

September 2016

To: All Clubs (President, Secretary, Club Captains & Junior Chairperson)
From: Keith Caldwell, Director of Surf Sports
Date: 12 September, 2016
Subject: SLSI Development Clinic & Development Program

This season Surf Life Saving Illawarra will again have available a Development Program to assist our surf sports athletes from U12 age group through to U19 age group. There is also a separate school holiday clinic. This program will be suitable for members interested in surf sports (surf & beach) – beginners through to the more experienced are more than welcome to apply.

The purpose of this program is to develop a surf sports program for participation by all 17 clubs in some capacity to improve surf sports skills, assist clubs in the new Coaching Framework Program (develop more coaches at grass roots level) and produce quality/depth of athletes capable of making representative teams).

The program will be led by 4 experienced surf life savers;
Scott Jones – Head Coach formerly at Queenscliff & Newport Surf Life Saving Clubs
Keith Caldwell - SLSI Director of Surf Sports & Level 2 Surf Sports Manager, managing New South Wales & Australian
Jake Hogarth – Club Coach assisting with training programs & Assistant Water Coach with the Illawarra Inter-Branch Team
Daniel Robberds – Beach Coach who has trained countless State & National Champions over many years.

Clubs will be required to assist with water safety and clubs will also have the opportunity to send their coaches along to participate in this program.

Program;

- **SLSI Clinic School holidays**
Thursday 6 & Friday 7 October Wollongong City SLSC 9am -12midday both days for surf & beach athletes.
Expression of Interest required by 30 September to surfsports@sillsillawarra.com.au
- **SLSI Development Program**
October/April leading into major championships
Water based starts Monday 10 October 4.30pm @ Wollongong City SLSC
& Wednesday 12 October Wednesday 4.30pm @ Bulli SLSC, continuing at these locations throughout the season. **Beach component** will commence Monday 17 October 4.30pm @ Wollongong City SLSC
* Please note beach will only be every second Monday at this stage

Expression of Interest for any part of this program required by 30 September
surfsports@sillsillawarra.com.au

The programs will involve land based stretching & running, video sessions on paddling technique, plus surf, board & ski skills sets. The beach component will be 1 session per fortnight involving stretching, running techniques, beach sprinting & beach flags starts.

Cost:

A participant levy will apply to help fund the program;

- **October Holiday Development Clinic cost \$30**
- **Season Development Program (water based) cost \$75**
- **Season Development Program (beach based) cost \$30**
- Once registered an invoice/payment document will be sent out to each athlete for payment to be made.

Expression of interest is now sought from athletes and clubs. If you are interested, please complete the attached registration form/s & return to our Director of Surf Sports Keith Caldwell at surfsports@sillawarra.com.au

Registration Form/s (holiday clinic attendance and/or development program attendance) – it is important that the following information is supplied. No participant will be able to commence the clinic or program unless forms are completed. All participants must be a proficient, financial, competition member of Surf Life Saving Illawarra for season 2016-2017. Members competing out of the area may apply and each application will be considered on its merits and there will be a greater financial commitment (TBC). Any further enquiries contact surfsports@sillawarra.com.au



Surf Sports Development Clinic (6/7 Oct) Registration and Medical Form

Name: _____ Age: _____
(Please Circle): Male/Female Surf Club: _____ Competition Age group (2016/2017): _____
Please circle only one option for the program: Surf or Beach
Phone: _____ Email: _____
Address:
If under 18, please put parent's details
Emergency contact: Name: _____ Phone: _____

• **Have you ever had or do you currently suffer from:**
High Blood Pressure, High cholesterol, Rheumatic Fever, Liver/Kidney condition, Diabetes or Epilepsy?
YES/NO
Please Specify:

• **Do you have any heart problems, any family history of heart disease or stroke?**
• **YES/NO**
Please Specify:

• **Have you had any breathing difficulties or asthma, major injuries, regular headaches, cold, flu?**
YES/NO
Please Specify:

• **Are you taking any medication?**
YES/NO
Please Specify:

• **Is there anything else that you may want us to know?**
YES/NO
Please Specify:

WAIVER: Although all care is taken during training sessions, the program organizers and assistants will not be held responsible for any injuries arising from the program. I hereby give my *CONSENT* for my son/daughter (named above), to participate in the SLSI Development Program. I also understand that surf conditions may force a change in venue for safety reasons. My son/daughter is a current financial member of their club. I have read and understood all the information on this form and have answered each question to the best of my knowledge.

PARTICIPANT/PARENT/GUARDIAN: _____ **Date:** _____

ENDORSEMENT BY CLUB OFFICIAL: _____ **Position:** _____ **Date:** _____

Please return expression of interest to:

Email: surfsports@sillawarra.com.au

Office: Surf Life Saving Illawarra, 64 Smith St Wollongong

Postal: PO Box 6 Wollongong East NSW 2520

Please note that an email will be forwarded to you on confirmation of your place in the program.

Please submit one form per participant

*Cost **\$30** per person for clinic*

(to be paid on confirmation of program)

For further details, please contact SLS Illawarra Director of Surf Sports Keith Caldwell
surfsports@sillawarra.com.au or 0414 258 295

**ALL PARTICIPANTS DOING WATER-BASED ACTIVITIES MUST BRING
THEIR OWN HI VIS RASH VEST AND BOARD.**



2016-2017 Surf Sports Development Program Registration and Medical Form

Name: _____ Age: _____
(Please Circle): Male/Female Surf Club: _____ Competition Age group (2016/2017): _____

Please circle only one option for the program: Surf or Beach

Phone: _____ Email: _____

Address: _____
If under 18, please put parent's details

Emergency contact: Name: _____ Phone: _____

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Postal: PO Box 6 Wollongong East NSW 2520

Please note that an email will be forwarded to you on confirmation of your place in the program.

Please submit one form per participant

*Cost **\$75** per person for water-based program*

(to be paid on confirmation of program)

For further details please contact SLS Illawarra Director of Surf Sports Keith Caldwell

surfsports@slsillawarra.com.au or 0414-258295

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