

# THE STADIUM RUGBY UPDATE 2010

Everything parents, coaches and players need to know about optimal preparation for schoolboy rugby.

## SEMINAR TOPICS

### What's new in sports medicine for schoolboy rugby



#### Dr Sharon Flahive—Sports Physician

Dr Sharron Flahive is widely recognised as one of Sydney's leading Sports Physicians. She has practised medicine for over 21 years (15 years specialising in sports medicine) and is the sports physician at the NSW Waratahs.

### Common injuries and how to prevent them



#### Dr Tim Musgrove, Orthopaedic Surgeon

Dr Tim Musgrove specialises in arthroscopic and reconstructive surgery of the knee and ankle, and knee replacement surgery. Dr Musgrove is a member of The Australian Orthopaedic Association, Australian Medical Association and the Australian Knee Society, and is currently on the Executive Committee of the NSW Orthopaedic Association. Dr Musgrove consults at North Sydney, and WIN Stadium Wollongong.

### Strength training and schoolboy rugby players



#### Peter McDonald, Head Strength and Conditioning Coach - NSW Rugby

1996/98, Head Strength & Conditioning Coach St George Dragons. 1999/01, Head Strength & Conditioning Coach St George Illawarra. 2001/02, Head Strength & Conditioning Coach Australian Rugby Union. 2002/10, Head Strength & Conditioning Coach NSW Rugby.

### The right supplements and how to use them



#### Susie Burrell—Sports Dietitian

Susie [www.susieburrell.com.au](http://www.susieburrell.com.au) is a sports dietitian who has worked with elite athletes for 10 years. She currently consults to the Parramatta Eels and is the consultant dietitian to leading supplement supplier Body Science. She also writes "Susie's Updates" which are distributed to 6000 subscribers.

## SEMINAR DETAILS

**When:** Tuesday, September 14th  
Arrive 7pm for 7:30pm start, till 9pm.

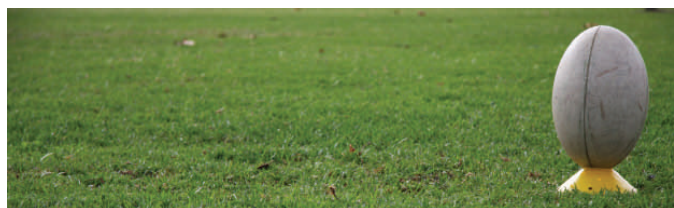
**Where:** The Stadium Orthopaedic & Sports Medicine Centre Moore Park Rd, Moore Park NSW.

**Parking:** Free parking is available in Gold Members car park at the SFS off Driver Avenue.

**Bookings:** E-Mail [susie@susieburrell.com.au](mailto:susie@susieburrell.com.au)

**As this is a free seminar, and numbers are limited, please book early to avoid disappointment.**

**MAKE YOUR BOOKING NOW**



**A must see for any schoolboy rugby player looking for a performance edge.**

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## FREE SEMINAR

