



SPECIALIST
SPORTS MEDICINE
CENTRE

PROGRAM

WINNING PRE GAME PREPARATION

26 September 2011

6.30pm	Arrival
6.40pm	Welcome by Phil Perry Overview of Specialist Sports Medicine Centre
6.50pm	Sideline Management of Sports Injuries – Concussion Dr George Pitsis – Adult & Paediatric Sports & Exercise Medicine Physician
7.10pm	Sports Shoe Selection Phil Perry – Podiatrist
7.30pm	Break – Food & Drinks Tour of Practice
7.50pm	Stretching & Warm-up Dr Andrea Cooze – Chiropractor
8.10pm	Technique (common mistakes in form) & Biomechanics Brent Collier – Exercise Physiologist
8.30pm	Nutrition & Hydration Strategies for Competition Dr Helen O'Connor – Sports & Clinical Dietician
8.50pm	Question & Answer Time
9:00pm	Finish

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