



Circular 045:05:08

To: **Coaches** **Officials**
 Club Secretaries
 Junior Coordinators **Club Presidents**
 Senior Coordinators **Team Managers**

Cc:

From: **Andrew Skillern**
 Manager – Youth & Leadership Development

Date: **2 May 2008**

Subject: **2008 Winter Development Program - Sport**

Action: **All nominations due by 5:00pm Friday 23 May 2008**

In 2008, Life Saving Victoria will be conducting a Winter Development Program with a focus on developing the standard of lifesaving sport in Victoria as well as providing an opportunity for new coaches to access a pathway to develop their own clubs programs.

In 2008 ALL under 13s, 14s, 15s and 17s (age for season 2008-2009) who made a final at the 2008 State Championships at Lakes Entrance and Jan Juc can nominate to participate in this program.

Starting in June 2008 the program will go for 16 weeks with scheduled sessions planned for Saturday afternoons or Sunday mornings. The program will operate out of 4 key venues:

Mordialloc LSC - Beach Centre 1

Mentone LSC - Water Centre 1

Williamstown LSC - Beach Centre 2

Jan Juc SLSC - Water Centre 2

Each of these venues will have a head coach and assistant coaches working on a holistic program designed by an overall head coach. It is planned that during the winter all participants will work towards achieving a marked improvement in strength, fitness and overall lifesaving competition technique and skill. Throughout the 16 weeks participants progression will be monitored through testing enabling the participant to see results in these key areas.

Any clubs who have participants in Under 12s (2008-2009 season) that they believe would benefit from the program but could also keep up with the level of training expected, please encourage them to nominate. This nomination must be endorsed by the club.

Participants who did not make a final at the State Champs will need to also be endorsed by their club to participate in the program.

Nomination Process

All junior members who are eligible to nominate for the program must do so online. Please visit the link below before 5:00pm Friday 23 May, 2008.

<http://www.lifesavingvictoria.com.au/www/html/646-development-squads.asp>

Cost range

\$55.00 – \$88.00 (inc GST)

Information Session

An information session will be at 3:00pm Sunday 25 May at Life Saving Victoria. We invite all parents and participants to attend.

**For additional detail on this Circular contact: Andrew Skillern – Manager,
Youth & Leadership Development**

Email andrew.skillern@lifesavingvictoria.com.au or by phone (03) 9676 6945

Circulars are also available at **www.lifesavingvictoria.com.au**

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