

## LEVEL 1 SURF COACHING COURSE

**Attention:** Club Presidents, Club Secretaries, Club Competition Officers, Team Managers, Coaches and Competitors.

**Actioned By:** All current financial members interested in obtaining their Level One Surf Coach Accreditation.

**Date:** 3 July 2009

**Contact:** Denise Lees, Administration Officer  
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<b>Summary</b>	Outline the procedure for members to apply to gain their Level 1 Surf Coach Accreditation
<b>Objective</b>	Provide opportunities and pathways for coaches at all levels
<b>Action Plan Ref No.</b>	5.2 Provide opportunities for all participants 5.2.2 Provide opportunities and pathways for coaches at all levels
<b>Action</b>	Complete the application form and return it to SLSNSW one week prior to the date outlined.

Level One Surf Coach Courses will be conducted within NSW at the following dates and venues:

Date	Course	Venue
1 <sup>st</sup> & 2 <sup>nd</sup> August	<b>Mid North Coast Branch</b> Level 1 Surf Coach Course	Tacking Point SLSC
7 <sup>th</sup> & 8 <sup>th</sup> August	<b>Illawarra Branch</b> Level 1 Surf Coach Course	Wollongong City SLSC
21 <sup>st</sup> & 22 <sup>nd</sup> August	<b>North Coast Branch</b> Level 1 Surf Coach Course	Woolgoolga SLSC
4 <sup>th</sup> & 5 <sup>th</sup> September	<b>Sydney Branch</b> Level 1 Surf Coach Course	Cronulla SLSC
12 <sup>th</sup> & 13 <sup>th</sup> September	<b>Sydney Northern Beaches Branch</b> Level 1 Surf Coach Course	Freshwater SLSC
25 <sup>th</sup> & 26 <sup>th</sup> September	<b>Hunter Branch</b> Level 1 Surf Coach Course	Hunter Branch Office
26 <sup>th</sup> & 27 <sup>th</sup> September	<b>South Coast Branch</b> Level 1 Surf Coach Course	Mollymook SLSC



## HOW TO ENROL

Enrolment for the Course is by application only.

The enrolment fee is \$140 (inc GST) for the Level 1 Coach Course and includes:

- A satchel including coaching material and Surf Life Saving Coaching Manual
- SLSA Coaching DVD
- Registration with Surf Life Saving Australia
- General Principles Certification
- Course Delivery
- Morning/Afternoon Tea and Lunch for the duration of the course

Members wishing to enrol in the Level One Surf Coach Course must be:

- a current financial member of a club affiliated with Surf Life Saving NSW
- a minimum of 16 years of age

Enrolments with accompanying fees are due at Surf Life Saving NSW **no later than one week prior to the course date.**

## OVERVIEW OF THE COACHING COURSE

The Level One Course is introductory, providing the knowledge and skills to coach at club level.

The course covers lectures and practical workshops in the following units:

- Introduction to SLSA Coaching
- Athlete Development
- Planning Training
- Sports Science
- Delivering and Reviewing
- Practical Sessions

**Participants must attend the full course to receive accreditation.**

## TIMETABLE

Candidates will need to complete a minimum of ten (10) hours of practical coaching post course in order to complete and gain accreditation.

**LEVEL 1 SURF COACH ACCREDITATION ENROLMENT FORM**

First Name		Surname	
Address			
Suburb		Post code	
Club		Phone (h)	
Phone (w)		Mobile	
Email			
Course Venue			

**DISCIPLINE – please circle**

Beach	Board	Boat Sweep	Boat Rower
Iron Person	IRB Driver	March Past	R & R
Ski	Swim		

**CLUB ENDORSEMENT**

Print Name:	Position in Club:
Signature:	

**PAYMENT**

Please deduct \$140.00 (inc GST) from my	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa
Card Number	Expiry Date	
Name on Card		
Signature		
I enclose a cheque/money order for \$                      to cover the cost of the course		

Return to:                      SURF LIFE SAVING NSW, PO BOX 430, NARRABEEN 2101  
FAX 9984 7199 **no later than the one week prior to the course**