

Memorandum

To: All SLSNSW Coaches, Branch Surf Sport Directors and Club Directors of Surf Sports
From: Jake Lynch, Sports Officer
Date: 13 May, 2020 <i>(updated 24 June, 2020 to include presenter names)</i>
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Subject: Monthly Coach Zoom Workshops

SLSNSW is pleased to advise that we will be introducing monthly Coach Development Workshops next month. The sessions will be delivered via Zoom and a new topic is scheduled for each month.

These workshops are designed to enhance coaching knowledge, cover topics which relate to various disciplines relating to Surf Sports and also assist in enhancing coaching networks across NSW coaches and clubs.

The monthly Zoom Coach Workshops will be held on the **first Thursday of each month at 7pm**, with the first session commencing in June.

To access to Zoom Coach Workshop, coaches must be part of the NSW Coach Register. If you are not part of the NSW Coaches Register, you may do so via this link - [Coach Database Form](#). Coaches on the NSW Coach Register will receive an email to register for the various Coach Workshops they wish to attend.

Coach Zoom Workshop Calendar*

June:	Coaching for IRB Racing (Damian Woods)
July:	Pool Rescue – Training for Pool Rescue events (Andrew Bowden and Kurt Wilson)
August:	Understanding Energy Systems and an Overview of Programming – (Justin Rothwell)
September:	In depth Programming and Periodization – Training for a desired adaptation – (TBC)
October:	Load Monitoring, Athlete Networks (physios, S&C, other coaches) & injury Prevention through Recovery and Pre-habilitation – (TBC)
November:	Coaching Surf Boats - (TBC)
December:	Nutrition – Fueling for Performance – (TBC)
January:	Sprint Mechanics – (TBC)

February: Performance Psychology – Psychological Coach Toolkit and Major Event Prep **(TBC)**

March: Peaking for Major Events – Getting the Preparation Right- **(TBC)**

April: Post Aussies Coach Q&A –
An open forum discussion for the season that was.

****Please note that topics may be subject to change.***

If there are any coaches wishing to express their interest in presenting, please contact Jake Lynch, Sports Officer
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