



Surf Life Saving Sydney Inc.

Established October 1907
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ISSUE DATE:	30/09/2011
CIRCULAR NO:	26/11-12
AUDIANCE:	SLS Clubs, Surf Sports Coordinators, R&R Coaches/Officials/Interested Parties
SUBJECT	Surf Life Saving Sydney Coaches R&R Clinic

Surf Life Saving Sydney Board of Surf Sports (BOSS) will be holding an R&R Clinic to assist new coaches and their clubs to engage in Surf Life Saving's iconic flag event – R&R.

All current R&R coaches and judges, experienced and novice, and especially those considering the above roles, are invited to attend. The session is designed as a knowledge sharing forum with a panel of expert R&R coaches ready to pass on their winning ways and secret arts.

You should attend the R&R Clinic if you:

- Are a novice coach starting out in your first season or are looking to build on your experience so far.
- Want to build on your relationship network within the "R&R Family"
- Check up on the latest resources and equipment options available for R&R coaches.

Clinic Details:

- **WHEN:** Sunday 16th October 2011
- **TIME:** 1.00pm to 5.00pm
- **REPORT:** 12.40pm at Surf Club gear shed
- **VENUE:** North Cronulla SLSC



Clinic Format:

The format has been developed from the last season's inaugural clinic experience. There will be 2 parts: 3 hours on the beach followed by 1 hour forum presentation and discussion in the clubhouse.

On the beach:

- What the R&R event looks like: 2 person and 5 person experienced competition teams will stage a walk through demonstration of the event with coaching panel commentary. Q & A interaction encouraged. What are the judges looking for? How to develop a team's own look and style?
- Overviews of an R & R Training Session – Practical run through of different drills and exercises used by coaches in their training sessions. How to get from 15 points to 8 points in you first season?

In the Clubhouse:

- Forum Presentation on Launching My First R & R Team – Getting Started with handout of Essential R & R Information Pack – “R & R Family” Contact Lists, Websites Directory, Training DVD, Competition Transfer Form to NCSLSC.
- What's Happening this Season? The R & R calendar explained. A new R & R Carnival for Sydney Branch.

The Clinic is free, and attendees must be a financial member of a surf lifesaving club.

RSVP: Please advise your attendance, by completing the attached form. All completed forms to be returned no later than Wednesday, 12 October 2011 to the Surf Life Saving Sydney Office by either mail to PO Box 6006, Malabar, NSW 2036 or by fax to 02 9019 0720 or email admin@surflifesavingsydney.com.au

Enquiries can be directed to Surf Life Saving Sydney ph 02 9010 0722 or Ben Dillon 0412882040.

Ben Dillon
R & R Advisor – Sydney

Mike Vitnell
Board of Surf Sports – Sydney Director



SLS SYDNEY R & R CLINIC for Coaches 11-12

North Cronulla SLSC
Sunday 16th October 2011
1pm – 5pm

Applicant

Name: _____

Address: _____

Suburb/Town Postcode: _____

Telephone () _____ (Hm) _____ Mobile

Preferred number (Hm) (Mb) **Date of Birth:** ____/____/____

Male **Female**

Email: _____

Surf Club: _____ **SLSC**

APPLICANTS EMERGENCY CONTACT DETAILS

Nominate a person we should contact in the case of an emergency:

Name: _____

Relationship to applicant: _____

Address: _____

Telephone (Hm) _____ (M) _____

Please return to Sydney Branch office no later than Wednesday 12th October, 2011.

Fax: 90190720

Email: admin@surflifesavingsydney.com.au

Post: Surf Life Saving Sydney, PO Box 6006, Malabar, 2036