



Surf Life Saving Sydney Inc.

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ISSUE DATE:	10/10/2012
CIRCULAR NO:	21/12-13
AUDIANCE:	SLSS Clubs, Surf Sports Coordinators, R&R Coaches/Officials/Interested Parties
SUBJECT	Surf Life Saving Sydney Coaches R&R Clinic

Surf Life Saving Sydney Board of Surf Sports (BOSS) will be holding its annual R & R Coaches Clinic to:

- Assist new coaches and their clubs to engage in Surf Life Saving's iconic event R & R.
- Workshop the new R & R Short Format Event (SFE) that is proposed to be run as a Demonstration Event at SLS Sydney Open Carnivals this season commencing at North Cronulla in late December.

All current R&R coaches and judges, experienced and novice, and especially those considering the above roles, are invited to attend. The session is designed as a knowledge sharing forum with a panel of expert R&R coaches ready to pass on their winning ways.

You should attend the R&R Clinic if you:

- Are a novice coach starting out in your first season or are looking to build on your experience so far.
- Wish to participate in the SFE Workshop to prepare your teams (and yourself if moonlighting as an official) for the new event format and judging/marking system.
- Want to build on your relationship network within the "R&R Family"
- Check up on the latest resources and equipment options available for R&R coaches.

Clinic Details:

- **WHEN:** Sunday 28th October 2012
- **TIME:** 1.00pm to 5.00pm
- **REPORT:** 12.40pm at Surf Club gear shed
- **VENUE:** North Cronulla SLSC



Clinic Format:

The format has been developed from the last season's clinic experience. There will be 2 parts: 3 hours on the beach followed by 1 hour forum presentation and discussion in the clubhouse.

On the beach:

- What the R&R event looks like: 2 person and 5 person experienced competition teams will stage a walk through demonstration of the event with coaching panel commentary. Q & A interaction encouraged. What are the judges looking for? How to develop a team's own look and style?
- Overviews of an R & R Training Session – Practical run through of different drills and exercises used by coaches in their training sessions. How to get from 15 points to 8 points in you first season?
- SFE Workshop to trial the event format and discuss and consider judging and card layout for scoring the new Demonstration event.

In the Clubhouse:

- Forum Presentation on Launching My First R & R Team – Getting Started with handout of Essential R & R Information Pack – “R & R Family” Contact Lists, Websites Directory, Training DVD, Competition Transfer Form to NCSLSC.
- What's Happening this Season? The R & R calendar explained. A new date and venue for the Bob Woodger Memorial R & R Carnival for Sydney Branch.

The Clinic is free, and attendees must be a financial member of a surf lifesaving club.

RSVP: Please advise your attendance, by completing the on line form no later than Wednesday, 24th October 2012. Link: <http://www.surflifesavingsydney.com.au/r-a-r-clinic>

Enquiries can be directed to Surf Life Saving Sydney ph 02 9010 0722 or Ben Dillon 0412882040.

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