

Cycling Conference

Sunday 17th January 2010



8.45am – 4.00pm
Adelaide Convention Centre
North Terrace, Adelaide, South Australia

Sports Medicine Australia SA Branch invites health care professionals or people with an interest in Cycling and Sports Medicine to attend the 2010 State Conference. A number of world renowned specialists in the area of cycling will be speaking. Speaker Biographies: www.smasa.asn.au

Registration from 8.30am conference commencing at 9.00am and will conclude at 4.00pm.

Mr Shayne Bannan	Australian Cycling Pathway	<i>Australian Institute of Sport /CA National Performance Director, Head Coach</i>
Mr David Hayes	Life on the road - care of the elite athletes	<i>Physiotherapist / Soigneur</i>
Dr Peter Barnes	Injuries-Keeping them on the Road	<i>TDU Chief Medical Officer</i>
Mr Stan Garland	Injury prevention in elite & recreational cyclists	<i>AIS - Track Cycling Physiotherapist</i>
Ms Anna Meares	Riding with Injuries	<i>Australian Olympic Cyclist</i>
Ms Matti Clements	Sport & Mental Health	<i>AIS - Performance Psychology Consultant</i>
Dr David Martin	Trends in Monitoring Training	<i>AIS - Senior Sports Physiologist</i>
Prof Louise Burke	Train Low - carbohydrates	<i>Head of Department, Sports Nutrition AIS</i>
Amy Gillett Foundation	Road Safety	<i>Amy Gillett Foundation</i>
Dr Nick Brown	Biomechanical factors that influence performance and injuries	<i>AIS - Head of Biomechanics and Performance Analysis</i>
Mr Patrick Jonker	Surviving the Tour	<i>Australian Olympic Cyclist</i>
Dr Geoff Thompson	Medical Issues with Para cyclist	<i>Sports Physician with the Paralympics 2008</i>
Mr Nick Wood	What type of bike to buy for the recreation rider	<i>Co-owner of Mega Spin Cycling Training</i>
SASI Speaker		<i>Director of Pedaltek Fitness</i> <i>SASI</i>

Workshop 1: Bike Setup Workshop 7.15 am – 9.30am Monday 18th January 2010

(Bring your Bike) To be held at Tennis SA, North Adelaide. **Dr Nick Brown** will discuss the "10 Key Points of Bike Set-up" this will be followed by an interactive session with top bike mechanics with the opportunity to have your bike checked.

Workshop 2: Practical Aspects of Training & other "on your bike" helpful hints 7.30 - 9.30am Thursday 21st Jan 2010

(Bring your Bike) To be held at the Goodwood Community Centre. Topics covered in this workshop will include Event special training, Technical aspects, Practical training session and other helpful hints from coaches and experts.

On Line Registrations and program updates <http://www.smasa.asn.au>



Inspired by the Life of Amy Gillett, the foundation was formed to reduce the incidence of death and injury caused by the interaction between cyclists and motorist. Further information and donations <http://www.amygillett.org.au/>

Amy Gillett FOUNDATION
Safe together



be active.



Sports Medicine Australia SA Branch wishes to thank all speakers for their contribution.
 We acknowledge Key Note Speakers. Biographies for all speakers go to www.smasa.asn.au



Shayne Bannan National Performance Director Head Coach (CA/AIS)

The most senior member of the national coaching staff, Shayne directs all coaches and programs. He has coached at the national level since 1986 and in more recent times has been responsible for reshaping Australian elite cycling programs to become a major international player in the world of cycling across all disciplines.



Dr Nick Brown Head of the Department of Biomechanics and Performance Analysis (AIS)

He obtained his PhD in Biomechanics from the University of Texas at Austin, USA and later held appointments in the Departments of Orthopaedics and Bioengineering at the University of Utah until 2007. During his time at Utah, Dr Brown was conducting research in a wide range of areas in orthopaedics and biomedical engineering. He now studies lower extremity function of cyclists and runners at the AIS.

Registration Form - WE ENCOURAGE ON LINE Registration www.smasa.asn.au

Title..... First Name.....Surname.....
 Mailing Address.....
 Suburb.....Post Code.....Country..... Fax.....
 Phone ()..... Mobile..... Email.....
 SMA Member #Special Requirements - Dietary, Physical.....

Donations can be made to the Amy Gillett Foundation <https://www.registernow.com.au/agf/Donation.aspx>

SMA Members

	<u>Early registration</u>	<u>Registration after</u>	<u>TOTAL</u>
	paid by 11 th Nov 2009	11 th November 2009	
<i>All fees include GST</i>			
Full Day Conference Plus 2 Workshops	\$360.00	\$420.00
Full Day Conference	\$220.00	\$250.00
Half Day Registration (no Lunch) <input type="checkbox"/> am <input type="checkbox"/> pm	\$140.00	\$180.00
* Workshop 1: Bike Set Up Mon 18 th Jan (bring your bike)	\$ 85.00	\$100.00
* Workshop 2: Training Hints Thur 21 st Jan (bring your bike)	\$ 75.00	\$ 90.00
		TOTAL PAYMENT	\$.....

***Limited numbers for workshops - registrations will be accepted on a first received basis.**

Interested people who are not Members of Sports Medicine Australia are welcome to register

NON Members

	<u>Early registration</u>	<u>Registration after</u>	<u>TOTAL</u>
	paid by 11 th Nov 2009	11 th November 2009	
<i>All fees include GST</i>			
Full Day Conference Plus 2 Workshops	\$440.00	\$570.00
Full Day Conference	\$250.00	\$300.00
Half Day Registration (no Lunch) <input type="checkbox"/> am <input type="checkbox"/> pm	\$180.00	\$200.00
* Workshop 1: Bike Set Up Mon 18 th Jan (bring your bike)	\$110.00	\$150.00
* Workshop 2: Training Hints Thur 21 st Jan (bring your bike)	\$100.00	\$140.00
		TOTAL PAYMENT	\$.....

Registration and Payments Options: ON LINE Registrations Available

On Line Credit Card or **Electronic Transfer** Direct Debit www.smasa.asn.au
 Credit Card MasterCard Visa
 Card # _____ - _____ - _____ - _____ Expiry Date: ____ - ____ -20____
 Card Holders Name: _____
 Card Holders Signature: _____

Please forward completed form to:

Conference registration
 Sports Medicine Australia SA Branch
 PO Box 219
 BROOKLYN PARK SA 5032
 Telephone: 08 8234 6369
 Fax:08 8234 6369
 Email: members@smasa.asn.au
 Office open: Tuesday to Friday

Cheques to: Australian Sports Medicine Federation (SA Branch) Inc