

Surf Life Saving Illawarra

Circular 08009



To: Club Presidents, Secretaries & Surf Sports Co-ordinators
From: Amanda Scott
Date: 18 September 2008
Subject: Nominations for SLSI Integral Energy Development Squad & Integral Energy Senior Squad for season 2008/2009

For the 2008/2009 season SLSI will be implementing Development (U11 to U15) and Senior Squads (U15 to Masters) to provide a professional coaching service for all surf sports athletes of the Illawarra.

The program objectives are:

- To develop each athletes level of skill & fitness
- To improve the results of Illawarra clubs and athletes at branch, inter-branch, state and national events.
- Communicate to the athletes & coaches about structured training programs.
- Establish and build relationships and bonds between lifesavers of the Illawarra.

To participate in either of the program's each candidate must:-

- **Must be a financial & proficient member of an Illawarra Surf Life Saving Club**
- **Under 11's-U14's must be carnival proficient for Development Squad**
- **Under 14's must have Surf Rescue Certificate (SRC) for Senior Squad (invited sessions only)**
- **15's and over must have their Bronze Medallion.**

An Information night has been scheduled at Surf House on Monday 13th of October 2008 commencing at 7pm for all interested coaches, parents and athletes.



2008/2009 SLSI INTEGRAL ENERGY DEVELOPMENT SQUAD ***(Surf & Beach component)***

SLSI will be implementing the Integral Energy Development Squad to assist our junior surf sports members (U11's through to U15's) in their competition skills. This squad is open to junior members (U11's through to U15's) of all SLSI clubs that participate in surf sports carnivals (either beach events & surf events). The branch is also inviting club coaches to attend and take back to the respective clubs improved training methods/skills.

The squad will be under the guidance of SLSI Branch Coach Mike McKeon, SLSI Branch Manager Keith Caldwell with sessions organised by Level 1 Surf Sports Coaches Drew Cairncross, Downie Langthorne & Cara Langendam.

The training session (ONE SESSION PER WEEK) will involve presentations on nutrition, fitness and training, goal settings and of course 'hands on' training with land & surf sessions. At this stage the training session will be on a Monday afternoon (further details will be forthcoming at information night on 13 October @ Surf House 7pm)

A number of athletes from the above mentioned ages will be selected by SLSI Branch Management, Coaches and Selectors of the Development program. Last year's SLSI Branch Team representatives from U12's, U13's & U14's will form the basis of the squad. The squad will consist of between 50-60 athletes. It will be at the discretion of SLSI Branch Coach and SLSI Branch Manager to add to the squad during the season any athlete who displays appropriate ability, commitment and enthusiasm. It will also be at the discretion of the Branch Coach and Branch Manager in consultation with the head coaches to remove any athlete during the season that are not applying themselves to the squad.

Please note: An athlete's involvement or non involvement in this squad does not guarantee/affect selection in the 2008/2009 SLSI Inter Branch Team to contest the SLSNSW Inter-Branch Championships at Catherine Hill Bay.

Expressions of Interest should be returned on the registration form provided to SLSI NO LATER than Monday 13 October 2008.

Cost: \$70 upon selection (TBC- squad clothing supplied) To be paid at the first training session.

Proposed Time Frame:

- Squad announced October 2008
- Training commences October 2008
- Training completed February 2009

If you require any further information, please contact Keith Caldwell, SLSI Branch Team Manager on 0414-258295 or email; mkcaldwell@bigpond.com



2008/2009 SLSI INTEGRAL ENERGY SENIOR SQUAD ***(Surf & Beach Component)***

SLSI will be implementing the Integral Energy Senior Squad for the 2008/2009 season. It is recognised that the current Inter-Branch format in general, is weighted towards selecting those athletes with multi skilled talents. In highlighting this anomaly, SLSI has factored into the Senior Squad training program an allowance for talent identification within individual disciplines. ***PLEASE NOTE: Beach component for Senior Squad included depending on interest shown***

The Integral Energy Senior Squad is open to all senior members (U15's to Masters) who participate in surf sports carnivals. U14's with their Surf Rescue Certificate may be invited to join the Senior Squad at various stages throughout the season. The Branch is also inviting club coaches to attend and take back to the respective clubs improved training sessions/methods/skills.

Once expressions of interest have been received and prior to the commencement of Senior Squad training, the head coaches will assess the capabilities of each and every person and determine whether they meet and have the necessary skills to complete proposed training programs etc.

The Integral Energy Senior Squad will be under the guidance of Level 1 Surf Sports Coaches Drew Cairncross, Downie Langthorne & Cara Langendam.

The training sessions (TWICE PER WEEK) will involve presentations on nutrition, fitness and training, goal settings and of course 'hands on' training with land & surf sessions. It will also show the pathway to be able to compete at major surf events (Pool, State & Australian Championships) and making respective representative teams. At this stage training days will be Monday & Thursday (further information supplied at information night on 13 October @ Surf House 7pm)

Expressions of Interest should be returned on the registration form provided to SLSI NO LATER than Monday 13 October 2008.

Fees: \$100 upon selection (TBC- squad clothing supplied)

- Fees must be paid at the 1st training session.
- Open/Masters athletes are exempt from any fees

Proposed Time Frame:

- Squad announced October 2008
- Training commences October 2008
- Training completed March 2009
- If you require any further information, please contact Keith Caldwell, SLSI Branch Team Manager on 0414-258295 or email; mkcaldwell@bigpond.com



APPLICATION FORM

DEVELOPMENT SQUAD SENIOR SQUAD
WATER BEACH

Name: _____ Club: _____

Address: _____

Phone (h) _____ (w) _____ Mobile _____

Email address: _____ DOB _____

Please indicate preferred method of contact Postal Yes / No Email Yes / No

Current Award _____ Proficiency Date _____

(Note application forms will not be accepted without a current proficiency date)

Results 2007/08

Branch _____

State: _____

Australian: _____

Other significant results: _____

Are there any special medical/health needs that squad management needs to know?

Yes No

If yes, please specify _____

Medicare number: _____

Emergency Contact Name: _____ Phone Number _____

Signed: _____

(To be signed by parent/guardian if nominee is under 18)

Name: _____ Date: _____

Club endorsement

Name: _____

Position: _____

Office Use Only

Date Paid	
Receipt Number	

