Circular 066:09:13

To: Aquatic Sports Executive
   Club Team Coaches

From: Luke Gavin – Aquatic Sports Coordinator, Junior Sport

Date: 25 September 2013

Subject: 2 Person Rescue & Resuscitation Workshop

Action: Register your attendance by Monday, 14 October 2013

For additional details on this Circular please contact:
Aquatic Sports Department on 03 9676 6957 or email sport@lifesavingvictoria.com.au
Circulargs are available at www.lifesavingvictoria.com.au/circulars

2 Person Rescue & Resuscitation Workshop
South Melbourne Life Saving Club
Sunday, 20 October 2013
10:30am – 2.00pm

Life Saving Victoria’s Rescue & Resuscitation (R&R) Panel is inviting Club Coaches, Junior Competition Coordinators and other interested members to attend a 2 Person R&R workshop on Sunday, 20 October 2013

This workshop is an opportunity for new or inexperienced coaches to be introduced to 2 Person R&R. Attendees will receive R&R resources and will be taught the finer details of coaching and building successful R&R teams. The workshop will include:

- How to get a team started
- How to use the coaching manual
- Learn more about the drill procedures
- What the judges are looking for
- Team demonstrations
- Changes to the drill for season 2013/14
- R&R carnivals announced

Victoria has a rich history in R&R events including Gold Medals at a number of Australian Championship events including the 2013 ‘Aussies’. R&R offers a fantastic opportunity for athletes to compete in a traditional lifesaving discipline which does not require supreme physical fitness. Conversely, R&R requires a supreme commitment to a team, and a strong focus on technique and cooperation.

Please register your attendance by Monday, 14 October to cardwell1@supernerd.com.au or contact Christine on 0414 818 155