

**SURF LIFE SAVING WESTERN AUSTRALIA INC.**

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# CIRCULAR

**No. 22 – 2008/2009**

## SURF SKI DEVELOPMENT TRAINING SESSIONS

Audience:	Club Administrators, Club Competition Officers, Coaches, Junior Development Officers
Date:	11 <sup>th</sup> August 2008
Distributed by email to:	Club Administrators, Club Competition Officers, Coaches
Distributed by mail to:	Nil
Contact:	Marissa Welch, Surf Sports Development Officer Ph: 08 9243 9444 (SLSWA Office Hours Monday to Friday, 8.30am to 5pm) Email: <a href="mailto:mwelch@mybeach.com.au">mwelch@mybeach.com.au</a>

**Summary:**

This document provides information on the following:

- Details regarding surf ski training sessions for developing paddlers and coaches.

**Action:**

- Athletes and coaches may attend development ski training sessions if interested.

These surf ski training sessions are aimed at developing paddlers in the U17, U19 age groups and beginner Open paddlers. The sessions are open to all members and clubs, in particular to those clubs without ski coaches.

The aim of these sessions is to provide developing ski paddlers with the skills and knowledge to become elite ski paddlers. Coaches are also invited to attend these sessions for practical development. Athletes and Coaches may attend as many sessions as desired.

Athletes and Coaches are asked to provide a gold coin donation at each session.

These training sessions will be conducted by elite Level 3 Coach Rick Duncan and Australian Gold medalist and Level 2 Coach Dean Beament.

**SURF SKI TRAINING SESSIONS:**

When: Saturday mornings

Where: Hillarys Marina (northern boat ramp)

Time: On the water by 8:00am

Athletes to turn up Remember to bring your own ski and paddle and any other gear required.

**COACH PROFILES:****Rick Duncan**

Rick Duncan first joined the Surf Life Saving movement as a nipper in 1972. He competed in Ski, Board, Ironman and R&R. In 1998 Rick began using his competition experience as a coach, initially in R&R before moving to skis. In 2003 he was appointed head coach and ski captain at Trigg Island SLSC. In 2006 Rick completed his Level 3 Coaching Accreditation, becoming the only Level 3 Ski Coach in WA. Rick's particular interest is in the development of beginner and novice paddlers and has developed a thorough and disciplined training program with outstanding results at both state and national level. Rick has also developed close links between his surf club paddlers and the WA Institute of Sport Kayak Facility and continues to achieve successful results.

## **Dean Beament**

Dean Beament has recently retired from competing in surf ski paddling; however this does not conclude his involvement in Surf Life Saving. Dean has 27 years of experience in Surf Paddling, Kayaking and Ocean Ski Racing. Dean has had a lot of success whilst being a competitor including 4 x Australian Surf Ski Champion and he is also a member of the Surf Life Saving WA Hall of Fame. Dean gained his Level 2 Surf Coaching accreditation in 1998 and is currently becoming involved in coaching athletes from all WA Clubs as well as travelling to the country clubs to provide skills sessions.

### CLARIFICATION OF U17 SKI PADDLER RULES

Members under the age of 15 years are not permitted to compete in formalised training and competition on Surf Skis. This does not preclude members under the age of 15 years participating in less formal skill based sessions with the added consideration that all members under the age of 15 years on Surf Skis are supported by a suitably qualified member / coach.

#### **Clarifications:**

- In the U/17 Ironman and Ironwoman events a Surf Ski leg will not be conducted.
- 15 year old competitors are not allowed to compete in older age or open Ironman or Ironwoman events.

For more information on these sessions please contact Rick Duncan on 0413 310 716.

Please direct any other queries relating to this circular to Marissa Welch, Surf Sports Development Officer at Surf Life Saving Western Australia during office hours on (08) 9243 9444 or email [mwelch@mybeach.com.au](mailto:mwelch@mybeach.com.au)

**PAUL ANDREW  
CHIEF EXECUTIVE OFFICER**