



Introduction to Surf Coaching

Date: Thursday 22nd and Tuesday 27th November 2018
Venue: Wainui SLSC
Time: 6pm – 9pm
Registrations Close: Monday 12th November 2018

Course Overview

The Introduction to Surf Coaching Course provides an entry level coaching course for parents and clubbies new to coaching. The course aims to provide the knowledge and skills needed to coach at entry level at a Surf Life Saving Club. It covers the full range of surf life saving activities with a special emphasis on Junior Surf.

The Introduction to Surf Coaching course is the first step on the Surf Life Saving New Zealand coaching pathway. Coaches interested in further developing their coaching skills can then progress to the Developing Surf Coach Course.

Course Information

Duration	Two x 3 hour nights and a club Nippers session
Delivered by	Sonia Keepa
Who should complete it	Any Surf Life Saving Club members interested in getting started in surf coaching, new junior surf coaches, or existing coaches with no formal training
Candidate requirements	To successfully complete the Introduction to Surf Coaching Course participants need to attend the full course and participate in its activities
Course Costs	Full cost (including GST): \$98.00 User pays (including GST): \$70.00 Please note that if you are registered and do not attend the course, you will incur the full cost of the course.

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Course Structure

1. Part One: Intro to surf coaching course - Thursday 22nd November – 6pm – 9pm
2. Part Two: Practical session at respective clubs putting their knowledge into action at the Sunday Nippers session – Sunday 25th November - 10am – 12pm
3. Part Three: Second part of the Intro to surf coaching course – Tuesday 27th November – 6pm – 9pm

Topics covered

1. Introduction to the athlete centred approach
2. Skill progressions for young athletes
3. Rules and guidelines for Junior Surf competitions, including Ocean Athletes
4. Communication in Junior Surf environment
5. Management and effective coaching
6. Coach protection and membership protection

Outcomes

At the completion of this course, coaches will be able to:

1. Identify the Roles and Responsibilities of a Junior Surf Coach
2. Demonstrate knowledge of effective communication
3. Describe how surf activities can be modified for Junior Surf athletes
4. Identify how to provide a safe learning environment for a Junior Surf session
5. Plan a Junior Surf session
6. Participate in practical junior surf sessions

Registration process

Please contact your club administrator to be registered onto the course.

Registrations close on Monday 12th November 2018

It is important to remember that while the course is subsidised at \$70.00, if a participant fails to turn up on the day they will be charged the full cost of the course at \$98.00. All payments will be made through your club as they will be invoiced directly.

Participant resources

Each participant must bring a pen, lunch, snacks, a water bottle and wet gear (for practical exercises) for the day. All other material will be provided.

Further Information:

If you have any further enquiries, please do not hesitate to contact Renee Wikaire.

R Wikaire

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