics being too superficial and I think this is valid however this is probably where the Master Classes should be aimed. I would suggest in the future we could spend a year looking more into future research although it is hard to find speakers in this area. The use of workshops has been very popular particularly at the last conference. I think this gives more people the opportunity to speak and also gives attendees more scope for choice.

In year one I wanted to choose a small education committee representing the various sports medicine specialties. I specifically chose experienced people. They had the respect of the sports medicine community and the contacts to be able to organise sessions and speakers. I think this worked well for me and meant we were able to get things happening.

In year two we kept the core of the experienced members but I asked them all to recommend a younger colleague to bring onto the committee. This has worked well and has been invaluable in adding new enthusiasm and ideas. I think this is probably a good template for future committees. The one thing lacking on the committee is an orthopaedic surgical presence.

All members should be there to provide a service to all their colleagues across the board.

I cannot say enough about the incredible support, drive and enthusiasm of the SMA administration, in particular Jan and Daniel. I feel inadequate just thanking them because without their efforts there is no SMA-SA!

I would like to thank every member of the Council for the opportunity to be the Medical Director. It has been an honour and a privilege.

Dr Marc Cesana
Medical Director

2013/14 Members Education Sessions	Date	Attendees
Master Class Podiatry: Acute Injury Management, Rehab and Return to Play	10-Jul	26
Resistance Training	24-Aug	45
Master Class Physiotherapy: Hamstrings	1-Sep	24
Master Class Physiotherapy: The Athletic Knee	18-Sep	14
State Conference	22-Feb	75
The Hand	14-May	40
Patellofemoral Pain	12-Jun	64

Treasurer's report

Overview of 2013-14 Results

Council have reviewed the Accounting and Audit Procedures for 2013-14 and agreed that the audit process has been implemented. New auditors, Dean Newbery & Partners, have been appointed for this year and going forward as recommended by Heather Kilsby.

We would like to thank Jacquillard Minns, our previous auditors, for their reliable services over the previous years. The budget was achieved and financial stability has been maintained in 2013-14.

We have continued to receive outstanding support from the SA Government (Office for Recreation and Sport), as well as corporate sponsors Dr Jones & Partners, Benson Radiology and others.

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 surplus for the 2013-14 financial year of \$95,907. This has been achieved inclusive of interest income of \$52,444 and investment income of \$40,347.

The share revaluation with an increase of \$30,365 is now recorded in assets and not in the income and expenditure statement. As noted in last year's report, this has previously been included in income and expenditure which from auditing/accounting is not correct. Last year's income was inflated by this figure.

An additional factor in the operating result this year was a reversal of \$111,000 provision for equipment, restructure and relocation. This was necessary as it did not meet the definition of a liability according to our auditors.

The financial result for the year was thus influenced by these two factors; however overall the operating result remains solid and in an expected range.

Additional factors affecting our operating result were less major sporting events reducing income we normally make from these events, and costs associated with building redevelopment, which will be used for courses and save rental costs for future courses. In summary, the overall operating results remain solid and going forward the reporting of financials of our business are clearer and follow normal accounting practices.

Longer term financial goal

We continue with our aim to maintain financial stability using income from our investment portfolio together with membership fees. These income sources continue to be used to service our membership. Income from government grants (through the Office for Recreation and Sport) continue to be used to support our community services.

This year council received financial advice from two independent financial advisors regarding improving financial returns on our assets. Following this advice, a component of our cash investments (term deposits) have been directed into blue chip shares with high yield. This will increase our income stream going forward and help offset any losses of income from government grants and corporate sponsors, such as the loss of National Pharmacies as noted in last year's report.

Jan Stirling, our Executive Officer, continues to work very hard to gain government and corporate sponsorship. We hope to have a replacement sponsor for National Pharmacies in the near future. A special thanks to Jan Stirling for her tireless work in this area.

Patrick Custance
Hon. Treasurer

Our Supporters



be active



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 - 2012	Dr. Bridget Sawyer
2013 - 2014	Mr. Nigel Rowe

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

Membership Initiatives

Online Directory

In 2014, SMA-SA launched the Online Directory for Professional Members. This directory is available on the SMA-SA website and is being promoted throughout the SA Community as a referral source. There will be ongoing developments in this area in 2015.

Future Development: Webinars/Live Webcasting

SMA-SA is determined to provide quality education to all of its members. We realise that many regional members are unable to attend Members Education and Master Class Sessions held on weeknights in Adelaide. Discussions are underway to allow for live webcasting of sessions in 2015.

Community Education and Services

With a targeted focus on our Level 1 Sports Trainers courses there was a continued growth in 2013 - 2014 with 12 courses run across the state including 4 outside of the metropolitan region attracting a total of 330 attendees. This represented a 6% increase in numbers from the previous year with less courses being run with greater average numbers attending each course. This included 92 students attending the one day Level 1 Course for University Students of Health & Medical Science degrees.

In 2013 - 2014, the Level 2 course was delivered in both an intensive and module format with 57 trainers completing their Level 2 Accreditation. This is an increase of 19% in the number of trainers completing their Level 2 plus 280 participants attended the individual modules without gaining the Level 2 Accreditation. The increased accessibility and expanded modules of the Level 2 Course can be attributed to the 21% increase in numbers completing the individual modules this year.

In November 2013, SMA-SA held the FAST (Fitness and Sports Trainers) Conference with 100 delegates in attendance. The continued value adding to the Conference with new topics, new trade displays and freshening up the format has been appreciated by those in attendance. In the second half of 2014 SMA-SA will be continuing to support our sports trainers in regional locations by taking the conference to Port Lincoln and Mount Gambier.

On top of the Accredited Sports Trainers Courses, SMA-SA continues to coordinate and present shorter sports medicine awareness courses including the Sideline Help and Emergency Response Coordinator courses. In 2013 - 14 SMA-SA, ran many of these courses in conjunction with Local Councils and State Sporting Organisations.

During the year SMA-SA's Core Group of experienced Sport's Trainers have been working at events as well as providing mentoring to new trainers beginning to work in the sporting environment. The Tour Down Under remains a Major event on our SIMS calendar. In 2013 -14 SMA-SA covered 70 individual events and this represented 1188 hours.

Future Developments

SMA-SA has been working with Human Kinetics to develop an online theory component for the Level 1 Sports Trainers Course. This development will allow course participants to progress through the theory content at their own pace and in their own time. This will be followed up with a one day face to face component which will have a greater focus on case studies and developing the practical skills required to perform the tasks of a sports trainer. The pilot course will be held prior to the end of 2014 with full roll out of the online training in 2015. This will help SMA-SA to move forward into the future and continue to meet the needs of the market, whilst maintaining a high quality program.