

# Registration Details

- **Minimum age requirement of 16 years.**
- **Registration deadline is October 1, 2010.**

## Mail-In Registration

1. Choose either Package A or Package B.
2. Fill in the registration form, including your email address.
3. Mail your registration form, along with a cheque, (payable to the Town of Beaumont) to 5600 – 49 Street, Beaumont, AB, T4X1A1.

## In-Person Registration

1. Choose either Package A or Package B.
2. Fill in the registration form, including your email address.
3. Bring your registration form, along with payment (cash, cheque, or debit), to the Beaumont Town Office at 5600 – 49 Street.

## Online Registration

Visit [www.town.beaumont.ab.ca](http://www.town.beaumont.ab.ca) and have your Visa, MasterCard, or American Express ready.

**All registrants will receive a confirmation letter and receipt.**

**Additional registration forms can be picked up from the Town of Beaumont Office or the SMCA Office. They can also be printed at [www.town.beaumont.ab.ca](http://www.town.beaumont.ab.ca).**

**If there are any questions about the conference or the registration process, please contact Ilona Molnar at (780) 929-1373 or at [ilona.molnar@town.beaumont.ab.ca](mailto:ilona.molnar@town.beaumont.ab.ca)**

## Enjoy the conference!

The personal information requested on this form is being collected under the authority of the Municipal Government and Freedom of Information and Protection of Privacy Acts. The information collected will be used as required for program registration, program cancellation notification, accounting purposes and medical emergencies. Photographs will be used/published for advertising and promotional purposes. If you have any questions about the collection or use of your personal information, contact the Town of Beaumont's FOIP Coordinator at 780-929-8782.

# Presented By



2010 Sport Health Conference



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Presented By

Town of  
Beaumont

&

Sport Medicine  
Council of Alberta



# 2010 Sport Health Conference

## Athletic Injury Management

The Athletic Injury Management course is designed to provide persons involved in sport and recreation activities with an opportunity to increase theoretical and practical knowledge in the prevention and treatment of athletic injuries. Participants receive their Athletic Injury Management certificate after completion of the course, which is current for three years.

## Sport Nutrition Level 1

The Sport Nutrition Level 1 Course educates athletes, coaches, trainers, volunteers, and the general public at large about the fundamental concepts of nutrition, and how those concepts can be utilized to improve athletic performance. Upon completion of the course, participants are presented with a Sport Nutrition certificate that is current for three years.

## Sport Taping & Strapping

If you want to learn unique and practical taping techniques for most common sports injuries, then this is the session for you. Participants learn proper taping procedures, when to tape and when not to, taping versus bracing, as well as have the opportunity to practice different taping techniques.

## Sport Concussion

This presentation is intended to assist parents, athletes and coaches in the recognition and management of sport concussions. The session will cover how concussions occur, common signs/symptoms, how to react, when to return to activity and prevention.

## Caffeine & Sport—Revisiting the Evidence

The goal of this presentation is to help those involved in sports to become informed of the effects of caffeine in sport. Come and listen to the new and old evidence.

## Sport Psychology

The sporting experiences of athletes, coaches, teachers, and parents can be improved using principles from sport psychology. Ways in which sport participation can be used to teach important life skills will be presented.

# Schedule

## Dates:

Saturday, October 2, 2010 & Sunday, October 3, 2010

## Location:

École Secondaire Beaumont Composite High School  
5417-43 Avenue Beaumont, Alberta

## Package A—Athletic Injury Management Saturday, October 2, 2010

08:00—08:30 Registration  
08:30—10:00 Athletic Injury Management  
10:00—10:15 Nutrition Break  
10:15—12:00 Athletic Injury Management\*  
\*First half of certification course  
12:00—12:45 Lunch Break (lunch provided)  
12:45—13:15 Active Break with Jacquie Dorchester  
13:30—15:00 Caffeine & Sport Seminar  
15:00—16:30 Sport Concussion Seminar

## Sunday, October 3, 2010

08:30—10:00 Athletic Injury Management  
10:00—10:15 Nutrition Break  
10:15—12:00 Athletic injury Management \*  
\*Second half of certification course  
12:00—12:45 Lunch Break (lunch provided)  
12:45—13:30 Active Break with Marjorie O'Connor  
13:30—15:00 Sport Psychology Seminar  
**\*Must attend both days of Athletic Injury Management course to receive certificate.**

## Package B—Sport Nutrition Saturday, October 2, 2010

08:00—08:30 Registration  
08:30—10:00 Sport Nutrition Level 1  
10:00—10:15 Nutrition Break  
10:15—12:00 Sport Nutrition Level 1  
\*First half of certification course  
12:00—12:45 Lunch Break (lunch provided)  
12:45—13:15 Active Break with Jacquie Dorchester  
13:30—15:00 Caffeine & Sport Seminar  
15:00—16:30 Sport Concussion Seminar

## Sunday, October 3, 2010

08:30—10:00 Sport Nutrition Level 1  
\*Second half of certification course  
10:00—10:15 Nutrition Break  
10:15—12:00 Sport Taping & Strapping  
12:00—12:45 Lunch Break (lunch provided)  
12:45—13:30 Active Break with Marjorie O'Connor  
13:30—15:00 Sport Psychology Seminar  
**\*Must attend both days of Sport Nutrition course to receive certificate.**

# 2010 Sport Health Conference Registration

## Method of Payment:

- Cash (in-person)
- Cheque (in-person & mail-in)
- Debit (in-person)
- MasterCard (online)
- Visa (online)
- American Express (online)

**SEE REVERSE FOR REGISTRATION DETAILS**

## Registration Form

Register for:	Price:
<input type="radio"/> Package A—Athletic Injury Management	\$125
<input type="radio"/> Package B—Sport Nutrition	\$125

Name

Address

Phone

Email

How did you hear about this conference?

**Cheque payable to Town of Beaumont and mail to:**  
Town of Beaumont  
Re: 2009 Sport Health Conference  
5600—49 Street  
Beaumont, Alberta