

REST. ICE. COMPRESSION. ELEVATION.

THE KEY TO DEALING WITH A SPORTS INJURY



Carine Cats Ball Club Teeball Division is holding a special ice bag fundraiser to help raise funds for your club and we need your help. Here's how it works:

SATURDAY 4TH FEB

Managers to pick up ice packs for distribution to the team members to sell to their friends & families.

SATURDAY 11TH FEB

More ice packs can be collected from the equipment shed if necessary.

TUESDAY 21ST FEB

Managers can return all money and unsold ice packs at the Volunteer Appreciation Evening.

SATURDAY 25TH FEB

Last day for returning money and unsold ice packs to Ryan Schurman at the equipment shed..

SPORT

11-INCH

ICE BAG

HELPS relieve PAIN and swelling

Ease to use

Provides:

INSTANT COLD THERAPY

SPORT

ICE BAG

GREAT PRIZES UP FOR GRABS

FOR MANAGERS

If your team sells a minimum of 8 ice packs and YOU return all money & unsold ice packs by 21st February, YOU go into the draw for a **\$50 dinner voucher + 2 movie tickets**.

FOR PLAYERS

Every player who sells 3+ ice packs goes into a draw to win a team wind up party at **Timezone Whitfords!** If several players from a single team sell 3 or more, their team will have multiple entries into the draw - a better chance of winning!

Any player who sells over 7 ice packs not only goes into the TimeZone party draw, but they also go into a special draw to win a **Perth Heat pack** which includes a team-signed baseball, a Perth Heat cap and shirt.

TOP SELLER

The highest selling player will win a **Franklin multi-sport rebounder** (valued at \$195) donated by Fielder's Choice!!!



SPORT

11-INCH

ICE BAG

This ice bag is ideal for application of cold therapy in treating minor scrapes, bruises, muscle aches and sprains, and headaches. Cold therapy is recommended to help relieve pain, reduce swelling and speed recovery. Extra wide opening for easy filling.

R.I.C.E. Therapy Initial Care

R - Rest

I - Ice

C - Compression

E - Elevate

EASY TO USE:

1. **Fill** ice bag 2/3 full with cold water, ice cubes, or crushed ice.
2. **Twist** cap securely on bag.
3. **Apply** to area of need.

Caution: Use only plain water or ice on or in this product. The use of anything other than plain water or ice will damage the product. Do not crush ice in the bag or force fused cubes through mouth opening. Do not place heavy or sharp objects on top of bag. Do not expose bag to direct sunlight or heat.

SPORT

Reusable cold therapy



Description:

- Cold therapy is ideal for efficient transfer of coldness to a specific area.
- Helps speed healing. Reduces pain and swelling.
- 1 qt (946ml) capacity
- Leak-resistant
- Extra large opening for easy filling with whole ice cubes or crushed ice.
- Molds to fit body contours.



CE