



CIRCULAR 1416

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2019 Surf Life Saving Central Coast and Swimming NSW Pool Rescue Development

Audience: Club Presidents, Directors of Administration, Member Services, Junior Activities and Surf Sports

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Summary	Surf Life Saving Central Coast (SLSCC) and Swimming NSW (SNSW) have joined forces to produce a Pool Rescue Development Program aimed to introduce Pool Rescue to Swimming NSW members and develop the technical skills of Pool Rescue to our current member base from U11 – Open.
Objective	Enhance and develop Pool Rescue skills and performance across the Central Coast.
Action	Members are invited to register to attend the 2019 SLSCC and SNSW Pool Rescue Development program. Maximum of 80 attendees. Registrations close: Monday 29th April or when maximum registration numbers are reached. Registration Form

Surf Life Saving Central Coast and Swimming NSW share a common membership base across junior and open age groups. Sport in Australia is changing, as are the needs of participants. It is essential that we continue to review and refine our member's needs to ensure that participation continues to increase and talented athletes are provided with effective and relevant touch points to stimulate progression along the pathway.

As such, this collaborative development program has been born. Financial members of SLSCC and SNSW (Central Coast clubs) will be invited to attend a series of Pool Rescue Development Sessions and a Mini Meet, which will enable participants to consolidate skills learned and use them in a non-pressure race environment.

The Pool Rescue Development Program

The Participants

Financial members aged U11 (age as at 30 September) are invited to complete the [registration form](#). The first 80 participants to register will be eligible to participate in the Pool Rescue Development Program.

Three (3), 2 hour development sessions will be held at Mingara Recreation Centre across the following dates:

Saturday 11th May: 2pm -4pm

Saturday 18th May: 2pm - 4pm

Saturday 25th May: 2pm – 4pm

The development sessions will consist of skill rotation stations, which will focus on specific skill development. Swimming coaches will also be present and part of the coaching staff.

A 3 hour mini meet will be held on Sunday 2nd June at Woy Woy – Peninsula Leisure Centre from 10am – 1pm. The meet will provide an opportunity for the participants to utilise the skills acquired during the clinics and execute them in a non-pressure race environment. The meet will also be attended by Swimming NSW officials which will mean that times achieved in the traditional swim events will be deemed official and can be utilised as official qualifying times.

ACTION: Nominees are requested to register via the [registration form](#) should they wish to attend all 4 sessions of this Development Program.

The Meet

Sunday 2nd June: The mini meet will be a fun session with prize giveaways in an enjoyable environment.

Participants will be required to advise their attendance at the mini meet on the third development session (25th May) to enable the coaches to create four (4) teams (red, yellow, blue and white). Participants will then be placed into a team to race for the day.

The program will depend on the number of participants in attendance.

Clubs will be required to allocate parents in attendance to assist with providing timekeepers and work party to ensure smooth running of the day.

Officials Program

Like any event, Pool Rescue carnivals cannot be held without the assistance of our wonderful officials. Our officials are in place to ensure that a fair and level playing field is set for all competitors.

This is a great opportunity for our clubs to invite some developing officials to be part of the mini meet program. SLSCC will have mentor officials in attendance to work with our club officials in various positions. This is a wonderful opportunity to upskill some officials who have not officiated in a Pool Rescue position in a relaxed and fun environment. Great preparation as we lead in to the NSW State Pool Rescue Championships on 13-14 July at Woy Woy, Peninsula Leisure Centre.

ACTION: Clubs are invited to nominate 2 developing officials per club who wish to be part of the Official Development Program which will take place at the Mini Meet on 2nd June. Officials are required to complete the [Officials Registration Form](#)

Coach Development Program

It is the strong desire of SLSCC to support in each club in building coach capacity, knowledge and skills which they can pass on to their members. This approach will see Central Coast Clubs growth from strength to strength. As such, as part of this program each Club is invited to nominate 2 developing coaches to attend the SLSCC Development Program. The coaches will work alongside and be mentored by the Program Head Coaches. Attending Coaches are not required to have coaching accreditation but are however required to have a current Working with Children Number.

ACTION: To register for the Coach Development Program, please complete the [Coach Registration Form](#) by 29th April.

Levy

Participant participation for this activity will be free of charge.

Pool entry fees for will be the responsibility of the participants and spectators for each session.

The Program Head Coaches

We are very fortunate to have some real depth and coaching expertise in Pool Rescue coaching here on the Central Coast. This program has attracted some incredibly talented and well-accomplished coaches and we are very fortunate to have them on board;

- Keeley Booth – Avoca Beach (Australian Youth Team Member)
- Michael Hyslop – Swimming NSW Development Officer, Mingara and Shelly Beach Coach
- Rachelle King – Terrigal SLSC (Australian Youth Coach)
- Graham Lees OAM – Ocean Beach (Coach of Australian Team Members)
- Tim Schofield – Terrigal SLSC (Australian Team Member)
- Tom Simpson – Shelly Beach (Assistant Coach – Australian Youth Team)