



NEWSLETTER – December 2011 Edition



Dear SASMA Members

As another year draws to a close, it is a good time to reflect on the last twelve months. This period has seen a growth in the membership of SASMA, and, I believe, the Association has become progressively more professional in all aspects under Jon's guidance. This is no better illustrated than in the superb biennial conference that was held at the Sandton Convention Centre in September – this event certainly set a new benchmark and Jon and the organising committee are to be congratulated on putting together something memorable. However, as always, such an event could not be possible without the generous financial support

of our sponsors, and to them we say a big THANK YOU.

At the conference I took over the reins from Jon as President, and am acutely aware that I have huge shoes to fill. Some immediate tasks for the New Year include setting up a new EXCO as well as calling for elections in the various regions, which I believe are overdue in some areas. To those regions that I have been active this year I say thank you and well done, and to the other regions I encourage you to become more active. Let's fly the SASMA flag proudly throughout the country, and not just in select areas!

Exercise is Medicine™



I would like to thank Louis Holtzhausen for the tireless work he has put into establishing this initiative locally. Just the legal requirements to successfully achieve this are mind boggling, let

alone tying down a sponsor. He is currently in discussions with Coca Cola (SA), the mother company being the global sponsor of EIM. Louis, thank you for all your hard work and we trust that this will pay off. Watch this space.....

UKSEM Conference 2011

I was fortunate enough to attend the UKSEM conference in London two weeks ago. This was held at the EXCEL London Convention Centre in the Docklands area of London, which is to be the heart of the Olympics next year. SASMA members spotted at the event included Clint Readhead, Craig Roberts and Paul Dijkstra. Wayne Derman and Ross Tucker attended as invited speakers. I made contact with the conference organiser, Dr Andrew Franklyn – Miller, and hopefully we can successfully work toward some sort of reciprocity between future UKSEM and SASMA conferences in various areas. I certainly recommend this as an academic event to attend next year.

Accreditation

The first cycle for accreditation as a SASMA sports medicine professional has ended, and members are encouraged to re-apply for accreditation if this has expired. The SASMA accreditation process is deliberately exclusive, but not restrictive, and aims to recognize individuals and practices that are significantly involved in the practice and advancement of sports medicine as opposed to those who are

“just interested”. There are 3 categories of accreditation, namely:

Accreditation Status	Required Score
Fully Accredited Professional	≥ 25 points
Associate Sports Medicine Professional	15 – 24 points
Sports Medicine Professional in Training	10 – 15 points

The application fee is R100 and a plaque displaying your status costs R300. Application forms are available from Arina Otto (gesal@ufs.ac.za) or myself, or can be downloaded from the SASMA website (www.sasma.org.za).

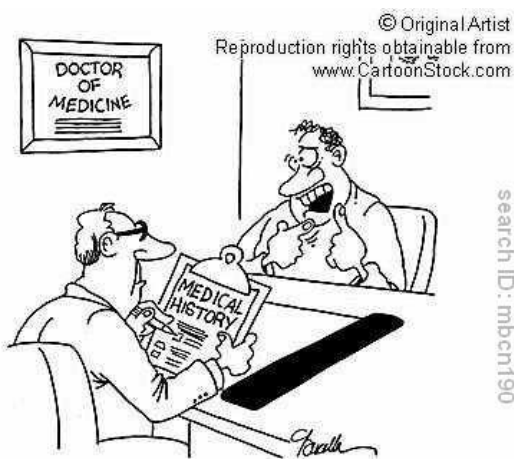
In a similar vein, please can I encourage you all to renew your SASMA membership for 2012. Application forms are also available on the SASMA website. The free access to the online version of the British Journal of Sports Medicine alone makes it worthwhile; not to mention the numerous other benefits of being a member

Check this video out 

If you need a reminder of how awesome and athletic humans can be, copy and paste this link into your browser:

www.youtube.com/watch?v=Vo0Cazxj_yc

SASMA Satire



"Does a paper cut from a Sports Illustrated swimsuit issue count as a sports related injury?"

Website of the Month



www.shoulderdoc.co.uk

Other useful websites

www.acsm.org - American College of Sports Medicine

www.sportsmed.org - American Orthopedic Society for Sports Medicine

www.amssm.org - American Medical Society for Sports Medicine

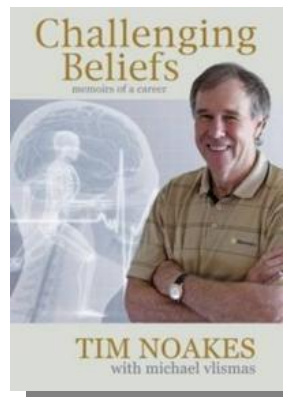
www.bases.org.uk - British Association of Sport

& exercise Science

www.sma.org.au - Sports Medicine Australia

Challenging Beliefs

If you have not read Prof Noakes' latest book, "Challenging Beliefs – Memoirs of a Career, now is the time to do so. It would also make a great Christmas present!



In conclusion...

The next edition of the SASMA newsletter will include news from the various regions. If you have anything to contribute, please feel free to email me at ghagemann@sharksmedical.co.za.

All that remains then is to wish you all a wonderful festive season, a relaxing break and happy holidays!



GLEN HAGEMANN, SASMA PRESIDENT

Please email me at ghagemann@sharksmedical.co.za

with any comments and suggestions