



**South Australian Ocean Paddling and Surf Ski
Seminar Saturday 10 and Sunday 11th
September 2011**

Port Noarlunga SLSC (Foreshore Port Noarlunga)

***Learn how to participate in ocean paddling, long distance
ocean races and paddle a surf ski in surf, with Dean Beamont***

Saturday Program 10 September 2011 (new Clubrooms at Port Noarlunga SLSC)

- 12.00 pm - 1.00 pm** Surf Ski Theory/ Ocean Ski Racing
"The Doctor" - World Cup races around the World.
- 1.00 pm - 1.30 pm** Garmin Watch GPS how to set up and maximise your training (Steve Perry)
- 2.00 pm - 3.00 pm** Nutrition and conditioning for Endurance Events (TBC)
- 3.00 pm - 5.00 pm** Practical, Wave Catching Skills - South Port (Dean and Ocean Ski Runs etc)

Dinner Saturday night at Glenelg SLSC - table booked at (7.00pm)

Sunday Program 11 September 2011

- 9.00 am - Risk Management** – committee
- 10.00 am** SLSSA Level 1 Coaching Theory and Practical – Port Noarlunga SLSC
Including Practical – Port Noarlunga Beach – time to be confirmed.
- Race: Sunday 11 September - O"Sullivan to Glenelg from 2.00 pm – 4.00 pm***
Race start 2.00 pm - 16.3 km race.

Further details please speak with Mike Schetter 83546900 or Ocean Racing Steve Dalton 0404501738.

Dean Beamont Bio:

Ex Henley SLSC – Australian SLS Open Ski Bronze Medallist 1991, and Ski Relay Gold 1998, WA Hall of Fame inductee, 40+ State Open Gold Medals in surf ski events, 4 x Australian Gold Surf Ski medallist, Multiple Aussie Open medals in surf ski. Coach of Brendon Sarson (Silver medallist single ski at Aussies) Reece Baker and Brendon Sarson (Double Surf Ski Gold Medallist this year), Brodie Holmes (silver medal in ski relay) and coach to Dan Humble (Current World Surf Ski Champ) all members of Trigg Island SLSC ski squad. Trigg Island SLSC Ski Captain. Multiple winner of downwind races, best performance is 5th in Rottneest World Cup race.

