

Circular 3544

Released April 2018



2018 SLSNSW Beach Development Clinics

Audience: Branch Directors of Surf Sports, Club Presidents, Club Secretaries, Club Competition Officers, Team Managers, Coaches and Competitors

Actioned By: Athletes wishing to nominate for the 2018 SLSNSW Beach Development Clinics

Date: 30 April 2018

Contact: Chiara Nowland, Sports Officer
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Summary:	SLSNSW is calling for nominations from Athletes wishing to attend the 2018 SLSNSW Beach Development Clinics
Action:	Complete the online nomination form by 11pm Sunday 13 May 2018

Clinic Background:

Surf Life Saving NSW is calling for nominations from athletes wishing to further their development in the 2km beach run discipline by attending Development Clinics. To support the growth of this event in beach competition, SLSNSW is holding two specialised clinics; which will provide athletes with the opportunity to be coached by some of NSW best coaches, including 2017 SLSNSW and Australian Coach of the Year Jock Campbell.

The first clinic will start with a pre-screening and goal setting session, followed by practical drills and technique on the beach and track as well as in the gym; theory sessions, guest speakers and sessions on recovery. The second clinic will be a follow up, to assess athlete's levels of improvement and provide valuable feedback and direction on training based on results.

Key Target Group:

- Developing athletes (U14-open) new to competition
- Beginner to elite runners (U14-open) already competing

Clinic Dates and Venues:

Session	Date	Time	Location	Target
2km Clinic	2 June	9:00am – 4:00pm	Wanda SLSC	Coaches and Athletes
Follow-up Clinic	October TBA	9:00am – 4:00pm	Wanda SLSC	Coaches and Athletes

Selection Process and Notification:

All nominations must be endorsed with a letter from both your Club and Branch. All nominees must be current financial members and proficient with their relevant awards. Any nomination that fails to meet these requirements will not be accepted.

Successful nominations for the clinics will incur a non-refundable athlete levy of \$20 (inc. GST) to assist with the cost of guest speakers, event logistics and snacks throughout the day. Your club will be invoiced this cost for successful nominees after the close of nominations, and it is at their discretion to pass this cost on to individual athletes or not.

Nominations will be capped at 30 athletes for both clinics. Athletes who are successful in nominating will be given more information regarding the clinic within 1 week after the close of nominations.

For further information, please contact Chiara Nowland on (02) 9471 8000 or email cnowland@surflifesaving.com.au

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