



Media Release

4 March 2016

Sports Trainer Course in Mildura

Mallee Sports Assembly and Sports Medicine Australia are coordinating a Level 1 Sports Trainer Course to be held on the Monday 4<sup>th</sup> and Wednesday 6<sup>th</sup> April, 5-9pm both nights, at South Mildura Football Club Rooms. This course is open to any person who wants to become an accredited sports trainer. It provides skills on how to prevent and manage injuries on and off the sporting field. Topics covered include: Preventing sports injuries; principles of injury management; sports taping; sports nutrition; transporting the injured athlete; common sporting illness, injuries and medical conditions. National accreditation from this 8 hour course is the standard requirement to work as a sports trainer in many of the country's sporting codes.

The only pre-requisite required is to have a current first aid certificate. Successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become an SMA National accredited Sports Trainer. The cost of this course is \$220.

To further compliment this course, we will be holding an Advanced Tapping course on Tuesday 5<sup>th</sup> April, from 5-9pm, at Bambill Football Netball Rooms, 305-357 Deakin Ave, Mildura. Cost for this is: \$85.

Further information or to register please contact Mallee Sports Assembly office, Mildura, phone 5021 3464 or visit our office at 101-101A Ninth St, Mildura.

