

SURF LIFE SAVING WESTERN AUSTRALIA INC.

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CIRCULAR

No.47- 2008/2009**SORRENTO SURF SPORTS DEVELOPMENT WEEKEND**

Audience: Club Competition Officers / Club Secretaries / Club Coaches
Date: 13th November 2008
Distributed by email to: Club Secretaries/ Club Coaches/ Surf Sports Managers
Distributed by mail to: nil
Contact: James O'Toole Manager, Surf Sports and Events
Ph: 9243 9444 (SLSWA Office Hours Monday to Friday, 8.30am to 5pm)
Email: jotoole@mybeach.com.au

Summary:

This circular outlines:

- The Surf Sports Development Clinic is being hosted by the Sorrento SLSC. Wade Sinclair the National High Performance Sport Scientist / Coach will be conducting a Coaching Clinic on the weekend of 21st, 22nd and 23rd November. They are offering limited places for other WA clubs to send members to the Clinic to benefit the development of their athletes and coaches.

Action:

Each club can nominate up to 4 developing Surf Sports athletes from their club and up to one coach to attend this workshop. There is no fee associated for nominated participants. Please fill in the attached nomination form and return to SLSWA by fax 9243 9499 or e-mail to mwelch@mybeach.com.au by 5pm Wednesday 19th November.

SORRENTO SURF SPORTS DEVELOPMENT CLINIC

Wade Sinclair, National High Performance Sports Scientist and Coach from Queensland will be in Perth conducting a Surf Sports Clinic at the Sorrento SLSC. Sorrento are inviting other clubs to benefit from Wade's experience and credentials by inviting them to send developing members and coaches to attend the weekend.

Date: Saturday 22nd and Sunday 23rd November 2008
Venue: Sorrento SLSC
Fee: No charge
Disciplines: The weekend will cover Ski and Board disciplines

ProgramSaturday 22nd November - Topics covered will include:

- Nutrition
- Physiology
- Pharmacology
- Biomechanics
- Skill acquisition
- Exercise prescription
- Exercise testing
- Video Analysis

Sunday 23rd November – Mini Carnival/ skill applicationNB: Wade will also attend the Board and Ski Series at Scarborough on Friday evening the 21st November.

Wade Sinclair - Research Officer, Institute of Sport & Exercise Science, James Cook University

Wade Sinclair holds a Level 3 Surf Coach accreditation and has been a member of the SLSA National High Performance Squad as a sport scientist/coach liaison for the past 5 years. Additionally, Wade has held numerous coaching and panel positions within SLSQ and SLSA as well as a sport scientist role with national sporting teams and organisations. His research interests include aquatic sports (surf lifesaving and outrigger canoeing), responses to fatigue, skill acquisition and transference predominantly with adolescent and pre-pubescent populations. Via his role as a Research Officer with James Cook University, Wade has contributed to surf lifesaving by his research including nippers in stinger suits, elite competitor's physiological responses to competition and the potential for injury in adolescent surf ski paddlers. He regularly presents nationally and internationally for both surf lifesaving as well as other research interests and is a regular presenter at coaching courses for various sporting organisations.

Further Information

Should you or any of your members have queries regarding the information contained in this Circular please contact Marissa Welch, Surf Sports Development Officer , 9243 9444 OR mwelch@mybeach.com.au



**PAUL ANDREW
CHIEF EXECUTIVE OFFICER**



2008 SURF SPORTS DEVELOPMENT CLINIC

Saturday 22nd November and Sunday 23rd November

Each day will start at 9:00am

SURF HOUSE

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First Name _____ Last Name _____

Club _____

Date of Birth _____ Male Female

Postal Address _____

Postcode _____

Phone (home) _____ Phone (work) _____

Phone (mobile) _____ Fax _____

Email _____

Are you an: athlete coach

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 19th November 2008