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CIRCULAR**No. 28 – 2008/2009****2008/09 SLSWA TYR HIGH PERFORMANCE &
DEVELOPMENT PROGRAMS**

Audience:	Club Presidents, Club Administrators, Club Surf Sport Officers, Coaches, Junior Development Officers
Date:	17 th September 2008
Distributed by email to:	Club Presidents, SLSWA Board of Directors, Club Administrators, Club Surf Sports 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: mwelch@mybeach.com.au

Summary:

This document provides information on the following:

- Details of the 2008/09 SLSWA TYR High Performance & Development Program including Selection Criteria and Session Dates.

Action:

A review of the 2007/08 High Performance Program has resulted in a revised structure for season 2008/09.

All changes put in place are to benefit our elite and developing Athletes in Western Australia. The Program has been refined to reflect the needs of both the Athlete and the Coach and the importance of the Program to Surf Sports in WA is highlighted by the financial support it is receiving. TYR is sponsoring the Program again which assists in continuing to improve the internal and external image and profile of our High Performance Athletes.

Athletes have received notification of their selection for the 2008/09 SLSWA TYR High Performance & Development Squad. The selected Athletes were asked to return their signed Code of Conduct to accept their place on the Squad by Monday 8th September 2008.

Please find attached documents outlining the Program details for each Tier.

Please direct any 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

PAUL ANDREW
CHIEF EXECUTIVE OFFICER

Attached:

- 2008/09 SLSWA TYR High Performance Program
- 2008/09 SLSWA TYR High Performance Development Program



2008/09 SLSWA TYR High Performance Program

High Performance Program Personnel:

High Performance Coordinator – Marissa Welch
Performance Consultant – Haydn Masters
State Development Coaches – Peter Duncan, Denise Duncan, Mark Finucane, Brett Slocombe



High Performance Squad – Tier 2

The High Performance Squad (Tier 2) will be selected on the following criteria:

- National Open Finalists
- National U23 Medallists
- National U19 Medallists
- National U17 Medallists



Those Athletes selected for the 2008/09 High Performance Squad (Tier 2) will have access to the following:

1) Development Sessions

Please refer to Code of Conduct; the expectation on you as a HPP Athlete is to assist as a role model at one of these sessions. Please feel free to attend any other sessions for your own development.

Educating Athletes / Coaches

“Understanding of what strategies work and how to apply them through practical methods”

Session 1: _____ Practical training followed by recovery strategies (nutritional).

Sunday 12th October 2008

9:00am – 12:00pm

Scarboro SLSC

Guest Speakers: Sophy Porter and Haydn Masters

- Development Coaches will take a 2 hour practical session for each discipline with assistance from the High Performance Athletes.
- Nutritional activity will consist of Sophy and Haydn laying food out on a table and Athletes to identify what nutrition is required for recovery.
- Sophy to discuss with the Athletes 3 main areas of post-training nutrition:
 - 1) Immediate post-training nutrition
 - 2) Post-training meal
 - 3) Pre-competition meal

Session 2: Practical training followed by recovery strategies (re-hydration).

Saturday 8th November 2008

9:00am – 12:00pm

Trigg Island SLSC

Guest Speaker: Haydn Masters

- Development Coaches will take a 2 hour practical session for each discipline with assistance from the High Performance Athletes.
- Re-hydration activity will consist of Athletes providing urine samples before and after training and measuring Athletes' fluid intake and fluid loss during and after training.
- Haydn to discuss with Athletes:
 - 1) Athletes who were de-hydrated before training commenced
 - 2) Amount of water lost from the body during training
 - 3) Amount of fluid consumed by Athletes during training
 - 4) Effective hydration methods – group activity – electrolytes vs. non-electrolytes

Session 3: Practical training followed by recovery strategies (post-training recovery strategies).

Saturday 29th November 2008

9:00am – 1:00pm

City of Perth SLSC

Guest Speaker: Haydn Masters

(Athletes should now be turning up to each session with their immediate post-training nutrition and water bottles for re-hydration).

- Development Coaches will take a 2 hour practical session for each discipline with assistance from the High Performance Athletes.
- Haydn will review the recovery strategies covered in previous sessions.
- Haydn to discuss with Athletes:
 - 1) Physiological Strategies: post-training stretches, ice baths etc.
 - 2) Psychological Strategies: meditation exercise.

2) Strength and Conditioning Analysis

Strength and Conditioning analysis will be conducted on each Athlete's program.

Athletes throughout the season can receive continuous feedback on their progress.

3) High Performance Recovery Tent (HPRT)

This season at selected carnivals a HPRT will be available for Athletes. The tent will host a range of recovery options. It will assist Athletes to determine the most effective recovery methods to suit their competition needs.

Examples of recovery methods will include:

- Ice Baths
- Carbo Shots / Electrolyte Shots
- Re-hydration Methods
- Massage

In addition we will be seeking to have the HPRT available at the Australian Championships for these Athletes.

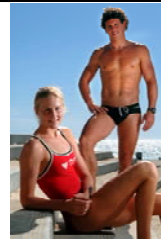
4) Uniform

Athletes will be provided with a polo-shirt, bathers, rash-vest, hat and water bottle.

High Performance Squad – Tier 3

The High Performance Squad (Tier 3) will be selected on the following criteria:

- National Open Medallist
- National High Performance Athletes
- Kellogg's Nutri-Grain Series Athletes
- Australian Team Athletes



Those Athletes selected for the 2008/09 High Performance Squad (Tier 3) will have access to all the benefits that Tier 2 receives as well as the following:

1) Scholarship Funding

Athletes will have the opportunity to apply for funding for sport related expenses to a maximum of \$500.00. Athletes must claim expenses no later than 31st March 2009.

2) Uniform

Athletes will be provided with a jacket, polo-shirt, bathers, rash-vest, hat and water bottle.

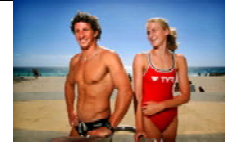




2008/09 SLSWA High Performance Development Program

High Performance Program Personnel:

High Performance Coordinator – Marissa Welch
Performance Consultant – Haydn Masters
State Development Coaches – Peter Duncan, Denise Duncan, Mark Finucane, Brett Slocombe



Development Squad – Tier 1

The Development Squad (Tier 1) will be selected on the following criteria:

- National U23 Finalists
- National U19 Finalists
- National U17 Finalists
- National U15 Medallists
- National U15 Finalists
- National U23 Semi-Finalists
- National U19 Semi-Finalists
- State U14 Individual Gold Medallists



Those Athletes selected for the 2008/09 Development Squad (Tier 1) will have access to the following:

1) Development Sessions

Educating Athletes / Coaches

“Understanding of what strategies work and how to apply them through practical methods”



Session 1: Practical training followed by recovery strategies (nutritional).

Sunday 12th October 2008

9:00am – 12:00pm

Scarboro SLSC

Guest Speakers: Sophy Porter and Haydn Masters

- Development Coaches will take a 2 hour practical session for each discipline with assistance from the High Performance Athletes.
- Nutritional activity will consist of Sophy and Haydn laying food out on a table and Athletes to identify what nutrition is required for recovery.
- Sophy to discuss with the Athletes 3 main areas of post-training nutrition:
 - 1) Immediate post-training nutrition
 - 2) Post-training meal
 - 3) Pre-competition meal

Session 2: Practical training followed by recovery strategies (re-hydration).

Saturday 8th November 2008

9:00am – 12:00pm

Trigg Island SLSC

Guest Speaker: Haydn Masters

- Development Coaches will take a 2 hour practical session for each discipline with assistance from the High Performance Athletes.
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Session 3: Practical training followed by recovery strategies (post-training recovery strategies).

Saturday 29th November 2008

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- Haydn will review the recovery strategies covered in previous sessions.
- Haydn to discuss with Athletes:
 - 1) Physiological Strategies: post-training stretches, ice baths etc.
 - 2) Psychological Strategies: meditation exercise.

2) Development Day

Saturday 13th December 2008

9:00am – 1:00pm

Scarboro SLSC



As a result of the feedback received from Athletes the Development Day in 2008/09 will include practical sessions interspersed with theory.

The agenda for the day will include presenters from the Western Australian Institute of Sport (WAIS), other sporting organisations and high profile Athletes.

3) Uniform

Athletes will be provided with a hat and water bottle.

