



# CIRCULAR 1248

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## SLSCC Lifesaving Events 'Come & Try' Workshops

**Audience:** Presidents, Secretaries, Directors of Surf Sports, Interested members & Host Clubs

**Actioned By:** David Unger - Director of Surf Sports

**Date:** 3<sup>rd</sup> October 2014




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<b>Summary</b>	To provide all clubs an opportunity to learn about Lifesaving events via a Come & Try day and increase participation at these events.
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With the 2014-15 season fast approaching, Surf Life Saving Central Coast have identified a need to provide clubs with an opportunity to learn more about Traditional Lifesaving Events for Surf Sports competition.

The "Come & Try" day will involve a series of informative and hands on workshops on each of the various disciplines/events which aims to educate members and encourage more participation in these traditional events.

### Workshop Details – Sunday 9<sup>th</sup> November 2014

-  **Champion Lifesaver: 9.30am – 11.30am**
-  **Patrol Competition: 12.00pm – 2.00pm**
-  **First Aid Competition: 2.30pm – 4.30pm**

Please see the following flyer (below) which outlines in further detail, the objectives of this "Come & Try" day.

Please **RSVP** your attendance to Mel Ives [office@slscc.com.au](mailto:office@slscc.com.au) by **Wednesday 5<sup>th</sup> November 2014**

Kind Regards,

David Unger  
Director of Surf Sports



# SURF LIFE SAVING CENTRAL COAST PRESENTS, THE 2014

## LIFESAVING COMPETITION *'COME & TRY' DAY*

**Sunday 9<sup>th</sup> November 2014 - 8.45am for a 9am sharp start @ Umina SLSC**

For anyone who has ever been interested in competing in Lifesaving Competition events, **THIS IS YOUR DAY!**

**Lifesaving Competition is for any and all active Lifesavers and the benefits to your members and your club will be more skills, more experience and more enthusiasm for patrolling duties!**

We invite any Competitor, Coach, Official and Assessor to come and find out what Lifesaving Competition is all about. This is the place to get those members who may not fit the normal image of Board/Ski/Swim/Sand/Boat/IRB competitors to be involved and be retained in your clubs. The age groups vary in each event but cover from U/15's to Masters.

At our Workshop/In-service day, each of the 3 events (Champion Lifesaver, Patrol Competition and First Aid Competition) will be explained, defined and discussed in 3 separate and active sessions supporting potential Competitors, Coaches, Officials and Assessors.

All the requirements for each discipline will be clearly identified and any questions or issues clarified so you can know everything you need to fully participate in these competitions straight away.

**Champion Lifesaver will be held from 9.30am to 11.30am, Patrol Competition from 12 noon to 2 pm and First Aid Competition will be from 2.30pm to 4.30pm.**

On the Central Coast we have a very strong tradition and involvement in these events and we have some of the best competitors (hence Coaches) in Australia present. A panel of experienced Lifesaving Competition participants will be on hand at the 'Come and Try Day' to answer any questions and support Lifesavers and Clubs new to this type of Lifesaving Competition. This is your chance to be part of these fun and worthwhile events held at Branch, State and Australian level!

**Everyone becomes a better Lifesaver by involvement in these events!**

**Come and try!!!**