



Healthy Club Connection

Healthy Club Newsletter
June 2009

Sports Medicine
Australia
(WA Branch)

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Sports Medicine Australia – WA Branch

Hello Healthy Clubs! We hope you are all having a successful and injury free season. All clubs should have received your sponsorship money by now which was directly deposited into your club 's bank account. If your club has not received your money please contact Healthway on 9476 7000.

[Get Started on your Health Policy!](#)

Hopefully you have all started on your health policy. Remember there is a sample basic health policy available for download on our website. You can also use the checklist and sample policies in the *Information and Policy Booklet* that was included in your Healthy Club Kit. If you are having any problems with your policy development we are very happy to assist you – please phone either Deb or Fiona on 9285 8033 or email healthyclub@smawa.asn.au

Healthy Food and Drinks in Sport and Recreation Venues

2009 Canteen Conference and Healthy Choice Food Expo

FREE Healthway sponsored places available

Are you involved in catering within your sports organisation and interested in making healthy changes?

Healthway is offering a limited number of representatives from sport and recreation venues the opportunity to attend the 2009 Canteen Conference and Healthy Choice Food Expo to be held on Friday 17th July 2009 at the Perth Convention Exhibition Centre. The conference starts with breakfast and presentations from high profile speakers and is followed by workshop sessions including one specifically for sport and recreation venues.

The Healthway sponsored "Community groups go, go, go 4 healthy food and drinks" will highlight how food outlets working in similar facilities have achieved healthy change. Following the workshop delegates will be able to attend the Healthy Choice Food Expo where a huge array of food and drink products will be on display.

If you are interested in registering for all of the conference or just the workshop/expo session, please contact **Blanche Waddell** at the WA School Canteen Association on **9264 5096** or email Blanche.Waddell@det.wa.edu.au. Registrations close **Friday 12th June**.

Upcoming Courses and Seminars

"How I Treat..." Seminar Series on Rotator Cuff & Impingement Injuries

Date: Tuesday 16th June

Time: 7.30-9.00pm

Venue: Lecture Theatre, Challenge Stadium, MT Claremont

Speakers:

Brett Slocombe – Physiotherapy Perspective

Dr Daelyn Cullen The Sports Physician Perspective

Dr Greg Janes – Orthopaedic Surgeon

For prices and registration please call SMA on 9285 8033

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Upcoming Courses (cont.)

Emergency Asthma Management Seminar

The seminar is for anyone who is interested in expanding their knowledge base in dealing with asthma emergencies.

Date: Wed 16th September

Time: 6.30pm- 9.30pm

Cost: \$50

Register on line www.smawa.asn.au

Play Smart!

Sport and recreation injuries are a known barrier to participation in and potential enjoyment of physical activity. It is estimated that about one million Australians injure themselves while playing sport each year. However, sports-related injuries aren't inevitable with more than 50% able to be prevented. One great way to prevent injury is to warm up and stretch prior to activity and cool down post activity.

Why Warm Up?

- To increase heat through-out the body
- To reduce the risk of tearing or straining muscles by increasing their suppleness.

How to Warm Up

- Your warm up should gradually build up and the intensity should be within your capabilities.
- The type of activity done in the warm up should include major muscle groups that will be used in your sporting activity.

Why Stretch?

The major purpose of stretching is to increase flexibility and maintain muscle balance on either side of the joint. Without stretching, muscles will gradually lose their flexibility and may fail to respond effectively during sport activity. Stretching enables both physical and mental preparation for an upcoming activity or event. It can also reduce tension to relax the body, enhance body awareness, promote circulation and assist with co-ordination by allowing free and easy movement.

When to Stretch

Stretching should be performed once the muscles have been warmed, as the stretching of cold muscles is less effective. It is also important to stretch after activity as well to assist recovery.

Some Stretching Tips

- Only stretch to a feeling of tension but never pain
- Stretch slowly and gently
- Do not hold your breath when stretching
- Hold each stretch for 10-20 seconds
- Entire stretching session should last 15-20 minutes
- Stretch each muscle group 2-3 times
- Do not bounce or stretch rapidly

Why Cool Down?

- To help remove muscle waste products
- To reduce muscle soreness and stiffness
- To enable you to compete again at the same level within a short period.

How to Cool Down

- 2-3 minutes light jog or brisk walk immediately after activity
- 5-10 minutes of stretching (emphasise the major muscle groups you have used during your activity).

For more Smartplay information please visit our webiste:

Website: www.smawa.asn.au