



# **Surf Life Saving Sydney SKI CLINIC**

**Coached by Jim Walker** (with the assistance of other club coaches)

**Surf Life Saving Sydney encourages all Sydney Branch competitors to participate in a Ski Clinic.**

The Ski Clinic is limited **only** to athletes who will be eligible to compete in the following age groups for the 2014/15 season:

1. Under 17 male & female
2. Under 19 male and female
3. Open male & female
4. Masters male & female

This clinic is the second of a series of clinics and mini carnivals that will be held leading into, and at the commencement of, the 2014/15 season. (Further dates and locations to be advised.)

<b>Day</b>	<b>Date</b>	<b>Activities</b>	<b>Time</b>	<b>Details</b>
Sat	Ski Clinic 2 30 August 2014	Skill development and paddling technique..  Participants will be divided into groups in accordance to their experience, skill, fitness and ability. However all participants must be capable of basic paddling skills.  Basic Race technique will form part of this clinic.	On the water @ 7.15am. (approx. 90 minutes)	Meet in the carpark on General Homes Drive – Kyeemagh adjacent to the entrance to the Cooks River.  Bring all your gear. (No skis or paddles will be provided)

**Enquiries can be directed to the Branch Office Ph. 90190722**

**Or**

**Wayne Druery: 0490 081 273**

**All participants must supply & wear a hi-vis fluoro pink lycra vest**

**NO PINK VEST - NO START**

**Clinic participants must be financial, hold an SRC or Bronze Medallion and be proficient members of a surf club.**

All participants must register online using the "Carnival Manager System". This is accessed via

<http://sportsnwbranches.slsa.com.au>

Limited late Registrations will be taken on the day between 6.30am and 7am