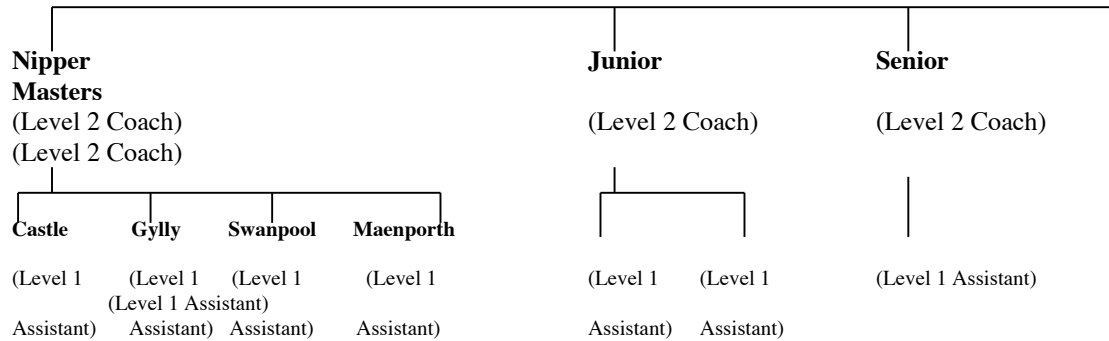


GYLLINGVASE SURF LIFE SAVING CLUB

COACHING STRUCTURE + COMPETITION RULES

COACHING

Head Coach
(Level 2/3)



TRAINING

- All sessions must be cleared by the Head Coach and session plans provided.
- All sessions must be covered by a NARS Lifeguard or a qualified beach first aider.
- All sessions must have a minimum Level 2 Coach.
- See the attached training schedule calendar. Please note that the pool sessions are for all ages. Junior sessions and ski training are for members aged 13 (before 31st December) and above and who have passed their Surf Comp and Board Comp award.

Beach

(Nippers) Session 1 10.30-11.30am Working towards Level 1 – Swanpool/Maenporth

Level 1 Achieved – Castle/Gylly

Session 2 12.00-1.00pm Level 2 achieved – Swanpool/Maenporth

Level 3 Achieved – Castle/Gylly

(Juniors + Adults) 6.00-7.30pm

Pool

Session 1 5.00-5.45pm (Nippers – Session 1 from beach)

Session 2 5.45-6.30pm (Nippers – Session 2 from beach)

Session 3 6.30-7.30pm (Juniors)

COMPETITIONS

- . All team selection will be done by the Head Coach and Competition Secretary. All teams will be selected on an 'aim to win' basis. All entries will be made by the Competition Secretary.
- . All parents of competing children will need to help at competitions and will be expected to help with water cover and marshalling. The Head Coach will decide on Team Managers. Any team alterations can only be made by the Head Coach or the Team Manager.
- . All queries/complaints must go through the Head Coach.

Competition Selection

Pool

- . All members wishing to take part in competitions must be able to swim 50 metres front crawl, passed by a level 2 swimming teacher and hold the specified award as per the minimum entry requirements of the competition organisers.
- . There are two still water competitions each year – the Cornish (usually held in January/February) and the Nationals (usually held in February/March).

Beach

- . All members wishing to take part in beach competitions must hold the specified award as per the minimum entry requirements of the competition organisers, passed by a NARS trainer.
- . There are three beach competitions each year – the Max Hocking (usually held in June), the Cornish (July/August) and the Nationals (August/September).