



GIRLS SPORT VICTORIA

Sports Skills Program

2012

SURF LEAGUE

INFORMATION PACKAGE





2012 Surf League Skills Program General Information

What is it all about?

GSV, in partnership with Life Saving Victoria, presents the 2012 GSV Surf League Skills Program. The program is open to all students from Year 7-12 at GSV schools.

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| Registration/Introduction/Program Outline 2.00pm – 2.30pm | |
| Skills Sessions 2.30pm – 5.00pm 4 x 30 minute sessions | Beach Flag Skills |
| | Board & Board Rescue Skills |
| | Beach Sprint/Beach Relay Skills |
| | Swim Wade Dolphin Skills |
| Team Trials Sessions 5.00pm – 6.30pm 4 x 20 minute sessions | Beach Flag Competition |
| | Board & Board Rescue Races |
| | Beach Sprint Competition & Relays |
| | Iron Woman Relays |

subject to change

The day is divided into two sessions; skills and team trials. In the skills sessions, girls will have the opportunity to experience and develop skills in Surf League activities, such as beach flags, beach sprints, board relays, open water swimming and board rescue. The format will be a round robin, allowing students to 'have a go' at the different aspects of Surf League in a safe learning environment.

The team trials sessions will follow the same format, however, mini-competitions will be a part of each session to enable schools entering teams into the LSV Surf League Competition to trial their teams, and also those novice teams to experience the feeling of participating in a carnival. There will be no scoring.

When:

Saturday 18th February 2.00pm – 6.30pm

Where:

Sandridge Life Saving Club
240 The Boulevard
Port Melbourne 3207
Mel Ref: 56 G3

How do I register?

Please see your Head of Sport for the appropriate registration/medical form. Registrations close **Friday 10th February 2012**. Spaces are limited.

Meeting Point:

Meet GSV staff on the beach side of the Sandridge Life Saving Club (look for the GSV banner) at least 15 minutes prior to the start of the session. GSV staff will be in attendance for the duration of each session and will assist LSV with the administration and organisation of the program.

Cost:

\$165.00 per team/\$33.00 per individual (inclusive of GST)

GSV does not accept individual payments but will invoice schools. Please see your Head of Sport regarding payment procedure for your school.

What do I need?

- School sports uniform – including school bathers, school hat, runners
- Sunscreen/long sleeved protective sun top
- Water bottle, snack
- Any medication you may require (Ventolin/Epipen)

First Aid:

Provided by GSV staff and a representative from Sports Medicine Australia (SMA).

Photographs:

The official GSV photographer (Kids Klix) will be in attendance. These will be available for purchase via the school Head of Sport in the weeks following the event.

Cancellations/Withdrawals:

Registration is confirmation of your attendance. On the date of close of entry, GSV is required to confirm numbers and staffing with the service provider (LSV) and, as such, no refunds can be given after this date.

Minimum numbers apply for the program to proceed. Should the program be cancelled due to lack of numbers, registered participants will be notified shortly after the closing date of entries. A full refund will be given in this case.

GSV Contact Details:

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Sport Officer

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