



Circular 081:07:07

To: Club Secretaries Club Captains
Senior Team Managers Junior Team Managers
Age Managers Competition Coaches

Cc: Aquatic Sports Executive YLD Council
Aquatic Sports Council

From: Chris Munro, Manager Aquatic Sports

Date: 19 July 2007

Subject: Level One Surf Coach Course

Action: Registrations due 1 week prior to Course

Registrations are now called for the following Level One Surf Coach course.

| Date | Location | Time | Component |
|---|----------------------|------|-----------|
| Saturday 1 st September 2007 | Life Saving Victoria | 9am | Theory |
| Sunday 2 nd September 2007 | Life Saving Victoria | 9am | Practical |

Cost: \$90 per participant includes cost of course pack (Including DVD and Coaching Manual) lunch, registration fees, materials & administration.

Attached is a course overview and registration form.

Please note - participants are expected to participate in practical sessions and should bring appropriate clothing for the water.

Important Information for Boat Sweeps

Current accredited Boat Sweeps and new Boat Sweeps should make themselves familiar with the current requirements for accreditation via the following SLSA requirements <http://www.slsa.com.au/site/content/resource/00001253-docsource.pdf>

For additional detail on this Circular contact: Chris Munro, Manager Aquatic Sports

Email chris.munro@lifesavingvictoria.com.au or by phone 03 9676 6937
Circulars are also available at www.lifesavingvictoria.com.au

Address: PO Box 353 South Melbourne DC 3205

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 Course Workbook
- Complete Course Assignment
- Complete 20 hours Coaching, documented in Log Book (10 hours can be RPL)
- Forward all Documentation to Life Saving Victoria

Registration Form - Level One Surf Coach Course

Name: _____

Address: _____

Phone: _____ Mob _____

Email: _____

Club: _____

Signature: _____ Date: ____/____/____

Saturday September 1st & Sunday September 2nd 2007
Practical Sessions (Please Circle Two)

| | | | | |
|-----------------|--------------|--------------|-------------------------|------------|
| R &R | Beach | Sweep | Boat Rowing | IRB |
| Board | Ski | Swim | Pool Competition | |

Note: This form must be returned with payment **1 week prior to course commencement**. The cost of the Level 1 Surf Coach Course is \$90 (Inc GST)
Cheques to be made payable to 'Life Saving Victoria' or 'LSV'

Payment Details:

Cash Cheque Credit Card Invoice Club

Total Payment: \$_____

Credit Card Details:

Cardholders Name: _____

Card Number: _____

Type of Card: _____ Expiry Date: ____/____

Signature: _____

Please Invoice Club

Signature: _____ Date: ____/____/____

Club Officer: President / Secretary / Treasurer

Printed Name: _____

Please Fax to the Manager of Aquatic Sports on 03 9676 6938 or post
Manager Aquatic Sport
Life Saving Victoria
PO Box 353
South Melbourne DC VIC 3205