

Maine Sports Team Guidelines

The Maine Sports Massage Team is a group of licensed professional and student massage therapists who have received specialized training, which qualifies them to provide Sports Massage. The team is a committee of the Maine Chapter of AMTA. The team's goal is to use the opportunities gained through participation in community sporting events throughout the state of Maine and beyond, to inform and educate athletes and the general public by way of "hands on experience" to the benefits of massage and its ever evolving specialty of Sports Massage.

Qualifications for Membership...

Professional members apply for membership and pay annual dues of \$25.00. The first year the dues provide a team shirt. After that a member may request another shirt, otherwise the dues goes toward needed supplies for the team.

Student members must apply for membership; payment of dues is not required.

Non-AMTA members must present proof of liability insurance. **NON-AMTA MEMBERS DO NOT QUALIFY FOR A STIPEND.**

A minimum of 14 hours (6 hours class and 8 hours clinical) of Sports Massage training.

Participation in a minimum of 2 events per season.

Responsibilities...

As a member of the Maine Sports Massage Team, MSMT, it is our responsibility to maintain a professional demeanor at all times while representing the MSMT.

As a member of the MSMT we will adhere to our team's dress code of tan or khaki pants/shorts and a royal blue team polo shirt.

As a student member of the MSMT we will adhere to the team's dress code of tan or khaki pants/shorts and a white polo shirt with short sleeves.

Maintain our commitment to an event...maintain our professionalism by attending events that one has agreed to participate in. If unable to attend call the team leader of the event in advance. And make an attempt to find a replacement.

Have the ability to work individually and with other members of the team.

Provide your supplies for each event. (See event supply list)

Help to setup and break down of massage area.

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Attend scheduled team meetings.

Benefits to membership...

There are numerous rewards to participating on the Maine Sports Massage Team.

Affiliation with the MSMT: Only those members who have completed an application and are in good standing with the team may use their affiliation with the team for advertising purposes.

Experience and Education: Event massage offers an excellent opportunity to see other therapists at work. It's a good time to share information and observe different styles and techniques. Meet and network with therapists from different areas of the state.

Educating potential clients: Before and athlete gets on your table, ask if they have ever had a massage. You have a captive audience to educate the athlete to the benefits of sports massage. Some athletes your meet on your table will actually take your card and may call to schedule a post event massage.

Please remember that the Maine Sports Massage Team is a committee within the Maine Chapter of the AMTA, a non-profit organization. Professional AMTA team members will receive a \$40.00 stipend per event listed for the season that one participated in. Non-AMTA members DO NOT qualify for the stipend.

Best of all you get to meet therapists from all over the state, get to see therapists you may not have seen in awhile, volunteer for great events, meet athletes of all abilities from all over the world, and most important have a lot of fun.