

ALL IN

# BEACH FLAG & SPRINT DAY

COME JOIN US AT WANDA SLSC FROM 9AM-3PM

**SATURDAY SEPTEMBER 16**

ATTENDEES ALL NSW SLSC CLUBS – ( U12 TO SENIORS )

AGENDA: 30-45MIN ROUND ROBINS

- Beach flag technique and turns.
- Video Footage & Motivation
- Explosive power
- Baton changes
- Fitness/ Workout/ Boxcercise
- Beach sprint starts & technique
- Stretching techniques



## GIVE AWAY & GIFT VOUCHER PRIZES

PLEASE EMAIL ATTENDANCE INTEREST TO: [CLUBHOUSE@WANDASLSC.COM.AU](mailto:CLUBHOUSE@WANDASLSC.COM.AU)

COACHES FROM: COOGEE, MAROUBRA, NEWPORT,  
CRONULLA, WANDA, NORTH CRONULLA AND ELOUERA

**Wanda**  
Surf Life Saving Club