

## R&R Supercoach Weekend, *submitted by Doug McGhie*

Last weekend, National Coach of the Year Christine Cardwell spent two days with West Australian R&R competitors, coaches and officials. Christine flew from Melbourne, where she coaches South Melbourne and Anglesea courtesy of a financial contribution by SLSWA and supporting clubs – Scarborough, Trigg, Sorrento, City and Mullaloo.

Activities kicked off Friday afternoon at Scarborough Beach for the second session of the R&R Sunset Series with U15s and nippers. Fourteen two-person teams and a Sorrento U15 five-person team put on a neat display before the night was completed with a March Past between City, Scarborough, and Sorrento.

In the March Past, Sorrento (2.5) took the lollies, followed by City (7.0) and Scarborough (8.5).

Saturday morning saw coaches and officials join Christine in a two-hour workshop where she outlined her coaching philosophy and methods, as well as demonstrated the training resources and aids she uses in her very successful coaching life.

Christine also introduced some video material that shows off R&R, with emphasis on the two-person show and the fun team environment that is R&R. The open R&R video showed the physical challenges associated with the belt and line, with great shots of belt swimming at the Aussies, and a very enthusiastic endorsement by all of the competitors.

Saturday afternoon saw Christine join Sorrento's five-person teams on their home beach for some team training, with coaches from Scarborough, Trigg, City, Mullaloo and Fremantle joining in to learn and support

On Sunday morning City Beach was the venue for a small swimming R&R carnival, with Scarborough and Sorrento providing the teams for two complete events, using only short swims.

Following the Carnival, Christine took the opportunity to meet Scarborough's Open women and discuss their aspirations for the coming States and Aussies at Scarborough. Excellent tips were shared, and these were put into action at the next training session.

For 48 hours in WA, Christine was front and centre, giving, sharing, helping and enjoying R&R with our competitors, young and old, as well as coaches and officials. It was a wonderful weekend, well invested in the most traditional of Surf Life Saving events.



