

# **ADVANCED SPORT MASSAGE COURSE**



**Date: September 24-25, 2011**

**Location: West Coast College Of Massage Therapy**

**CMTBC 14 credits**

## OVERALL PURPOSE OF COURSE

This course is ideal for Massage Therapists, Physiotherapists, Athletic Therapists and Sport Chiropractors who would like to improve their knowledge and skills of working with athletes in any environment. It will provide participants with Sport Massage theory and practical techniques that can be utilized at sporting events, with athletic teams, or in their own clinic setting. The knowledge and practical experience that participants will gain would be of great benefit for anyone working with athletes at any level.

## COURSE CONTENT

- Pre-event massage - theory and techniques
- Post-event massage - theory and techniques
- Inter-event massage - theory and techniques
- Event Coverage Protocol
- Anatomical and Physiological considerations
- Psychological Considerations
- Sport Specific Approaches
- Special Circumstances and Applications of Sport Massage techniques in a variety of situations
- Role of a Sport Massage Therapist
- Sport Massage in Canada

## OBJECTIVES OF THIS COURSE

The Participants will gain:

- An appreciation for the value of Sport Massage and its similarities or differences to classical massage
- A competency in several basic massage techniques: compressions, cross-fibre massage, jostling, effleurage and petrissage,
- A competency in the theory and techniques of pre-event, post-event and inter-event Sport Massage
- An effective protocol when covering an athletic event
- A quick and concise method of gathering useful information to make the Sport Massage session more efficient
- An understanding of the specific indications and contraindications for a variety of Sport Massage circumstances
- An understanding of the physiological and psychological effects of Sport Massage
- The ability to provide the athletes of the sports with an excellent quality of massage

## INSTRUCTORS

**Kim Mark-Goldsworthy**, BPhEd, RMT, SMT(C) Certified Sport Massage Therapist

Kim has 14 years experience as a Massage Therapist in the Sport Massage field. She has worked with a number of national and professional athletes. She is presently the RMT with the Victoria Salmon Kings (ECHL) hockey team and works with the men's National Rugby program. Kim was a member of the Canadian Medical Team at the 2007 Pan Am Games and 2008 World Junior Championships in Athletics. She has also been a member of the host medical teams for a variety of World Championships and Pan Am Games.

**Jennifer Pendray**, B.Sc., RMT, SMT (C) Certified Sport Massage Therapist

Jennifer has 13 years experience as a Massage Therapist and has worked with many local and elite athletes in various sports. Currently she is the lead massage therapist for the Canadian National Diving Team. She was a member of the Canadian Medical Team for the 2007 Pan-Am Games, the 2008 Olympic Games and has been the travelling therapist for the Diving Team at the 2009 World Aquatic Championships, 2008 World Cup Championships and multiple International diving events over the past 4 years.

**Kristy Wiltshire**, B.A. Kin, RMT, SMT (C) Certified Sports Massage Therapist

Kristy has approximately 5 years of experience as a Massage Therapist in the Sports Field. She has worked with many local grass roots, elite and professional athletes. She has also worked at the Vancouver 2010 Paralympic games as part of the host medical team and was member of the medical organizing committee for 2010 BC Summer Games. She is currently the Sport Massage Therapist for Trinity Western University Varsity teams. She has been selected for the Canadian medical team for 2011 World University Games (FISU) in China this summer.

## COURSE LOCATION, DATE and TIME

**Location:** West Coast College of Massage Therapy  
613 Columbia Street  
New Westminster, B.C. Canada

**Date & Time:** Saturday September 24th, 2011, 9:30am – 5:30pm  
Sunday September 25th, 2011 9:00 am - 5:00 pm

## FEES

<b>CSMTA members (Payment before August 25, 2011)</b>	<b>\$350</b>
<b>CSMTA member (Payment after August 25, 2011)</b>	<b>\$375</b>
<b>Non-member (Payment before August 25, 2011)</b>	<b>\$375</b>
<b>Non-member (Payment after August 25, 2011)</b>	<b>\$400</b>
<b>Students (Payment before August 25, 2011)</b>	<b>\$350</b>
<b>Students (Payment after August 25, 2011)</b>	<b>\$375</b>

**ADVANCED SPORT MASSAGE COURSE**  
**September 24-25, 2011**  
**REGISTRATION FORM**

Name \_\_\_\_\_ (Full name for official course certificates)

Address \_\_\_\_\_

CSTMA # or School Name if you're a Student \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Fax \_\_\_\_\_ e-mail \_\_\_\_\_

- Massage Therapist**                       **Physiotherapist**                       **Athletic Therapist**  
 **Other Allied Health Profession** \_\_\_\_\_

**PRE AND POST EVENT SPORT MASSAGE COURSE**

- |   |              |
|---|--------------|
| <input type="checkbox"/> <b>CSMTA member (before august 25, 2011)</b> | <b>\$350</b> |
| <input type="checkbox"/> <b>CSMTA member (after august 25, 2011)</b>  | <b>\$375</b> |
| <input type="checkbox"/> <b>Non-member (before August 25, 2011)</b>   | <b>\$375</b> |
| <input type="checkbox"/> <b>Non-member (after August 25, 2011)</b>    | <b>\$400</b> |
| <input type="checkbox"/> <b>Student (before August 25, 2011)</b>      | <b>\$350</b> |
| <input type="checkbox"/> <b>Student (after August 25 , 2011)</b>      | <b>\$375</b> |

Cost includes instruction manual and certificate. Massage table will be provided, as will snacks and beverages. You will be responsible for your lunch. Please bring/wear loose fitting clothing (track pants, shorts, sports bras, t-shirts), bring linens/towels, and oil/lotion.

**PAYMENT**

Payment in advance is required to reserve your space.

**\*\*Make cheque payable to: Sport Massage Association of BC\*\***

Mail registration form and cheque to: **Kristy Wiltshire**  
Unit 211 – 6820 188<sup>th</sup> st, SURREY, BC , V4N 3G6  
Phone: 778 558 7214  
Email: wiltshire.k@hotmail.com

**CANCELLATION AND REFUND POLICY**

- **No refunds will be provided after 1 week prior to course.**
- **Official receipt provided at the course.**
- **Class size will be limited to create a highly positive learning environment with ample opportunity for individual attention.**