

**Introduction to High Performance SSSM**

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### What is SSSM?

- Sports Science/Sports Medicine
- Holistic Programs
- Specific to the individual, their needs and their sport
- Network of Providers – Australian and Overseas
- Aimed at preventing injuries, optimal preparation and better performance outcomes
- Long campaigns – competition is the final stage



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### What is SSSM?

- Off-horse training (pool, gym, fitness, core stability, flexibility)
- Nutrition/Hydration
- Sports Psychology
- Sports Medicine
- Manual Therapies (ie. Physio, massage)
- Recovery
- ASADA/WADA anti-doping policies
- **Individual, Specific, Holistic, Accessible in Daily Training Environment (training, travel and competition)**



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### Hydration/Nutrition

- Concentration Levels
- Decision Making, Reaction Times
- Timing
- Recovery, fatigue and stamina
- Body composition, weight control

Performance, concentration and reaction times can be impaired when you are dehydrated by as little as 2%

We complete daily hydration testing in camps and competition

Detailed individual planning with sports dietitians




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### Recovery

- Use of specific techniques to reduce fatigue
- Improved adaptation to training
- Injury Management
- Injury Prevention

Improved performance outcomes, especially with repeat effort performance (ie. Multiple days of competition)

- *Preparation for the next day!*
- *What do you do for your horse??*
- *Consistent, individual recovery plans*



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### Sports/Performance Psychology

- Coping with Nerves
- Performance Anxiety
- Motivation
- Time Management
- Homesickness
- Fluctuating results
- Personal Issues
- Detailed individualised planning and review with sports psychologists



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## Manual Therapies

- Physiotherapy, Osteopathy, Soft Tissue Therapy
- Used in both injury management and prevention
- Home exercises between sessions to maximise results – stretches, self massage, strengthening
- Biggest predictor of injury is past history

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## Physical Preparation: Off-horse training

- Aerobic fitness
- Strength/endurance training
- Core Stability
- Flexibility

Goals – injury prevention, efficient oxygen delivery from heart and lungs, reduced fatigue, power, mechanical efficiency of movement, body composition, improved adaptation to training

OVERALL – Improved performance

EQUESTRIAN AUSTRALIA POWERPOINT PRESENTATION



## Sports Medicine

Specialised doctors who work with sports injuries and sports people.

- Injury – often work in conjunction with sports physiotherapists
- Illness
- Awareness of performance and training demands
- Medication – ATHLETES are responsible for all substances found in their system. Specialist sports physicians have a better understanding of the ASADA anti-doping code

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## Anti-Doping/ASADA/WADA

Equestrian Australia's anti-doping policy is in conjunction with ASADA, FEI and WADA and is on the EA website <http://www.equestrian.org.au/?ID=32783>

Be aware the YOU are responsible for anything for checking all substances

Check your substances – ASADA website <https://checksubstances.asada.gov.au/>

AISS Supplements information <http://www.aisport.gov.au/ais/nutrition/supplements>

Therapeutic Use Exemptions for medications – Equestrian Australia applies on your behalf with your documentation

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## SSSM conclusions

Physical and mental preparation and recovery is vital in creating opportunities for optimal performance

2 athletes in combination – both in peak physical condition

Prevention/Rehab principles

Programs must be individualised and specific to your needs and the requirements of your sport.

Easy to add into Daily Training Environment

Long campaigns and long careers

1%ers

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