Charles Sturt University wins bronze at sports safety awards

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Charles Sturt University’s School of Movement Studies has taken out third place at the 2009 NSW Sports Safety Awards.

NSW Sporting Injuries Committee Chair Rob Thomson congratulated the university along with other winners at the NSW Sporting Injuries Committee’s annual awards ceremony held at Sydney’s Olympic Park last Friday.

The university’s School of Movement Studies in conjunction with the Western Region Academy of Sport, took out a bronze award in the category of Outstanding Education and Promotion of Safe Sport Practices (club or region) for their strength and conditioning internship program.

“The program offers internship placement for final year university students in a strength and conditioning program that services pre-elite and internationally elite athletes across nine sports,” Mr Thomson said.

“The program is designed to assist young athletes to train safely to improve sports performance and reduce the risk of injury,” he said.

The faculty also received a $500 voucher to purchase sports equipment from the event’s sponsor, Peter Wynn’s Score.

Charles Sturt University was among 18 award winners across six categories that included major sporting organisations, regional clubs as well as schools and universities.

The 12th annual awards recognised achievement in sports medicine research, injury prevention and promotion of safe sport practices.

Mr Thomson said that the 2009 winners were acknowledged for a range of initiatives that included water sports safety, programs for children to play rugby league safely and research into the musculoskeletal health of apprentice jockeys.

“Safety in sport is a number one priority and it is pleasing to see that Charles Sturt University and the Western Region Academy of Sport have teamed up to develop such a worthwhile program,” Mr Thomson said.

The NSW Sporting Injuries Committee has been working closely with the sports community to improve safety, reduce injuries and increase participation for more than 30 years.

The NSW Sporting Injuries Committee is a non-profit statutory organisation that provides sports insurance and promotes injury prevention and safe sport practices.

More information on the 2009 awards including a list of winners is available from the website www.sportinginjuries.nsw.gov.au or call 02 4321 5392.

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