

# Junior Coaching Course

Growing Our Future





The Junior Surf Coach Course has been developed to provide an introduction for people who wish to become involved in Junior Surf Sports activities and may not have background or experience to deliver the programs.

<b>Course Duration</b>	4 hours + breaks
<b>Prerequisites</b>	Age 16 or older, and a financial member of SLSA
<b>Sports Specific</b>	(4 hours) 1. Basic Coaching Skills – 1hour 2. Board paddling – 1hour 3. Surf Swimming – 1hour 4. Beach Events – 1hour
<b>Presenters and Assessors</b>	Level 1 coaches with 12 months experience. Ideally the coaches should only present the Lesson(s) for the discipline(s) they normally coach.
<b>Post Course</b>	Work with an accredited coach for 4 training sessions - no paperwork needs be sent in.
<b>Award Expiry</b>	This award is proficient for 6 years, expiring December 31st of the 6th year. To remain proficient Junior Coaches must either re-sit the Junior Coaching course again or progress to the Level 1 Surf Coach course.

### Where can I find a course?

This course is designed to be conducted locally at Surf Clubs across Australia, so contact your Surf Club for information. For further assistance, you can also contact your Branch or State Centre.

### Who should attend?

Any financial member of SLSA aged 16 or older can attend this course.

### What will I get?

Participants receive the Junior Coaching Manual which features:

#### Introduction To Junior Surf Sport

1. Junior Surf Coach
2. Surf Sports Officials
3. Age Managers
4. Age Managers Course
5. Sport Development and Children
6. Fair Play
7. Member Safety and Wellbeing
8. Risk Management
9. Surf Safety and Injury Prevention
10. Activities following injury or illness
11. Fluid Replacement & Sun Protection
12. Physical Development of Children

#### Skills and Technique

13. Sports Skills
14. Beach Sprint
15. Beach Relay
16. Games to make Beach Sprints Fun
17. Beach Flags
18. Games to make Beach Flags Fun
19. Water Based Activities
20. Surf Race
21. Surf Skills for each Age Group
22. Games to make Surf Swimming fun
23. Board Paddling
24. Games to make Board Paddling fun
25. Two person R & R
26. March Past

#### Training And Club Competition

27. Basic Guidelines
28. Running a Club Junior Sports Day
29. Warm Up and Warm Down
30. Sample activity-training sessions
31. Age limits
32. Caps and Swimming Costumes
33. Junior Participation Skill Evaluation
34. Junior Competition Skill Evaluation –Run Swim Run etc.
35. Board Usage
36. Club Point scores

#### Basic Event Rules – Area And Equipment Set Up

37. Beach Events
38. Wading
39. Run Swim Run
40. Surf Race
41. Board Race/Board Relay/ Board Rescue
42. Iron Person
43. Cameron Relay