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## *NEWSLETTER – September 2013 CONGRESS Edition*

# TransAct

Dear SASMA Member,

The TRANSACT 15<sup>th</sup> Biennial SASMA Congress is around the corner, starting on 24 October. The purpose of this newsletter is to give you more information on the different facets of the congress and hopefully providing you with more than enough reasons to log onto [www.sasma.org.za](http://www.sasma.org.za) to register now!

### *Scientific Programme*

The strength of the scientific programme is underlined by the quality of the speakers secured for the congress. Delegates will be addressed by 19 international speakers from afar a field as Iceland and India, and hailing from 11 different countries. Supporting these international presenters will be 120 of our own local experts. This line up of speakers will ensure that all disciplines that fall under the umbrella of SASMA will be catered for.



Highlights of the scientific programme include:

- “Mr EIM” Bob Sallis talking on the global initiative launched by the ACSM to get people moving, and now coming to South Africa
- Arguably the father of sports medicine in Australia, Peter Brukner, reminiscing on lessons learnt during a life time spent in sport and medicine
- Renowned physiotherapist Ann Cools presenting a key note address on scapular dyskinesia, followed up by an advanced shoulder workshop
- Day long, multidisciplinary sport specific tracks brought to you by SA Rugby, Cricket SA and the PSL Medical Group
- 6 concurrently running tracks daily
- A panel discussion with leading experts on low carb eating and performance
- Sessions facilitated by the country’s top academic institutions covering topics of interest such as the care of paralympic athletes, barefoot running, the latest in concussion, the ABC of compression garments, the role of biokineticists and an integrated medicine and science seminar
- Join the new “Crossfire” session as leading orthopaedic surgeons thrash out current controversies in their field

- Learn about the value offered by digital media at the BJSM breakfast seminar
- Listen to Ross Tucker speak on “The challenge facing sports science in the new knowledge economy”
- Hear about the latest local research from dozens of young (and old!) researchers in the Free Communications sessions
- Learn from an international panel of experts in the final “pearls and pitfalls” session

For a full list of international speakers and the scientific programme, see [www.sasma.org.za](http://www.sasma.org.za)



### *EIM(SA) Pre-Conference Workshop*

The Exercise is Medicine initiative is rolling out in South Africa!

Exercise is Medicine® workshops for health care providers and fitness professional will be presented as pre-conference workshops before the biennial SASMA Conference.

Date: Thursday, 24 October 2013

Time: 08:00 – 12:30

Venue: Wild Coast Sun

Cost of workshop: Free of charge

Topics include risk stratification, pre-exercise evaluation and principles of exercise prescription, as well as a discussion on appropriate referrals for exercise prescription.

Attendance of the workshops will allow you to apply for **Exercise is Medicine® accreditation** as an exercise prescription expert healthcare provider. As an Exercise is Medicine® accredited service provider you will receive

regular literature updates on exercise for health, as well as access to all Exercise is Medicine® clinical material. Your details will be made available on a public database of exercise prescription providers. You will receive an Exercise is Medicine branded plaque and certificate to display at your practice, clinic or exercise centre.

**Don't miss this great opportunity to learn a new skill which will be beneficial to all your patients!**



### *Accommodation*

The Wild Coast Sun has been selected to host the congress as it is a world class conference facility which recently underwent an extensive revamp. The hotel has been refurbished and offers a host of amenities including a superb new water world theme park.



The warm Indian Ocean is within a stone's throw of the hotel, with only long sandy beaches separating the two. For more information on the venue, see the registration form ([www.sasma.org.za](http://www.sasma.org.za)) or log onto <http://www.suninternational.com/wild-coast-sun>. The venue lends itself to networking in a relaxed environment, a critical aspect of conferences.



An array of alternative accommodation options to suit all pockets is available across the Umtumvuna River at Port Edward. Just a 5 minute drive away, free shuttles will ferry delegates to and from the congress venue daily.

**Free airport transfers to the hotel from King Shaka International Airport are offered to the first 200 delegates.** Thereafter the cost of a return transfer is R400.



### *Expo*

The Expo is almost fully subscribed and will have close to 45 stands. The quality of those companies exhibiting is exceptional and will add real value to the congress.

### *Social Events*

The social highlight of the congress will be the Gala Dinner held in The Driftwood Terrace restaurant and a memorable night of entertainment is planned, including an appearance by Durban's most famous comedian, Aaron McIlroy. The dinner will follow beers and snacks watching the Currie Cup Final on a big screen.

Other entertainment is planned for throughout the conference, together with a number of celebrity speakers, including Brett Archibald who recounts his 28 hours of survival during a surfing trip gone wrong in the Mentawis.

Wake up on Saturday morning and enter the "I Play Fair" Beach Run sponsored by the South African Institute for Drug Free Sport. Moisture management shirts will be given to 100 runners. Showering and changing facilities are available at the finish to allow you to get ready for the day ahead.

### *Local Things To Do*

Situated on the unspoilt Wild Coast, the venue offers a variety of local attractions including several of the country's finest golf courses.

**Golf at 3 of SA's "Top 50" courses:**  
Wild Coast Sun: 039 305 9111 Southbroom: 039 316 6051 San Lameer: 039 313 5141  
Special Rates for SASMA delegates.



**Mountain Biking and Trail Running** in one of South Africa's most beautiful gorges: Contact Jan Abbot at Clearwater Trails 039 311 1130 or [info@clearwatertrails.co.za](mailto:info@clearwatertrails.co.za)

**Recommended Restaurants:**  
Casa Toscana (Trafalgar) 039 313 0058, La Trattoria (Southbroom) 039 316 6162, Flavours (Ramsgate) 039 314 4370

**Other Interesting things to do:**  
Beaver Creek Coffee Farm (Port Edward) 039

3112315, Banana Tours (Southbroom) 039 316 6204, Riverbend Crocodile Farm and Art Gallery (Southbroom) 039 316 6204, Oribi Gorge (Port Shepstone) 039 687 0253, Lake Eland Game Reserve (Port Shepstone) 039 6870395

**Day Spas:**

Camelot Spa (San la Meer) 039 313 0642, Sensasia (Southbroom) 039 316 8317

For more information on “things to do” in the region, visit:

[www.southernexplorer.co.za](http://www.southernexplorer.co.za)

[www.tourismsouthcoast.co.za](http://www.tourismsouthcoast.co.za)

***Grand Prize!***

Compliments of TransAct and SASMA, members attending the 2013 Congress have the opportunity **to win a trip to the 61st Annual Meeting of the ACSM in Florida, USA in 2014.**

The prize includes:

- 1 Return economy class airfare from Johannesburg to Orlando Florida
- 4 night's accommodation in a 4 star hotel
- Registration fees for the ACSM 2014 Annual Meeting

To be eligible you must:

- Be a paid up SASMA member for 2013
- Register for and attend the 2013 Biennial Congress
- Be present at the SASMA BGM during the congress when the draw will take place



***Facebook***

For ongoing regular updates on the Congress please “like” the SASMA Face Book page and follow the SASMA website ([www.sasma.org.za](http://www.sasma.org.za))



***In conclusion....***

The SASMA Congress 2013 organising committee look forward to welcoming you to the Wild Coast Sun. We are committed to hosting a memorable and relevant event and trust that you will all join us on 24 October.

GLEN HAGEMANN, SASMA PRESIDENT

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