



# CIRCULAR 1479

Released April 2021

## 2020-21 Pool Rescue Coaching Program

**Audience:** Club Presidents, Office Administrators, Member Service Coordinators, Directors of Surf Sports, Junior Activities Chairs, Interested members

**Date:** 16<sup>th</sup> April 2021

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<b>Summary</b>	The Pool Rescue Coaching Development program provides members with the opportunity to develop their knowledge and teaching techniques to develop their competitors in pool rescue events. We are searching for new / existing coaches and senior competitors who wish to be part of the program.
<b>Action</b>	Interested coaches are to complete form via link - <a href="https://forms.office.com/r/avB3wQ1Bw2">https://forms.office.com/r/avB3wQ1Bw2</a>

SLSCC is seeking EOI of interest from existing, new and senior competitors who are who want to learn, share and develop their skills in pool rescue coaching. The coaches selected to be part of the program will be delivering the SLSCC Pool Rescue Development Program on the development days.

To ensure coaches are able to develop their own skills and the participant's there will be two tiers in the coaching program, lead and assistant coaches. Lead coaches will be selected based on their experience in pool rescue and will work with assistant coaches to deliver skill component activities to participants. Assistant coaches will use their existing skills, knowledge and assist lead coaches to deliver the activities. The program will provide lead coaches with the opportunity to pass their knowledge onto assistant coaches and participants while assistant coaches will be able to learn and develop their pool rescue knowledge from experienced coaches and competitors.

The program development days are as follows;

- Sunday 16<sup>th</sup> May – Mingara Aquatic
- Sunday 30<sup>th</sup> May - Mingara Aquatic
- Sunday 6<sup>th</sup> June - Mingara Aquatic

As part of the development program, there are two racing opportunities of Central Coast Surf Clubs. It is encouraged that the coaching program participants attend, as these carnivals will provide opportunities to try new skills in a race setting. The carnival dates are as follows;

Sunday 23<sup>rd</sup> May – Mingara Royal Life Saving Carnival\*

Sunday 20<sup>th</sup> June – Woy Woy SLSCC Carnival

NOTE: The Mingara Royal Life Saving Carnival is part of Royal Life Saving but have invited Central Coast clubs to attend.

Both these carnivals will be development focus and incorporate modified events to emphasis skill practice prior to State and Nationals. Programs for both carnivals will be released in due course.

A planning meeting will be held on Wednesday 5<sup>th</sup> May for lead coaches to put a program together for the 3 sessions and develop a program for the SLSCC Pool Rescue Carnival.

**If you have any questions please contact Tom Simpson at [office@slscc.com.au](mailto:office@slscc.com.au)**