

SURF LIFE SAVING WESTERN AUSTRALIA INC.

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CIRCULAR

No. 40 – 2008/2009

2008 WA SURF BOAT SWEEP SCHOOL & ROWING CLINIC

Audience:	Club Competition Officers, Club Coaching Coordinators, Boat Captains, Surf Boat Sweeps
Date:	3 rd November 2008
Distributed by email to:	Club Administrators, Club Competition Officers, Coaches, Boat Captains
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: <ul style="list-style-type: none">A Surf Boat Sweep School for novice, intermediate and experienced Surf Boat Sweeps & Rowers to be held in conjunction with the Cottesloe Sunset Sprints on the 6th & 7th December 2008.	Action: <ul style="list-style-type: none">Registration is now open for attendance at the 2008 WA Surf Boat Sweep School & Rowing Clinic.Clubs are encouraged to recruit new & existing sweeps to attend the Surf Boat Sweep School.
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Surf Life Saving Western Australia is conducting a Surf Boat Sweep School and Rowing Clinic for new and accredited Surf Boat Sweeps.

The aim of Surf Boat Sweep School is to increase the number of Sweeps in WA and to improve the standard of currently accredited Sweeps. The school is open to all members who wish to participate and is free of cost.

There will also be a Rowing Clinic open to all Surf Boat Rowers & Sweeps who wish to participate and is also free of cost.

The Surf Boat Sweep School & Rowing Clinic will be conducted by elite Surf Boat Sweep, Kim Marsh. Kim is one of Australia's most successful competitors and coaches.

2008 WA SURF BOAT SWEEP SCHOOL

Date: Saturday 6th December 2008
Time: Saturday 9:00am start (Cottesloe Sunset Sprints starting at 5:00pm)
Venue: Cottesloe Beach
Cost: Free for all SLSWA members.
Closing Date: Wednesday 3rd December 2008

2008 WA SURF BOAT ROWERS CLINIC

Date: Sunday 7th December 2008
Time: Sunday 9:00am start
Venue: Cottesloe Beach
Cost: Free for all SLSWA members.
Closing Date: Wednesday 3rd December 2008

To register for the school and clinic please complete the attached Registration Form and return to SLSWA before the closing date.

A program and timetable for the weekend is also attached.

If Sweeps wish to only attend one day of the school then Saturday will be more relevant for novice sweeps and Sunday's topics will be more relevant for experienced Sweeps.

All completed Registration Forms are to be forwarded to:
Attention: Marissa Welch, Surf Sports Development Officer
Surf Life Saving Western Australia
PO Box 382
North Beach, WA 6920
Fax (08) 9243 9499
Email: mwelch@mybeach.com.au

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

**PAUL ANDREW
CHIEF EXECUTIVE OFFICER**

Attached:

- 2008 WA Surf Boat Sweep School Registration Form
- 2008 WA Surf Boat Sweep School Program
- The Surfboat Book Flyer



2008 WA SURF BOAT SWEEP SCHOOL & ROWING CLINIC

SURF HOUSE
2 Samuel Way
North Beach WA 6020
PO Box 382
North Beach WA 6920
Telephone +618 9243 9444
Facsimile +618 9243 9499
Email mail@mybeach.com.au
Web www.mybeach.com.au
ABN 38 926 034 500

Day 1: Saturday 6th December 2008 Venue: Cottesloe
Day 2: Sunday 7th December 2008 Venue: Cottesloe

Each day will start at 9:00am
(Please tick which day(s) you will be attending)

First Name _____ Last Name _____
Club _____
Date of Birth _____ Male Female
Postal Address _____
Postcode _____
Phone (home) _____ Phone (work) _____
Phone (mobile) _____ Fax _____
Email _____

Previous Coaching Experience (briefly explain):

Applicant's Signature: _____ Date: _____
Club Officer Signature: _____ Date: _____

Please complete and return to SLSWA, attention Marissa Welch, PO Box 382, North Beach WA 6920

Applications need to be returned no later than Wednesday 3rd December 2008



SURFBOAT SWEEP SCHOOL PROGRAM
Cottesloe, WA

DAY ONE: Saturday, 6th December, 2008

- 08.30 Registration
09.00 INTRODUCTION
09.05 **SWEEPING FUNDAMENTALS:** Balance / Steering
09.45 **SWEEPING SKILLS:** Starts, Through the Break, Buoy Turns, Running Swells,
Wave Catching, Coming onto Beach
10.30 Morning Tea
10.45 **SWEEPING SKILLS** Cont'd
11.45 **SURFBOAT SAFETY**
12.15 **SURF CONDITIONS**
12.45 Lunch
13.45 **BRIEFING FOR PRACTICAL SESSION & SWEEPING REVIEW**
14.00 **PRACTICAL SESSION ON WATER**
16.00 **INFORMAL DEBRIEF OF PRACTICAL SESSION**
16.15 FINISH

17.00 SUNSET SPRINTS (short course carnival)

19.30 Presentations and Volunteer Christmas Party
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DAY TWO: Sunday, 7 December, 2008

- 08.30 Registration
09.00 **HOW TO DEVELOP SWEEPS:** Discussion
09.30 **SURFBOAT RACING – SWEEPS' & ROWERS' PERSPECTIVE:**
Preparation, Strategy, Race Stages
10.30 **COMPETITION RULES**
10.45 Morning Tea
11.00 **ROWING SKILLS:** Starts, Through the Break, Buoy Turns, Out of the Cans,
Running Swells, Wave Catching, Rowing in Windy Conditions, Rowing in Rough
Conditions
12.00 **SURF SKILLS TRAINING – SWEEPS & ROWERS**
12.30 Lunch
13.15 **OPTIONAL ITEMS as selected by the majority of attendees:**
POSITIONS IN A SURFBOAT (15 mins)
TEACHING NOVICES TO ROW (20 mins)
ROWING TECHNIQUE (60 mins)
TROUBLE SHOOTING - ROWING PROBLEMS (40 mins)
SURFBOAT ROWING CONCEPTS (20 mins)
DEVELOPING A TRAINING PROGRAM (40 mins)
COACHING / TRAINING ROWERS (1 – 3 hours)
14.15 **OPTIONAL PRACTICAL TRAINING SESSION ON WATER**
(or continuation of optional presentations)
16.00 FINISH
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THE SURFBOAT BOOK – COMPLETE COACHING MANUAL

has been written, as a complete guide to surfboats, by one of Australia's most successful competitors and coaches. It includes information for the teaching and coaching of novice and elite surfboat competitors. Written with passion, insight and knowledge, the Surfboat Book is more than a Coaching Manual. It is a rich reference for anyone interested in surfboats. Its chapters are included within the following sections.

SURFBOAT TRADITIONS

SURFBOAT FUNDAMENTALS

COACHING SURFBOAT CREWS

SURFBOAT ROWING

ADVANCED SURFBOAT ROWING

TRAINING SURFBOAT CREWS

SWEEPING SURFBOATS

SURF CONDITIONS

SURFBOAT COMPETITION

SURFBOAT ACCREDITATION & SKILL DEVELOPMENT

SURFBOAT FITNESS & WELL BEING

SUSTAINING SURFBOAT & SURF CLUB CULTURE

THE AUTHOR'S STORY



Surfboats have evolved within a tradition of saving lives into an iconic sport. Racing surfboats is a spectacular event within the surf life saving movement. It celebrates surf culture with an exciting challenge for volunteer men and women surf life savers.

Price: \$55.00 plus handling.

Total price \$65.00 mailed within Australia in a cardboard box and waterproof envelop. A cheque or money order can be sent to K. Marsh, PO Box 740, Newport Beach, NSW 2106.

Kim Marsh Mobile: 0418 248 894

Email: surfboatdirections@bigpond.com