

Hi Team Trainers!!

Welcome to the world of being an ORHA trainer. First and foremost, my name is Russell Gunner and I have been the head trainer at MOHA (now ORHA) for the past 7 years. I am here to help you when it comes to injured kids and other trainer related issues. Every season I run two of these seminars to better familiarize yourself with concussions and other things that may arise while on the bench or ice. They are **MANDATORY** for all new trainers and optional for anybody who has done it before but highly recommend to get some updates. It never hurts to get more training in the very sensitive area of injuries and concussions. If the team trainer cannot make either of those dates, please make sure there is another representative from the team.

You may also be receiving some emails from clinics regarding baseline testing for your team. This is something we will discuss at the seminars also and how you may want to proceed.

New additions to the seminars this season:

- 1) **Hands-on scenarios:** we will get down and dirty to better familiarize yourself with some on-ice situations that may arise. Please come dressed accordingly as you may have to lie on the floor.
- 2) **NEW Bauer neuroshield collar:** I was invited to the official release of this new product and this is possibly something that may change the game in preventing concussions. We will discuss the pros and cons of this new medical device. I will talk to Bauer and if possible bring a few samples. Here is their website for a preview: <http://neuroshield.ca/>
- 3) **Warm-up for pre-game** - I will go over some ideas on how to run a pre-game warm-up
- 4) **Who needs a trainer Kit?** - I have been able to secure some trainers kits from Sidelines sports and will have some at the seminar for \$20. Please let me know if you need one so I have the appropriate stock. Please bring exact change (cash only). See attached picture.

MOHA Trainer and Concussion seminars:

Dates: Wednesday October 11th and Thursday October 26th (you only need to attend just one, NOT both)

Times: 7-9pm

Location: Oakville town hall (Main atrium - <http://goo.gl/maps/TzGSv>)

Please email me a confirmation of which night you will attend as we have a limit of 150 per night.

Cheers,

Russell Gunner, C.A.T.(C), R.Ac.

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