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## *NEWSLETTER – March 2011*

Dear SASMA Members

Let me help you quickly forget about the Proteas' World Cup gloom with some great news bound to cheer you up!



SASMA in association with the American College of Sports Medicine (ACSM), San Francisco Travel and TransAct are offering a fantastic prize exclusive to SASMA members attending this year's biennial congress. Simply by being a paid-up SASMA member for 2011, registering for the congress and being present at the draw you are in line to win the Grand Prize consisting of:

- A return economy class air ticket from Johannesburg to San Francisco, USA
- 4 night's accommodation at a 4 star San Francisco hotel
- Registration for the ACSM Annual Meeting in San Francisco 2012
- A 3-day "Go San Francisco" Card allowing access to over 50 city sites

# TransAct®

No catches – pay your annual registration fee, register for the congress and your name goes into the hat!

*SASMA Congress 2011*

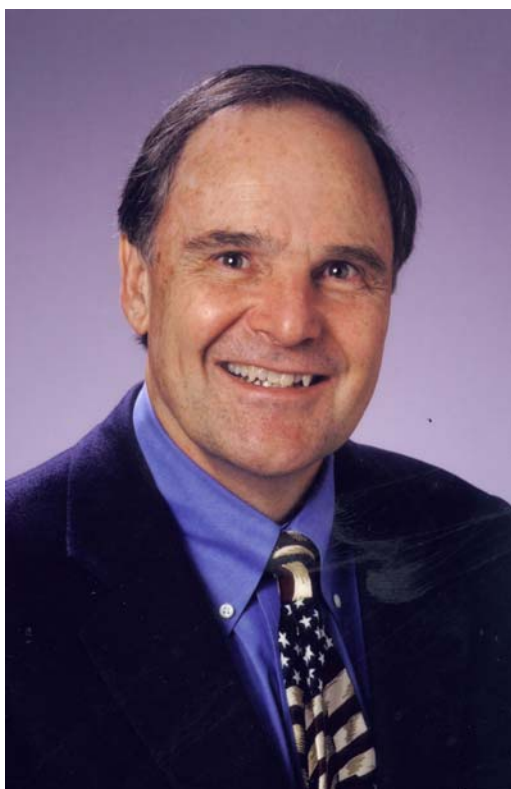
*Sandton Convention Centre, Johannesburg*

*18-20 October*

This month's featured faculty member is Dr W. Ben Kibler. SASMA has wanted to host Dr Kibler for some time but his popularity is such that we have only now been able to secure his presence. Similarly, Dr Kibler tells us that he has always wanted to come to South Africa and is looking forward to some time on safari after attending October's meeting.

Dr Kibler is the Medical Director for Lexington Clinic Sports Medicine Center and Shoulder Center of Kentucky, both of the Lexington Clinic in Lexington, KY. He is the team physician and orthopaedist for the Lexington Legends class A minor league team in the Houston Astros Organization. He also is team physician for numerous colleges and high schools in the

Lexington area. Currently, Dr. Kibler serves on the Sports Science Committee of the U.S. Tennis Association and is a founding member of the Society of Tennis Medicine and Science. Dr Kibler is a Fellow and former Vice President for the American College of Sports Medicine. Dr Kibler has presented and written prolifically on all areas of sports medicine. He specializes in the upper extremity, shoulder pathology, scapula, and biomechanics of tennis medicine.

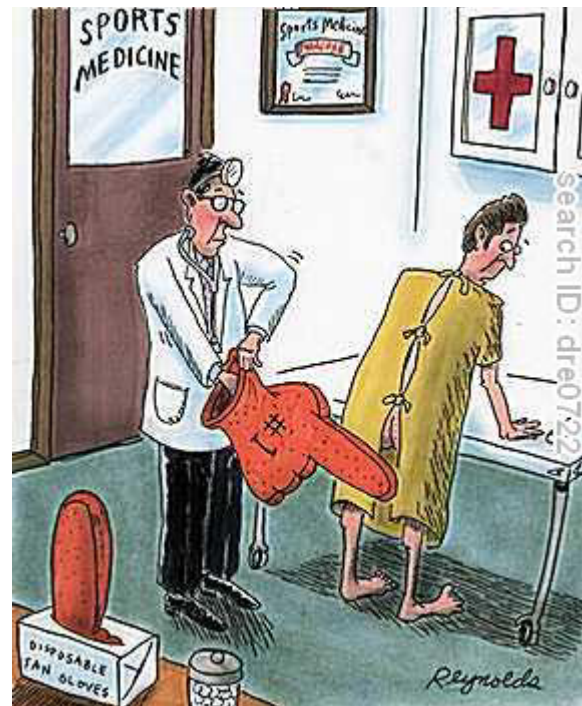


**Dr Ben Kibler**

He will be delivering one of the keynote addresses at the opening “What does sitting in a bathtub in Sicily have to do with the shoulder?” In addition he will be presenting workshops and additional talks related to his lifelong work on shoulder biomechanics and the

kinetic chain. A must see for clinicians, surgeons and rehab therapists!!

### *SASMA Satire*



### *Renew your membership*

Now there are more reasons than ever to be a SASMA member! Remember all the benefits and the huge Congress discount that is worth more than your annual membership fee, not to mention your chance to win a trip to the USA.

### *Become SASMA Accredited*

Increase your chances of working with sports teams by receiving recognition for work experience and qualifications. Complete and submit a SASMA accreditation form.

## *Sound advice*

From: [sportsmedicine.about.com](http://sportsmedicine.about.com)

### Being a sports parent

Encouraging your kids to play sports is one of the best ways to help them develop healthy habits that will last a lifetime. But some parents take that support too far by emphasizing winning rather than developing skills and having fun. The crazy sports parent isn't that uncommon. Here are some tips to make sure you don't become one of them.

The line between encouraging your child and pushing him beyond his abilities can be somewhat easy to cross. Youth sports parents occasionally need to be reminded of some basic "do's and don'ts" to help children become happy, healthy and confident young athletes.

#### **Youth Sports Parent Do's:**

- Encourage your child to try and play any sport he or she enjoys. The biggest motivation for kids to play sports is having fun, and they often drop out because they are no longer finding the activity pleasurable.
- Support your child's decision *not* to play a sport if he or she doesn't want to. Pushing a child into sports may lead to conflict, poor motivation and other problems at home.

- Let your child make mistakes. Doing so is part of learning, and if kids are so afraid of messing up that they quit trying, they unknowingly stop improving.
- Enjoy what your child does and can do. A parent who is interested and supportive, but not too serious or directive, will allow the child to set her own goals and be accountable for her achievements.
- Encourage your child to set goals, and measure his progress. A child who plays sports often needs help defining appropriate and realistic goals that stretch him without becoming overwhelming. This is one of the best things a parent or coach can influence.
- Remind your child of all the health benefits of playing sports, and encourage her to focus on positive health behaviors.
- Encourage your child to compete against himself, and use competition as a way to improve his own abilities.

#### **Sports Parents Don'ts:**

- Don't push *your* goals on your child. Many parents get into trouble by trying to seek out their own identity through their child's success. Remember that your child is a unique person with individual interests and goals, and allow him to define his own goals.
- Don't look for excuses for losing a game. Many parents think they are helping by finding blame in the weather, equipment,

or field. However, this attitude often backfires because kids fail to learn accountability for the outcome. These kids may never learn from their mistakes or try something new because they are quick to blame others for their short-comings.

- Don't focus on winning -- focus on fully participating. Children who are expected to win are often too anxious to do their best during a game. Additionally, they may lose interest in sports and competition of any kind. Parents who choose not to focus on having fun, developing new skills and doing one's best encourage kids to become resistant and resentful, unsure of themselves and their abilities, and disinterested in trying again.
- Don't criticize or yell instructions during the game. This only embarrasses your child and adds to the pressure she feels. If your child needs some simple feedback, provide it calmly and clearly in a positive way. Tell her one or two things to do, not a list of things *not* to do. Kids can only handle a little information at once, so be clear and calm.

Remember that playing sports as a child should be all about growing, developing, having a good time, and learning important social skills. Most kids want to play sports because they enjoy it. If the sport becomes pressure-filled or overly stressful, kids may lose interest or even develop serious coping issues that take a lot of the joy out of being a kid. Parents can help make sure

kids stay kids, have fun playing sports and develop new healthy habits with the right balance of encouragement and support.

### *Soccer Medics Organise*



An inaugural meeting of the Premier Soccer League(PSL) Medical Group was held in Johannesburg on Wednesday 23 March 2011. The group aims to represent the interests of doctors, physios and conditioning staff working with PSL teams and improve medical facilities and services in the league. A majority of PSL clubs were represented and were able to accept the proposed constitution and elect the Executive Committee of Dr Lee Pillay (Bidvest Wits), Mr Ron Veenis (Bidvest Wits), Mrs Jacqui McCord-Uys (Supersport United), Mr Divan Augustyn (Amazulu FC) and Mr David Milner (Kaizer Chiefs). The PSL Medical Group will host a session at the SASMA Congress where the next general meeting will also take place.

### *Don't forget:*

The inaugural **Iron Man Sports Medicine & Radiology Congress** will take place in Port Elizabeth on Friday 8 April 2011 and is co-hosted by SASMA and SAMSIG, the South African Musculoskeletal Imaging Group. Please



contact Richard De Villiers at [rmldev@mweb.co.za](mailto:rmldev@mweb.co.za) or Konrad von Hagen at 041-3659600 or [Konrad.VonHagen@intercare.co.za](mailto:Konrad.VonHagen@intercare.co.za)

### *SASMA Classifieds*



The Golden Lions Rugby Union requires a sports physician to start working with the Vodacom Cup team from April 2011.

Candidates should meet the following criteria:

- Qualified medical practitioner
- Post graduate training in sports medicine
- Previous experience with rugby teams at representative level
- An interest in rugby, with a desire to make a career out of professional rugby

The appointed doctor will be responsible for the Lions Vodacom Rugby team during the Super Rugby season, and the junior teams (u19 & u21) during the Currie Cup season. The team physician will work closely with the Super Rugby medical team striving to achieve

excellence in injury treatment and prevention, and assist in producing top quality athletes at the union. The post requires approximately 25 hours per week commitment as is required by team training schedules and medical screening, including travel with the team and attendance of the teams on and off-field requirements at all matches. Applicants should submit their CV to Dr Rob Collins at [rob@glru.co.za](mailto:rob@glru.co.za) before 2 April 2011.

### *In conclusion....*

Being part of a sports team can be exhilarating but also bring with it tremendous lows. The Proteas return home to what (quite rightly) is an extremely disappointed public seeking explanations. Spare a thought for team physiotherapist Brandon Jackson and doctor/manager Mohamed Moosajee, 2 of the hardest working and credible members of our sports medicine community - it will be fascinating to hear their views. Clearly our approach to major competitions is lacking a key ingredient and we can only but learn from their feedback.

A handwritten signature in black ink that reads 'Jon Patricios'.

JON PATRICIOS, SASMA PRESIDENT



Please email me at [jpat@mweb.co.za](mailto:jpat@mweb.co.za) with comments and suggestions.