THE ULTIMATE SHEARERS HANDBOOK
Improving Performance & Preventing Injury
David Stuart, Robyn Williams, Michael Lawrance and John Pryor
THE ULTIMATE SHEARER’S HANDBOOK
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David Stuart, Robyn Williams, Michael Lawrance and John Pryor

Photography
David Lynch, David Fletcher

Filming
David Lynch, Promotion Media

Print and DVD Production
Fasttrak Performance Pty Ltd

Illustrated by
AWC and Nick Schwarz

The authors would like to acknowledge the expert professional review and input by Stephan Milosavljevic a physiotherapist and researcher based at the University of Otago New Zealand and David Lynch an exercise scientist and educator who filmed with a sports scientist’s eye. We are especially grateful to Robin McKenzie for his permission to use material from his book “Treat Your Own Back” in the injury section.

The authors would like to thank Warren Payne and Steve Cowley from the University of Ballarat along with Mary Starr and Debra Schulz physiotherapists with extensive rural experience for their peer review. Particular thanks are owed to Stuart Grigg, Peter Taylor and Jim Murray for their feedback based on their extensive experience as shearers and shearing trainers. We would like to thank the University of Ballarat for the use of their shearing shed and the exercise models James Petrie, Naomi Lawrance, Pat Hernon and Dean Romeril for their patience and cheerfulness.

Stumpy the dog must be acknowledged for her careful management of team welfare.

The authors originally came together in 1993 through their involvement with the University of Ballarat investigation into the effect of shearing shed design on injury and performance. The focus of their work to improve the life of shearers and shearers’ ability to perform on the board has resulted in their continued collaborative work. This booklet follows the “Australian Rules of Shearing: An Exercise guide for shearers” produced in 1997.

www.ultimateshearers.com

Published by Michael Lawrance & Associates Pty Ltd and Fasttrak Performance Pty Ltd.

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ISBN 978-0-646-46839-6
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