

Surf Life Saving Illawarra

Circular 08022



To: SLSI Development Squad
SLSI Senior Squad
SLSI Interbranch Team

From: Keith Caldwell
SLSI Development/Senior Squads & Branch Team Manager

Date: 28 November 2008

Subject: Sports Presentation @ Surf House 8 December 2008

A Surf Sports presentation will take place on Monday, 8 December 2008 at 5.30pm at Surf House Smith Street WOLLONGONG for the following:

Please note an application for the position of SLSI Director of Surf Sports received from Brad Hynard has been endorsed.

We welcome Brad aboard and hope he enjoys his time with SLSI.

1. SLSI 2008/2009 Development Squad
2. SLSI 2008/2009 Senior Squad
3. SLSI 2008/2009 Interbranch Team

Discussions and presentations will take place highlighting the following:

- Nutrition
- Psychology
- Strength & Conditioning
- Recovery

It is advised that all members of the above squads should make themselves available for this important session.

Parents of the above athletes are more than welcome to attend this session.

It should go for approx. 1 hr as there is a SLSI Surf Sports Meeting at 7.15pm.

PLEASE NOTE: AN INTERBRANCH TEAM MEETING WILL TAKE PLACE DIRECTLY AFTER THIS SESSION AT 6.30PM (TEAM CLOTHING WILL BE HANDED OUT)

