



Team Injury Manager

This year we are recommending that each team appoint someone to act as the teams Injury Manager. Appointing someone who attends to injured players and then ensures that they are OK after the game is very important and often missing in amateur sport.

The Injury Manager's role is ideal for someone who is not able to help as much with coaching or managing the team. The only training or attribute they need is a cool head.

To assist these injury Managers MGS Physiotherapy are providing

A free Injury Management Seminar

Wednesday night 31st of March from 7:30pm

At The Collaroy Plateau Youth Club Hall

It will be about an hour and a half long and will cover the following

- Basic on field injury Management – What to do and what not to do.
- Early injury care for after the game – Ice or heat, rest or move.
- Taping techniques – Ankles, knees and anything else you ask for

There will be 7 or 8 Physio's at the seminar all eager to help you learn to tape and to answer any questions you may have. It will be informal and interesting. The seminar is open to all club players, parents and friends of the Strikers. Anyone who wants to learn a bit about on field care or taping should come. The content will be useful for anyone regardless of your past sporting experience.

Please let all your team and parents know and see if a couple from each team can come along.