

31st January 2017

Dear Parents and Caregivers,

Year 12 Sports Medicine Workshop 2017

As part of the HSC PDHPE course, Year 12 PDHPE students will have the opportunity to participate in a sports medicine workshop run by Sports Medicine Australia.


Date: Monday, 20 March (Week 9B)
Course Start Time: 8:30 AM
Course Finish Time: 3:05 PM
Location: The Staff Common Room (A-Block), Killara High School
Cost: \$60.50 – **to be paid by Wednesday, 15 March 2017**
Uniform: Full PDHPE uniform


Students are to meet at the Killara High School Staff Common Room at 8:30am. The cost of the course is \$60.50 per student, payable to the accounts office. **Please note that all accounts need to be settled 5 days before the excursion i.e. 15/03/2017.** The course will finish at 3:05pm. All students must wear their full PDHPE uniform.


This excursion corresponds with the HSC PDHPE Option 3: Sports Medicine. This option module is concerned with the specific issues of prevention, assessment, management of and recovery from sports injury. In this module, students examine how the extent and intensity of sports participation relates to the incidence of sports injuries. They explore the range of technical and scientific approaches for maintaining the wellbeing of athletes. Participation in a sports medicine workshop will provide students with a unique opportunity to consolidate content addressed in class.

The workshop will be run in two sessions. The first session is a Sports Medicine Awareness Course (SMAC) where the following content will be addressed: Classification of injuries; On-field assessment, STOP, RICER & TOTAPS; Injury prevention methods; Warm up and Cool Down; Hydration; Rehabilitation. The second session is an Introduction to Sports Taping Course where students will practice taping techniques for the Ankle, Thumb, Wrist and Finger.

If paying by Parent Online Payment (POP), which can be found on the school's website home page <http://www.killara-h.schools.nsw.edu.au/> and the make a payment tab, please pay under Excursions, with a payment description of Year 12 Sports Medicine Workshop 2017.


Mrs C. Shapiro
Classroom Teacher


Mr D. Smith
Head Teacher


Ms C. Marchesin
Deputy Principal

Killara  **HIGH SCHOOL**

PAYMENT FORM - Sports Medicine Workshop 2017

Date of Excursion/Incursion
20/03/17

Last Day for Payment
15/03/17

***** Payments can ONLY be accepted at the Accounts Office before school from 8.30am or at recess *****

NAME OF PARENT PAYING THIS FEE _____

Student's FAMILY Name: _____

Student's GIVEN Name: _____

Student's PREFERRED Name: _____

PLEASE PROCESS PAYMENT for the amount of \$60.50 by 15/03/15

CARD: **CASH:** **ONLINE PAYMENT:** **CHEQUE:** payable to *Killara High School*

Online Payment receipt number: _____ **Date:** _____

Mastercard Visa **Expiry Date:** ____/____

Cardholder's Name: (Please Print) _____ **Contact No:** _____

Signature: _____