

SURFBOAT SWEEP SCHOOL

CAVES BEACH, NSW, 11 SEPTEMBER, 2010

Time: Saturday Registration 8.30am – 5pm

Cost: \$10 per attendee (includes lunch and morning tea)

(Payable to Hunter Branch Surf Life Saving). To confirm your position in the SWEEP SCHOOL, registration and Payment must be made by 3rd September, 2010.

Hunter Branch is organising a Surfboat Sweep School to be held at Caves Beach SLSC, 11 September, 2010. It will be presented by Kim Marsh with the assistance of experienced well known sweeps. The aim is to share knowledge, to teach novices, assist developing sweeps and enhance the skills of more capable sweeps. Crews are encouraged to participate in this course to understand the role of the sweep.

The format of the Sweep School will be presentations on relevant topics with informal panel discussion and questions. There will be an emphasis on demonstrations. A practical session may be held in the afternoon depending on conditions.

Participants must be financial members of a surf lifesaving club. Please sign and return the attached registration form and indemnity form.

Experienced sweeps are encouraged to come and help the new ones and to swap ideas. An aim of the day will be to develop an ongoing mentoring system in our area for developing sweeps.

The following is an indication of the Sweep School contents:-

- SWEEPING TECHNIQUES - FUNDAMENTALS
- SWEEPING TECHNIQUES – SKILLS
- SURFBOAT SAFETY
- SURF CONDITIONS
- SURFBOAT RACING FOR SWEEPS
- BASIC SURFBOAT COACHING

To enrol please return the attached registration form with payment by 3/9/10

Email: surfsports@hsls.org.au
Post: PO Box 44, Carrington NSW 2294
Phone: 02 4961 4533
Fax: 02 4961 4436

Please come prepared with:

- Clothing suitable for entry into the water and for use in surfboat.
- Writing equipment and note pad

For further enquiries please email: surfboatdirections@bigpond.com
or phone Kim Marsh 0418 248 894.

Contact for Caves Beach SLSC is Brett Main.

Contact details are tina.main@bigpond.com or phone 0423021907.

SURFBOAT SWEEP SCHOOL REGISTRATION FORM

Caves Beach, NSW, 11 September, 2010

NAME _____

ADDRESS _____

_____ Postcode _____

DATE OF BIRTH _____

PHONE _____ FAX _____

EMAIL _____

I am a financial member of _____ S.L.S.C.

Please circle your level of sweeping ability on a scale of 1 to 8.

- 1 Never swept**
- 2 Novice difficulty balancing**
- 3 Novice can balance & steer on flat water**
- 4 Have caught a limited number of waves**
- 5 Not consistent on waves**
- 6 Reasonably capable on a wave**
- 7 Consistently capable on a wave**
- 8 Very capable & experienced**

INDEMNITY

I hereby indemnify the organisers, Hunter Branch, Caves Beach S.L.S.C, and Surf Life Saving New South Wales, all participants and instructors at the Surfboat Sweep School to be held 11th September, 2010 against any claims for loss or injury which may occur as a result of my participation at the Surfboat Sweep School.

Signed _____ Print Name _____