

## JUNIOR SURF CARNIVAL TRAINING COMPETITION PROGRAMME 2011 / 2012

As we did last year, for the upcoming season 13<sup>th</sup> Beach S.L.S.C. is planning a structured training and competition program for interested junior members, i.e. under 14yrs (as of 31/9/11). This is in addition to, and separate from the Nippers program.

### Carnivals

With the assistance of a number of others who will assist with training and organisation we hope to prepare a team of junior 13<sup>th</sup> Beach SLSC members who may compete at the following carnivals during the season:

1. Junior State Carnival I (Williamstown) – 11<sup>th</sup> December.
2. Junior State Carnival II (Cosy Corner) – 7<sup>th</sup> January
3. Summer Surf Series #3 (Ocean Grove) – 15<sup>th</sup> January.
4. Junior Surf Coast Regional Championships (Torquay) - 22<sup>nd</sup> January
5. Junior State Carnival III (Warrnambool) – 28<sup>th</sup> January
6. Junior State Carnival IV (Bancoora) – 19<sup>th</sup> February
7. Victorian Junior Championships (Lorne) – 3-4<sup>th</sup> March
8. Bancoora / Ocean Grove intraclub “Friendly” – date TBC

### Training

To improve the skill level of interested junior members and to train for competitions we will be holding regular training sessions:

#### Saturday, 5<sup>th</sup> November - S Badge Qualification

- ‘S’ badge is a mandatory requirement for those who wish to be involved in competition. You must have an ‘S’ badge to compete
- ‘S’ badge qualification will occur at Bellarine Aquatic and Sports Centre, Shell Road, Ocean Grove, 3.00pm, 5/11/11

#### Nov. – Dec 2011

- We will be running further training sessions on Sunday afternoons 2-4pm each weekend from early November until Christmas, i.e. Nov. 13, 20, 27, Dec. 4,11,18.

#### Dec – Jan 2012

- From 28<sup>th</sup> December until the end of January training sessions will be conducted Wednesday afternoons 4-6 pm. Extra sessions will be considered on Sunday afternoons

All sessions (except ‘S’ badge qualification) will commence at 13<sup>th</sup> Beach SLSC but it is expected that many sessions will be conducted at the river, in which case you will be notified by email and/or SMS. Each training session will consist of “core training” activities – fitness, swimming, boards, etc, with a focus during each session on a specific competition skill e.g. – flags, beach relay etc.

### Cost

- \$25 per competitor.
- We are able to keep this cost low as we receive some sponsorship and external funding for equipment. The fee includes registration, competition rashie, cap and competition entry fees.
- Payment at the time of ‘S’ badge qualification on 5/11/11 would be appreciated.

## I AM INTERESTED IN COMPETITION AND TRAINING AT 13<sup>TH</sup> BEACH S.L.S.C.

### Register your interest.

To indicate your interest please email Leanne Grills [leannegrills@internode.on.net](mailto:leannegrills@internode.on.net)

### In your email please include information regarding all of the following:

1. Name, date of birth and age (at 31/9/11) of all children competing /training.
2. Whether your children will be attending the 'S' badge qualification on 5<sup>th</sup> November.
3. You must supply your contact details:
  - Contact name
  - Email address
  - Mobile no. - so as you can be notified of further details of the program and any last minute changes to each session should they occur
4. Which dates you will be available to assist us with the competition training program.
  - We need parents to take an active role in training sessions to add to our core group who will be conducting training sessions.
  - The program relies very much on having people to help. Please don't leave this to others.
  - It would help us immensely if you could indicate when you will be able to help.
5. A requirement for our involvement in competition is that we must provide qualified officials at each event we compete in. If we can't supply enough officials we are unable to compete. We currently have very few qualified officials. Qualification requires attendance at a course. There are a number of courses available:
  - Saturday 8th October 2011, Ocean Grove SLSC (10:00am - 2.00pm)
  - Thursday 17th November 2011, Life Saving Victoria – Melbourne. (6:00pm - 10:00pm)
  - Thursday 8th December 2011 - Life Saving Victoria – Melbourne (6:00pm - 10:00pm)
  - Thursday 29th December 2011, Lorne SLSC (10:00am – 2.00pm)

If anyone is interested and able to attend any of these courses, please let Leanne or Richard know.

### Contact Us

If there are any queries, questions or concerns –

- Leanne Grills [leannegrills@internode.on.net](mailto:leannegrills@internode.on.net) M. 0439 390349
- Richard Grills [richardgrills@internode.on.net](mailto:richardgrills@internode.on.net) H. 52543111