



SURF LIFE SAVING SYDNEY

## CIRCULAR

Issue Date	Number
<b>Monday, 25 February 2019</b>	<b>22/18-19</b>

<b>To</b>	Clubs, Presidents, Secretaries, Chief Training Officers, Surf Sports & Nipper Directors
<b>From</b>	Director of Surf Sports, Coaching Coordinator
<b>CC</b>	BOM, SSC, LSEC, JDC
<b>Subject</b>	2019 Sydney Branch Pool Rescue & Swim Development Clinics

Sydney Branch will be holding four specialised clinics which will provide new and existing athletes, coaches and officials the opportunity to learn and further develop their skills in Pool Rescue Competition and to be coached by some of the best coaches and officials in Sydney Branch and NSW.

Each clinic will provide:

- An introduction to International Life Saving - Pool Rescue competition events
- Information on Dry Land / Strength and Conditioning, followed by practical drills and technique and testing your limits in the pool

**Target:** All new and existing U12 to Masters competitors in Sydney Branch

**Purpose:**

- To develop the skills relating to Pool Rescue competition for new and existing Coaches, Competitors and Officials
- To support and encourage the growth of these disciplines for Life Saving and competition

**Facilitators:** George Benhayon; Graham Bruce; Max Gonzalez

**Expression of Interest:** for competitors, coaches and officials interested in developing and updating their skills in Pool Rescue competition.

*Officials with a knowledge of Pool Rescue events are encouraged to attend the clinics to pass on their knowledge to new officials.*

**Clinic Dates, Times, Venues:** Des Renford Aquatic Centre Heffron Park

**Clinic dates** Sun 28<sup>th</sup> April, Sun 12<sup>th</sup> May, Sun 9<sup>th</sup> June, Sun 16<sup>th</sup> June  
*Clinic Times on all 4 dates are 12noon to 3.30pm*

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**Cost:** This Clinic is free for all coaches, athletes and officials. Other family members will have to pay pool entry fee ONLY.

**Equipment:** Athletes will be required to supply their own goggles and fins. Clubs will be requested to bring along their own rubber bricks, rescue tubes and manikins where available.

A limited supply of manikins and rubber bricks will be made available for clubs who do not have access to this equipment.

**Nominations to attend the clinics are to be lodged with Surf Life Saving Sydney by Sun 31<sup>st</sup> March 2019 via online link: <https://www.surveymonkey.com/r/7TWFC7K>**

**N.B. All nominees must be current financial members of Surf Life Saving Australia (SLSA).**

For further information please contact George Benhayon direct on 0412 130 189.

**George Benhayon**

**[surfswimsquad@outlook.com](mailto:surfswimsquad@outlook.com)**

**Sydney Branch Coaching Coordinator**

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