

### **Board and Ski Coaching Clinics - program**

As part of the Level 2 Coaches Course that we are conducting we have an opportunity to utilise the expertise of some SLSA coaches via Board and a Ski coaching clinics. These clinics will be conducted for coaches and athletes (from Under 15 and older) and will be free of charge. Clinics will be conducted on:

- **Ski** – Saturday July 17<sup>th</sup> at Glenelg SLSC 9.00 am – **4.00** pm
- **Board** – Sunday July 18<sup>th</sup> at Glenelg SLSC 9.00 am – **4.00** pm

**(PLEASE NOTE CHANGE – Ski is Saturday and Board Sunday. Both will go until 4.00 pm)**

Program will be subject to change depending on numbers and conditions:

9.00 am	Introduction, discussion on technique and drills
10.00 am	Film athletes paddling – if suitable do some time trials
11:00 am	Individual video analysis. Compare time trial times with standards
12:00 midday	Lunch
12:45 pm	Discussion on surf and race skills
1.45 pm	Practice surf skills and do some races (filmed)
3.45 pm	Video analysis of skills and races
4.00 pm	Finish