



During Season 2009 / 2010 the Point Lonsdale Surf Life Saving Club will develop an Aquatic Sports Program for it's members

Join the Club's NEW Aquatic Sports Team

- Quality Coaching provided by a well experienced and accredited Surf Coach with a proven record.
(See below for more details).
- All Carnival entry fees paid for by the Club*.
- Opportunities to compete in Swimming, Board, Ski, Beach, R&R, Surf Boat** and IRB areas***.
- Improve your lifesaving skills and fitness.
- Meet lots of new friends.
- Potential to travel to the State and National**** Surf Life Saving Championships.
- Under 13, Under 15, Under 17, Open and Masters' Categories.
- Parents, Friends and Family required to assist in roles such as Officials, Team Managers, Coaches etc. Accredited Training provided for Officials and Coaches.

The Club has engaged the services of David Strahan, who has tertiary qualification in physical education and teaching, is a Level 1, 2 & 3 Surf Life Saving Coach and has a long and successful coaching and competition history at the Torquay SLSC. David will be specifically assisting with swim, board, ski and beach events. Providing a focus on skill & technique development, improving fitness levels, team building and racing / competition strategies. From August to March, David will offer coaching services, which will include:

- ☞ Monthly Sunday morning sessions (Aug to Nov) alternating between Point Lonsdale and Melbourne.
- ☞ Weekly Sunday morning sessions (Dec) alternating between Point Lonsdale and Melbourne.
- ☞ 3 afternoon sessions a week (Jan) at Point Lonsdale.
- ☞ Weekly Saturday sessions (Feb & Mar) when no Carnival, alternating between Pt Lons and Melb.
- ☞ 2 mid week evening sessions (Feb & Mar) at bay beach in Melbourne.
- ☞ Support at local Carnivals and the State Lifesaving Championships (Lakes Entrance).
- ☞ Level One Coaching Course at Point Lonsdale in December or January.



To register your interest, or for more information, please contact either:

James Coutie (Vice President - Aquatic Sports)

0438 377 947

vpaquaticsports@pointlonsdaleslsc.asn.au

David Strahan (Head Coach)

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* Any 'Late' entry fees levied on the Club due to a late entry fee are the responsibility of the individual competitor.

** Subject to availability of an accredited sweep and sufficient rowers.

*** To be confirmed.

**** Aim is to have competitors attend the 2010 / 2011 Aust Surf Life Saving Championships.