

Circular 3351

Released May

SURF LIFE SAVING
NEW SOUTH WALES



Nominations for the 2014 SLNSW Pool Rescue Clinic & Pool Rescue High Performance Program

Attention: Club Presidents, Club Secretaries, Club Competition Officers, Branch Officers, Coaches & Competitors.

Actioned by: Under 12's – Masters male and female athletes wishing to nominate for the 2014 Pool Rescue Clinic and Pool Rescue High Performance Program.

Date: May 2014

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Summary	To seek nominations for the 2014 SLNSW Pool Rescue Clinic and Pool Rescue High Performance Program.
Objective	To develop athletes and coaches in pool rescue competition
Action Plan Ref No.	5.2.1 Provide opportunities and pathways for athletes at all levels 5.2.2 Provide opportunities and pathways for coaches at all levels
Action	Complete your nomination through Survey Monkey by following this link https://www.surveymonkey.com/s/SYDPoolRescueClinic Nominations Close: <ul style="list-style-type: none">- High Performance on the 16th of June 2014 at 5pm- Grass Roots and Intermediate on the 23rd of June 2014 at 5pm.

Background:

To support the growth of pool rescue competition, Surf Life Saving New South Wales (SLNSW) will be conducting a *Pool Rescue Clinic* to further develop the skills and technique of NSW athletes and developing coaches. The Clinic will also include a *High Performance Program* for elite athletes aged from U/15's to Opens on the Sunday.

Jeff Mowbray the NSW Interstate Coach will be facilitating the clinic on both days. The bulk of the clinic will be conducted by Andrew Bowden and Tim Schofield who spearhead the NSW Pool Rescue team at Interstate to some great results. Andrew and Tim have both been selected in the 2014 Australian Lifesaving Team so the chance to be coached and mentored in the pool by these two athletes is a great opportunity.

Surf Life Saving New South Wales

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Fundraising Authority No. CFN11033 ABN: 93 827 748 379
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SLSNSW is also calling for interested accredited coaches to gain and develop further coaching skills by attending either day.

Aim and Program Details:

The programs will be held at St Ignatius College (Riverview), Lane Cove, Sydney on **Saturday 28th (Clinic)** and **Sunday 29th (High Performance Program) June 2014** and aims at improving athlete’s fundamental skills in order for them to achieve their personal best in pool rescue competition. The clinic will be split into 3 different squads according to experience as follows:

Category	Approximate Age	Session Time (approximate)
Grass Roots (40 Athletes) (little to no Pool Rescue experience)	12’s to 14’s	9am – 11.30am
Intermediate (40 Athletes) (Moderate level of training in pool rescue)	15’s to Masters	12pm-3pm
High Performance (40 Athletes) (Trains in pool rescue on a very regular basis. Made previous representative teams)	15’s to Opens	9am-3pm (includes video analysis)

Please note - The above categories and session times are a guide and may change depending on nominations received. Those who nominate for the High Performance Program will be subject to the selectors.

Athletes for the Pool Rescue Clinic on Saturday 28th of June will be charged a levy of \$25 to cover pool hire, coaching and light refreshments, which will be payable prior to the clinic.

Athletes who are selected in the High Performance session on the 29th of June will NOT need to pay a levy due to funding from the *Australian Sports Commission (ASC)*.

How to Apply and Payment Details:

To nominate for the 2014 Pool Rescue Clinic interested athletes are ask to complete the nomination via survey monkey by visiting this link: <https://www.surveymonkey.com/s/SYDPoolRescueClinic>
Nominations close on the 16th of June (5pm) for the High Performance group and on the 23rd of June (5pm) for the Grass roots and Intermediate groups.

Selection Process and Notification of Successful Athletes:

Although SLSNSW would like to accept all nominations, the clinic will be limited to 40 participants per session – Grass Root, Intermediate and High Performance.

The Grass Roots and Intermediate sessions will be selected on a first in best dressed basis, whilst the High Performance Program on Sunday 29th June, will be selected by the SLSNSW Selection Panel based on athletes recent results. Athletes who are unsuccessful for the High Performance Program are free to participate in the other categories should available positions still remain.

Successful athletes will be notified of their selection and will be provided further information one week prior to the clinic.

Candidates for the Pool Rescue Clinic will also be required to pay the \$25 levy by Wednesday 18th June by one of the following options:

Cheque - Please send your cheque to SLSNSW, PO Box 307 Belrose, NSW, 2085. Please make cheques/money orders payable to ‘Surf Life Saving New South Wales’.

Direct Deposit- You can pay by direct deposit to Surf Life Saving New South Wales
BSB: 062208 Account number: 10032252 Reference: 754 *NAME*

Credit Card -

Name on card: _____

Card Type: _____

Card Number: ____ / ____ / ____ / ____

Expiry Date ____ / ____

Signature _____

Further Information

For further information, please contact Mitchell Trim at SLSNSW on (02) 9471 8035 or email mtrim@surflifesaving.com.au

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