



Developing Surf Coach

Date: Saturday 16th / Sunday 17th November 2019
Venue: Whangamata SLSC
Address: Cnr Lowe St & Esplanade Drive, Whangamata 3620
Time: 9:00am to 4:00pm (approximately each day)

Course Overview

The Developing Surf Coach course is designed to help coaches develop the necessary skills and knowledge to enable them to plan and deliver an effective coaching session.

The target audience for this course are coaches of developing athletes of all ages and abilities that are starting to develop fundamental surf lifesaving skills. This course is a prerequisite for the Competitive Surf Coach Course.

Course Information

Duration	Two days
Delivered by	Scott Bicknell and Guest Coaches
Who should complete it	Any Surf Life Saving Club members interested in gaining basic knowledge and skills in surf coaching including new surf coaches, or existing coaches with no formal training.
Candidate requirements	To successfully complete the Developing Surf Coach course candidates need to attend the full two days of the course, participate in its activities and successfully complete and submit the post course assessment activity to SLSNZ.
Course Costs	User pays (including GST): \$100.00 Please note that if you are registered and do not attend the course, you will incur the full cost of the course. (Full cost (including GST): \$240.00)

In it for life



Surf Life Saving New Zealand – Eastern Region

2 Boeing Place, Mount Maunganui 3116. PO Box 4667, Mt Maunganui 3149. www.surflifesaving.org.nz

Topics covered

1. Athlete centred approach to coaching
2. Communication
3. Risk Management
4. Knowing your athletes motivation
5. Rules of surf sports
6. Nutrition
7. Introduction to sports science
8. Skill analysis and skill acquisition (video analysis)
9. Planning

Outcomes

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

1. Identify and describe the roles of a Surf Coach
2. Demonstrate knowledge of effective communication
3. Select and apply appropriate questioning techniques
4. Identify and apply athlete motivations to sports participation
5. Demonstrate knowledge of the rules of surf life saving sports
6. Demonstrate knowledge of health and safety issues relevant to Surf Lifesaving members
7. Identify and explain the relevance of nutrition principles to physical activity
8. Plan a coaching session for Surf Life Saving
9. Teach to develop a fundamental Skill in Surf Life Saving
10. Describe the structure and function of the major physiological systems important in physical activity
11. Conduct and review a coaching session in Surf Life Saving

Registration process

Please contact your Club Administrator to be registered onto the course.
Registrations close on Wednesday 6th November 2019.

It is important to remember that while the course is subsidised at \$100.00, if a participant fails to turn up on the day they will be charged the full cost of the course at \$240.00. 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 Mark Inglis.

Mark Inglis

Sport Manager – Eastern Region

m: 0274 571 021

e: mark.inglis@surflifesaving.org.nz