



# **Level One Surf Coach Overview**

## **Course Overview**

- Role of the Coach
- Athlete Development
- Sports Safety
- Physical considerations of the athlete
- Psychological considerations of the athlete
- Preparing for training
- Reviewing training
- Delivering training

## **Achieve Accreditation**

- Complete Theory & Practical (To be completed at a carnival)
- Complete Course Workbook
- Complete Course Assignment
- Complete 20 hours Coaching, documented in Log Book
- Forward all documentation to Life Saving Victoria State Headquarters

## Registration Form – Level One Surf Coach Course

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Mob: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Club: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Course Date:** Friday 23 February, Saturday 24 February & Saturday 10 March 2007

### Practical Sessions (Please circle two)

**R & R                      Beach                      Board                      Ski                      Swim**

**Note:** This form must be returned with payment **three (3) days prior to course commencement**. The cost of the Level 1 Surf Coach Course is \$77.00 (Inc GST) and cheques should be made payable to 'Life Saving Victoria' or 'LSV'

### Payment Details: (please circle)

Cash              Cheque              Credit Card (Mastercard/Visa/Bankcard only)              Invoice Club

**Total Payment:** \$ \_\_\_\_\_

### Credit Card Details:

Cardholders Name: \_\_\_\_\_  
 Card Number: \_\_\_\_\_  
 Type of Card: Mastercard/Visa/Bankcard              Expiry Date: \_\_\_\_/\_\_\_\_  
 Signature: \_\_\_\_\_

### Please Invoice Club

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Club Officer: President / Secretary / Treasurer  
 Printed Name: \_\_\_\_\_

Please Return completed form to:

The Manager - Youth & Leadership Development  
 By Fax: (03) 9676 6938  
 By Post: Life Saving Victoria  
 PO Box 353  
 South Melbourne DC VIC 3205