

2010 Pacific Rim Championships

Melbourne, Australia

Sports Science &
Sports Medicine
Conference





“MAXIMISING PERFORMANCE THROUGH SCIENCE & MEDICINE”

Gymnastics Australia is proud to announce a two day 'Sports Science & Sports Medicine Conference' to be conducted within the 2010 Pacific Rim Gymnastic Championships program.

The conference will be hosted in the Western Lounge at Hisense Arena on Thursday 29th and Friday 30th April, 2010.

The focus of the conference is on maximising sporting performance through science and medicine, with examples and practical workshops relating to gymnastics.

Keynote Speaker:



Dr. Lawrence Nassar.

Dr. Nassar is a primary care team physician for Michigan State University's (M.S.U.) athletes. He is an Associate Professor in the Department of Radiology, Division of Sports Medicine and teaches sports medicine and physical exam skills to the first and second year medical students in the College of Osteopathic Medicine (C.O.M.) at M.S.U. His medical practice is specific for osteopathic manual medicine and primary care sports medicine care of athletes and is located at the M.S.U. Sports Medicine Clinic.

Dr. Nassar is a graduate from the University Of Michigan where he received his athletic training education. He has maintained his certification as an athletic trainer and believes this has enhanced his ability to care for the injured athlete. His medical training is as follows: Medical School - M.S.U. C.O.M., Family Practice Residency - St. Lawrence Hospital, and Primary Care Sports Medicine Fellowship - M.S.U.

In addition to his work at M.S.U., Dr. Nassar is the National Team Physician for the sport of gymnastics. He is responsible to coordinate the medical care for U.S.A Gymnastics at every national and international competition. He has been working the U.S.A Gymnastics National Team since 1986. Most recently, he was a part of the medical staff for the 2008 Olympics. Locally, he is the team physician for Gedderts' Twisters Gymnastics Club and Holt High School.



Australian Government
Australian Sports Commission

MELBOURNE

The table below outlines the program for the two days:

Day 1		Topic	
8.30am – 10am	Keynote speaker – Dr Larry Nassar - "The Sacrotuberous Ligament: The Grand Junction"		
10am – 11am <i>Bone Health and Growth</i>	Bone Health in gymnastics. Growth and Injury. Practical management of the adolescent growth spurt.		
11am – 11.30am	Morning Tea		
11.30am	Motor Learning – how gymnasts learn new skills, how do they adapt to injury or growth.		
12pm – 1pm <i>Landing</i>	Biomechanics of landing, landing errors. Landing in Gymnastics to minimise injury		
LUNCH 1 – 2pm			
Concurrent sessions		Room A	Room B
2pm – 3pm	Running faster in Gymnastics	Teaching landing in gymnastics	
3pm – 4pm	Movement awareness practical	Balance and landing in gymnastics – practical skills to prevent injury and enhance performance	
4pm – 4.30pm	Afternoon Tea		
4.30pm – 5.30pm	Core stability - presentation and practical	Movement awareness practical	
Day 2		Topic	
9am – 10am	Dr Larry Nassar – 'Ankle problems in Gymnastics'.		
10am – 10.30am	MAG and WAG Code of Points from a Biomechanics Perspective		
10.30am – 11am	Shoulder injury in MAG – GA research		
11am – 11.30am	Morning Tea		
11.30am – 12.30pm <i>Injuries in Gymnastics</i>	Foot stress fractures – diagnosis, management and treatment Shoulder SLAP surgery in gymnastics – when and why. Elbow OCD – optimal recovery		
12.30pm – 1pm	Nutrition to optimise recovery.		
LUNCH 1 – 2			
Concurrent sessions		Room A	Room B
2pm – 2.30pm	Visualisation practical	Early warning signs for eating disorder	
2.30pm – 3pm	Rehab practical – the weight bearing upper limb	Rehab practical – Preventing shin pain	
3pm – 4pm	Rehab and strength training in gymnastics	Landing and Balance - Posture training for gymnastics	
4.30pm – 5.30pm <i>Strength Training</i>	Progressive Resistance training in the gym – practical application of science. DEBATE – Use resistance training in Gymsports or not?		

Registration Information:

- \$400 full two day attendance.
- \$300 full two day attendance for Gymnastics Australia Technical Members, Students, and Event Volunteers.
- \$100 per half day session.
- Two day registration includes morning tea, lunch, and full accreditation to all events of the 2010 Pacific Rim Gymnastics Championships (non transferable).



Gymnastics
Australia

Payment Option - Conference Order Form:

To reserve yourself a spot for any of the session/day options for the Sports Medicine & Sports Science Conference, please fill out the information below and send it into Gymnastics Australia before **Thursday 1st April 2010.**

Contact Name:	_____		
Address:	_____		
Post Code:	_____	Phone:	_____
Email:	_____		
Technical Membership Number:	_____		

Payment Summary:

Session Option	Price (\$)	Number Attending	TOTAL (\$)
Half Day Session Thurs 29 th - AM	\$100.00		
Half Day Session Thurs 29 th - PM	\$100.00		
Half Day Session Fri 30 th - AM	\$100.00		
Half Day Session Fri 30 th - PM	\$100.00		
1 Day Full Session Thursday 29th	\$200.00		
1 Day Full Session Friday 30th	\$200.00		
2 Day Full Session <i>(GA Tech Members, Volunteers, or Students)</i> Thur 29 th & Fri 30th	\$300.00		
2 Day Full Session Thur 29 th & Fri 30th	\$400.00		

TOTAL Price inc. GST	\$
--------------------------------	----

Payment Method:

Cheque

Credit Card (Visa/Mastercard)

Card Type: Visa / Mastercard Card Number: _____

Exp Date: _____ Signature: _____

Please send orders to:

Gymnastics Australia
32 Cleeland Road
Oakleigh South
Melbourne, VIC 3167.

FAX: (03) 9271-0599; Email: events@gymnastics.org.au