



# Welcome to the 2017/18 season

## Surf Sport Academy

### Welcome: From Head Coach- Troy Beaumont

#### 1. Training

There are 2 different groups –14+ including masters and u9s to u13s

Participants may be moved from one group to another as their ability improves or as conditions dictate.

Sessions	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
14yrs to opens Including Masters	4pm	4pm Gym	4pm	4pm Gym	8am	8am
U9 –u13	4pm	-	4pm	-	8-9am	-

Note: Saturday morning session will be followed by a light breakfast in the Clubhouse.

*The Coach on the day reserves the right to refuse any participant joining training if they feel conditions, numbers, or ability will compromise safety of the individual or the group.*

*If we do not have enough Coaches, **Water Safety** and other parent helpers, numbers of participants may be limited, and/ or training sessions may need to be reduced for the season.*

#### Training Requirements:

To ensure that the children get as much out of the training as possible **your children should:**

<b>Before starting</b>	Demonstrate their competence in the water by doing the Surf Training Skills Evaluation. This evaluation also covers children wishing to compete in Carnivals (See Section 3).
<b>training for the season</b>	Complete an Athlete Profile Sheet (see Attachment). Attend a Nipper board induction session. <i>Inductions will be conducted at the beginning of the training season, and at further training sessions as required.</i>
<b>Be prepared for each session</b>	Wear high visibility caps and vests e.g. from the Sydney Water Series or as provided by TSLSC at the time of registration.
	Wear a decent wetsuit, and bring warm clothes for afterwards, until the water warms up. Don't forget to bring a drink bottle and towel.
	Meet at the front gear shed roller door at least 10 minutes before start time, so that we are all ready to start on time. <i>It is not safe to start late and chase after a group, &amp; it is not fair to expect Water Safety to stay behind waiting for stragglers.</i>
	Have their names marked on to the attendance sheet.
<b>During session</b>	Follow the directions of the Coach & Water Safety Officers for the duration of the training session. Otherwise they may be told to leave the session.
<b>At end of the session</b>	Have their names marked off the attendance sheet.
	Board care – see <i>TSLSC Junior Board Policy</i> .

**And at least one parent should:**

<b>Before starting training for the season</b>	Make sure your child has Complete a <i>Training Profile</i> prior commencing surf/ board training in any group, and return it to the Head Coach (see Attachment).
	<p>If you wish to have a board allocated to your child for the season:</p> <ul style="list-style-type: none"> <li>• Complete a <i>Club Board Allocation Application form</i> and submit to the Head Coach Junior Gear Steward</li> <li>• Attend a Nipper board induction session</li> </ul> <p><i>For further information &amp; forms, see TSLSC Junior Board Policy.</i></p>
<b>Before, during &amp; at the end of the training session</b>	Come ready to help - To continue to provide training opportunities for Thirroul Nippers we need the assistance of Nipper parents.
	Understand that if surf &/ or weather conditions are poor, then training may be cancelled on the day, moved to another beach or participant numbers may be limited.
	Be in the water providing one-on-one assistance when your child is beginning to paddle.
	<p>Once your child reaches a level of competence you are expected to stay and help out for the duration of the training session, unless discussed with and agreed by the Head Coach. You can help:</p> <ul style="list-style-type: none"> <li>• on the beach (e.g. setting up and washing down training equipment, marking off names on the attendance sheet, looking after other children of other helpers) <u>or</u></li> <li>• in the water, <b>ideally as qualified Water Safety Officer</b>, i.e. with Bronze Medallions or Surf Rescue Certificates</li> </ul>
Abide by conditions in <i>TSLSC Junior Board Policy</i> .	

**2. Surf Training Skills Evaluation**

The Surf Training Evaluation must be achieved before eligible to train. This is a minimum standard water proficiency requirement. All under 8’s wishing to paddle in the intermediate level, are required to participate in both steps of evaluation (conducted by the club) prior to any junior water activity training.

**Step 1.**

AGE	SWIM	SURVIVAL FLOAT
U8	25m swim any stroke	1 minute
U9-U10	25m swim any stroke	1.5 minutes
U11	50m swim Freestyle	2 minutes
U12	100m swim Freestyle	2 minutes
U13	150m swim Freestyle	2 minutes
U14	200m swim Freestyle (5 minutes)	3 minutes

**Step 2.**

SLSA requires that this evaluation is achieved before being eligible to compete (U9-U14 only). Thirroul SLSC also requires that this is achieved before commencing surf training each season.

AGE	SWIM
U9 -U10	Minimum 150m open water swim (competition course as per competition manual)
U/11-U14	Minimum 288m open water swim (competition course as per competition manual)

## Attachment: Athlete Training Profile form

### To Be Complete By Athlete:

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Age Group: \_\_\_\_\_ Training Level: \_\_\_\_\_

Why I want to do Surf training: \_\_\_\_\_

My Hobbies: \_\_\_\_\_

My Sporting Heroes are: \_\_\_\_\_

### To Be Complete By Parent/Guardian:

Name: \_\_\_\_\_ Goal for Child: \_\_\_\_\_

Parent Contact: \_\_\_\_\_ Alternate Contact: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Injury/Illness History: \_\_\_\_\_ Current Injury: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Photo's/images please (circle one)

**Yes:** I agree to my child's photo/image being put on the clubs facebook/web page and use on social media.

**No:** I would not like my child's photo/image being put on the clubs facebook/web page and use on social media.

### I can offer Assistance:

Water Safety: Surf Bronze: Yes/No

Water Safety: From Beach: Yes/No

Officiating: Yes/No

Able to assist looking after siblings on Beach: Yes/No

Able to assist with any other duties as required: Yes/No