

Nth Cronulla School Holiday Surf and Board Training

Be trained by our own World, Australian and State Champions
during the January School Holidays

3 Day Clinic

Each Session -

9.00am to 10.30am

Cost \$ 50 for 3 sessions

Bookings essential

Limited numbers

All proceeds go to the North Cronulla Ski Section 2015

Contact: Kim Glasson :

Nth Cronulla office.

All participants must be proficient and Financial SLSA members.

U9 to U14

Enrolment Form

Nth Cronulla School Holiday Surf and Board Training Clinic 2015

I _____ Give permission for my

Child _____

to attend the Nth Cronulla surf and Board training clinic on
Wednesday 14th-Friday 16th January

Time: 900 am - 1030 am

Wednesday start time 845 (introduction and enrolment)

Venue: Nth Cronulla SLSC

In inclement weather (venue will move to Gunnamutta)

Name: _____

Contact: _____

Emergency

Contact: _____

Injury/illness

History: _____

Current Injuries:

Allergies:

Medication:

Email:

I have completed the SLSA Proficiency Swim: Yes / No

Age Group

2014/15: _____

DOB: _____

Current board paddling skill :

Beginner Intermediate Advanced

Swimming ability:

25m 50m 100m 200m and above

Surf Swimming Experience

: _____

3 Day Program

Day 1: Fitness , Technique and distance.

Day 2: Fitness , Surf skills, Ironperson.

Day 3: Fitness , Board / Board Rescue , Wave skills and knowledge.

What to bring

- *All participants will be required to wear a Pink Fluro surf vest.
- *All participants must be proficient and Financial SLSA members.
- *All participants will need to bring sun screen , drink bottles and any training gear.
- *Club Boards can be used during the clinic session times and must be returned on completion of the training session.

There will be fruit provided at the end of each session.