

# Surf Life Saving Illawarra

## Circular 09006



**To:** Coaches; Surf Sports  
co-ordinators  
**From:** Brad Hynard, Director of  
Surf Sports  
**Date:** 21<sup>st</sup>September 2009  
**Subject:** Pools Rescue Clinics

---

The Illawarra Branch will be holding Pool Rescue clinics for any athlete wishing to compete at the NSW Pool Rescue Championships to be held at Woy Woy on the 24<sup>th</sup> October.

A number of clinics are proposed, the first being held on Saturday 26<sup>th</sup> September 2009.

**Age Categories:** under 13's to Masters

**Date:** Saturday 26<sup>th</sup> September 2009

**Time:** 9-11am

**Where:** University of Wollongong Aquatic Centre

**What to bring:** Swimwear and fins, all other training equipment will be provided.

**Cost:** \$3.00 per athlete

