



## **SLSA COACHES NEWSLETTER - December**

# **2007**

SLSA is very excited to welcome you to the first edition of the Coaches Newsletter. The aim of the newsletter is to improve communication within the coaching fraternity and increase Coach Development within Australia.

**Compiled by** Peter Kirkwood Surf Life Saving Australia Coaching Advisor

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### **COACH AND OFFICIALS CONFERENCE**

The Coach and Officials Conference will not be held at the Australian Title in Perth this year as there will be a larger conference held later in the year. SLSA is considering conducting a Level 1 Surf Coach course in Perth prior to Australian Championships to further assist Boat Sweeps to gain their Level 1 accreditation.

### **NEW COACHING MANUAL**

SLSA published a new edition of The Coaching Manual during 2007. There are an array of changes to the Coaching Manual including new chapters on Sweeping and IRBs. Many thanks to all who have helped with the manual especially Kim Marsh who organised the Boat Sweeping chapter, Andrew Kelckovin who modified the IRB chapter, Jim Harrison who rewrote much of the Beach Events chapter and Sheridan Mury who completed the administrative work for the manual.

Sheridan Mury has now moved on. We wish her well. She has been replaced by Alex Templeton who has a Bachelors Degree in Sport Management and has represented Australia in the sport of triathlons.

A March Past Training Manual has been developed, which will be placed on the SLSA website. The March Past Training Manual was prepared by the NSW March Past Panel and provided by Garry Cook. An R & R manual has also been developed and provided by Darryl O'Donnell, Warren Vanalopulos and Tom Holmes which will also be placed on the SLSA website in the coming weeks.

## **SWEEPING MANUAL EXTRACT (KIM MARSH)**

### **Sweeping through the break**

Going through the wave zone concentrate on your job rather than focusing too much on the rowers. Read the water and anticipate the speed of the boat in relation to approaching waves. The Sweep should stand behind the back quarter bar through the wave zone to help lift the bow. Practice the skill of lying back on the tuck to lift the bow over waves. The Sweep will find it is better to hit some waves at a slight angle to lessen the force of the hit. The wave will straighten the boat as long as the angle is not too great.

### **Waiting**

The Sweep may have to wait near the impact zone when the waves have sufficient power to stop a boat. While waiting in a large surf, many experienced Sweeps will stand on the foot chops or even the tuck decking to gain a better view of the waves. Do not allow a waiting boat to be sucked towards the breaking waves. The crew may need to “check” (row backwards) the boat.

TIP: Practice with the crew to help develop a feel for “when to go” and “when to wait”. The Bow rower will usually advise whether you made the wrong decision! Practise in a small 60 to 90 cm surf (2 – 3 feet) rather than 180 cm (6 foot) waves!

### **Hitting a wave**

The Sweep can help to lift the bow slightly by leaning back when hitting a wave. The sweep oar handle must be pushed aside if a wave pushes the boat backwards. This minimises the chance of the sweep oar being broken in a backshoot. The best time to hit a wave is just after it has broken.

### **Commands**

Commands used going through the break must be loud, clear and consistent. It is best if only the Sweep speaks through the critical impact zone. Think about the commands you will use. It is confusing for rowers if they have not heard a particular command before.

TIP: All Sweeps at a club should use the same commands.

Be concise when giving a command. Do not swear or portray your nervousness. Sometimes it is best not to express everything you are thinking (or fearing). The relevant commands are:-

“STOP” - To prevent the boat from rowing under a wave.

“TAKE A STROKE” - Used while waiting in the break to give the boat a little momentum before being hit by a broken wave.

“BACK UP” or “CHECK IT” - Used to take backward strokes to enable the boat to move away from a breaking wave.

“FORWARD” or “FRONT CHOCKS” - To instruct the rowers to come forward into a catch position regardless of which part of the stroke they are taking. This lifts the bow and enables the crew to take a clean catch as they come down the back of the wave.

Beyond the wave breaking area the surface will vary from smooth to choppy. In smooth conditions the Sweep may move forward. The further forward the higher the hands need to be to keep the sweep oar blade in the water. In a choppy sea the Sweep may stay behind the back quarter bar or between them.

The Sweep should inform the crew of their position in a race. Sweeps must minimise the amount of turning around they do as it can rock the boat.

Rowing beyond the break the Sweep needs to stay focused and concentrate on their job. Steer the shortest path to the buoys, making allowance for the wind.

**COMMENT:** In extreme wind and chop conditions the Sweep may consider a direction that makes it easier for the rowers to take effective strokes (not recommended for novices.).

### **RECOMMENDATIONS FOR U/17 SKI PADDLERS**

During the off season SLSA through the efforts of Wade Sinclair, Troy Eady and Peter Kirkwood research was conducted into the effects of ski paddling on young athletes in Australia and New Zealand. As a direct result from the research conducted, under 17 age category ski races can now be run at Carnivals when conditions are suitable (see below). The research indicated that 15 year olds should be gradually introduced to ski paddling as coaches would normally do. Further members under the age of 15 years are not precluded from participating in less formal skill based training sessions with the added consideration that all members under the age of 15 years on Surf Skis are supported by a suitably qualified member/coach. To help with this introduction we have compiled the following recommendations:

#### **Supervision**

The key to minimising injuries especially impact injuries is supervision; this involves coaches, team managers, parents and officials. New paddlers should be gradually introduced to training and surf and where possible surf skills should be practiced in uncrowded areas. 15 year old Ski paddlers should do at least 3 months of preparation training before they start racing at carnivals and when racing young paddlers should be encouraged to control their youthful aggression.

#### **General Information**

We suggest that general information perhaps in the form of a question sheet be given to new ski paddlers before they start paddling. This information could include the following.

Understanding skis and paddles care of craft and equipment (does the club allocate a 15 year old a \$2500.00 ski without telling them how to look after it)

Washing after use, location of ski racks in club.

Making the athlete aware of the conditions in which they are able to compete and train under.

How do I know if the ski or paddle is correct size and length for me?

How do I tie my ski on the trailer or car?

What is the overhang allowed for my ski on the roof of mum or dad's car?

How do I carry a ski if I am small or not that strong?

How do I carry a ski in windy conditions?

Why do I wax the seat or my paddles?

Bungs and how do I get them and why do I put air in the ski before I use it.

What do I do if I ding the ski?  
 When and where can I paddle the ski?

## Equipment

Shorter skis are easier to learn on if available. It is important that the distance between the foot wells and seat are suited to the paddler's leg length.

Young paddlers should start with small size blades and use paddles that are not longer than those suggested by the table, see appendix 'a'

## Events

The restrictions applying to the introduction of 15 years to Ski's will mean that U17 Iron Person events will not include a Surf Ski leg. Members are not permitted to compete in open age category Iron Person events until they reach 16 years of age. Additionally members are not permitted to compete in double ski events in any age category until they reach 16 years of age and if due to conditions the U/17 Ski events are cancelled at a competition 15 year old competitors are not permitted to compete in Ski legs or Ski events in other age categories.

## Conditions

U/17s should only paddle (this includes racing) skis when all of the following conditions are met:

1. Surf size and type - there are no (a) spilling waves over 5ft (i.e. standing at the water's edge a 5ft person will not have their view of the horizon blocked by a breaking wave), (b) plunging or surging waves over 2ft
2. Wind strength – is under 20 knots (at 20knots there are many white caps on the ocean surface)
3. Currents – are not faster than 4knots (e.g. caused by rivers entering the ocean, the fastest rips on beaches are normally about 4knots)
4. Other hazards - present an unacceptable risk (such as rocks, stingers or a combination of the above points)

## Training

The table below shows a possible yearly plan; this is followed by further suggestions.

MONTH	JUL	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MAR
<b>STRENGTH</b>	3	3	3	2	2	2	2	1	1
<b>FLEXIBILITY</b>	Stretch after each session								
<b>SWIMMING</b>	2	3	3	3	3	2	2	1	1
<b>RUNNING</b>	1(long)	2(long)	2(long)	1 or 2 (sprints)	1 or 2 (sprints)	1 or 2 (sprints)	1 or 2 (sprints)	1 or 2 (sprints)	1 or 2 (sprints)
<b>SKI - aerobic</b>	1 or 2	3	3	4	4	2	1	1	1
<b>SKI - lactate</b>						1	2	2	2
<b>SKI - phosphate</b>					½	½	1	2	2

1. Aerobic – maximum volume should be less than 60minutes of ski paddling per session and there should be no more than 4 sessions per week. Young paddlers should be encouraged to get some of their aerobic fitness from cross training such as swimming and running.

2. Lactate – maximum volume should be less than 25minutes of paddling per session not including the warm up and warm down and their should be no more than 2 sessions per week so that there is at least 24hours recovery between sessions.

3. Flexibility – static stretching should be done after each training session. Some points to remember include:

- Stretch all muscle groups that were involved in the activity
- Stretch gently and slowly – never bounce
- Stretch to the point of tension or discomfort, never pain
- Hold the stretch for a minimum of 15 seconds
- Better to do the stretch twice
- Do not hold your breath when stretching; breathing should be slow and easy
- Maintain the stretching program throughout the season.

For some sample stretches please see SLSA website Member/ Admin Resources/ Surf Sports/ Coaches/ Coaching Articles

4. Strength – should concentrate on core and shoulder strength, and include rotor cuff exercises. Kayak ergometers and pulleys are useful for strength training novice paddlers as well as doing resistance training by paddling with a band or strap tied around the ski and through the foot straps.

#### Own body weight exercises

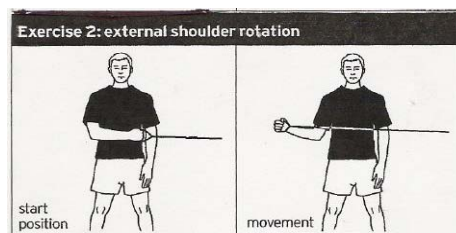
Young ski paddlers could also increase their strength by doing exercises which involve lifting their own body weight such as: chin ups(palms forward), dips, push ups, knee raises, knee grabs, sit ups. Photos highlighting appropriate exercises can be found on the SLSA website Member/ Admin Resources/ Surf Sports/ Coaches/ Coaching Articles

#### Weights

If a young paddler chooses to use weights they should select a weight with which they could lift at least 15 repetitions with correct lifting technique.

Some exercises which could be done to improve strength include:

Lat pull down, triceps' extensions, one arm dumbbell row with twist, prone single arm dumbbell pull, wrist curls, bench rowing, leg curl, leg extension. Photos highlighting appropriate exercises can be found on the SLSA website Member/ Admin Resources/ Surf Sports/ Coaches/ Coaching Articles



*Rotator Cuff exercise*

#### Swiss ball

A good alternative for gaining Core and general strength is to do Swiss ball exercises. For some examples of these exercises SLSA website Member/ Admin Resources/ Surf Sports/ Coaches/ Coaching Articles

*Appendix 'a'*

**CHOOSING A COMPETITOR'S IDEAL PADDLE LENGTH**

To determine a paddler's ideal paddle length, take the following 3 measurements, add them together to get the 'combined height' and then use the table.

A). Torso Length. - Measure the torso length by sitting on the floor with your legs slightly bent as you would sit on your ski, with an upright posture. Measure from the top of your head to the floor.

B). Reach Over the Top Height. - Stand in bare feet and extend one arm above your head and curl your fingers over (Don't hyperextend). The measurement should be taken from the junction between the top of the palm and the beginning of the fingers to the floor.

C). Elbow to Elbow Length. - Place the centre of a paddle shaft on top of the head, holding the shaft with both hands on the paddling grip. Your elbows should be at 90 degrees. Measure from elbow tip to elbow tip with elbows at 90°.

Combined Height (mm)	Paddle Length (m)	Combined Height (mm)	Paddle Length (m)	Combined Height (mm)	Paddle Length (m)
3336	2.000	3847	2.071	4145	2.112
3350	2.002	3854	2.072	4153	2.113
3365	2.004	3862	2.073	4160	2.114
3379	2.006	3869	2.074	4167	2.115
3394	2.008	3876	2.075	4174	2.116
3408	2.010	3883	2.076	4181	2.117
3422	2.012	3890	2.077	4189	2.118
3437	2.014	3898	2.078	4196	2.119
3451	2.016	3905	2.079	4203	2.120
3466	2.018	3912	2.080	4210	2.121
3480	2.020	3919	2.081	4217	2.122
3494	2.022	3926	2.082	4225	2.123
3509	2.024	3934	2.083	4232	2.124
3523	2.026	3941	2.084	4239	2.125
3538	2.028	3948	2.085	4246	2.126
3552	2.030	3955	2.086	4253	2.127
3566	2.032	3962	2.087	4261	2.128
3581	2.034	3970	2.088	4268	2.129
3595	2.036	3977	2.089	4275	2.130
3610	2.038	3984	2.090	4282	2.131
3624	2.040	3991	2.091	4289	2.132
3638	2.042	3998	2.092	4297	2.133
3653	2.044	4006	2.093	4304	2.134
3667	2.046	4013	2.094	4311	2.135
3682	2.048	4020	2.095	4318	2.136
3696	2.050	4027	2.096	4325	2.137
3710	2.052	4034	2.097	4333	2.138

3725	2.054	4042	2.098	4340	2.139
3739	2.056	4049	2.099	4347	2.140
3754	2.058	4059	2.100	4354	2.141
3768	2.060	4066	2.101	4361	2.142
3775	2.061	4073	2.102	4369	2.143
3782	2.062	4081	2.103	4376	2.144
3790	2.063	4088	2.104	4383	2.145
3797	2.064	4095	2.105	4390	2.146
3804	2.065	4102	2.106	4397	2.147
3811	2.066	4109	2.107	4405	2.148
3818	2.067	4117	2.108	4412	2.149
3826	2.068	4124	2.109	4419	2.150
3833	2.069	4131	2.110		
3840	2.070	4138	2.111		

**COMBINED HEIGHT = Torso Length + Reach Over the Top Height + Elbow to Elbow Length**

**Ideal Paddle Length Guide**

Note: If the seat in your ski is lower than

normal you may need to shorten your paddles accordingly. This information is part of Rick Duncan's Level 3 research assignment, for more details look at the complete article on the SLSA web site [http://www.slsa.com.au/site/\\_content/resource/00001013-docsource](http://www.slsa.com.au/site/_content/resource/00001013-docsource)

**RE-LICENSING**

Coaching Licences now expire on the 31st December in their final year rather than October to fall in line with other SurfGuard entries.

Level	Period of License	Points for Re-licensing	Send completed forms to	Cost
1	4 years	75	State Centre	\$5.50
2	3 years	85	State Centre	\$5.50
3	2 years	100	SLSA	\$5.50

Re-licensing forms can be downloaded from [http://www.slsa.com.au/site/\\_content/resource/00000976-docsource.pdf](http://www.slsa.com.au/site/_content/resource/00000976-docsource.pdf) and compulsory Reference Questions can be found at [http://www.slsa.com.au/site/\\_content/resource/00000512-docsource.pdf](http://www.slsa.com.au/site/_content/resource/00000512-docsource.pdf)

**SLSA COACHING RESOURCES**

SLSA is continually developing new resources for Coaching. We are currently producing a coaching DVD for IRB Racing. A DVD will be developed in the coming months on Boat Sweeping. SLSA are also working on producing DVDs of past Australian Titles.

**An array of resources are available:**

*The SLSA website* contains a number of resources and a convenient way to access them is by clicking on the index link below, <http://surfsports.slsa.com.au/default.aspx?s=adminresources&id=48>

Under headings Surf Sports, then Coaches are the following:

**Coaching Articles** – research articles written by the Coaches from the last Level 3 Coaching course.

**Diary and Resource Booklets for coaches.**

**Website links** – useful coaching websites

**Surfboat Sweeping Competencies** – the Accreditation Checklist for sweeps.

**Training Sessions** – some sample training sessions written by the last Level 3 Group.

**Surfcoach articles** – some old Surfcoach articles

**The Coaching Manual** available from SLSA for \$25.

**The Coaching DVD** this contains DVDs on Beach, Board, Boat, Pool, Ski and Surf Swimming competition. It is available from SLSA for \$25. All clubs were sent a copy of the DVD.

**Equipment** - SLSA has 2 Polar Heart Rate monitors, a Navman (measures speed and distance), a Garmin 301( which measures HR, speed, distance) and Body Fat Measuring Scales. This equipment can be borrowed by the States for clinics, courses etc.

**Software** – Silicon Coach Software is on a computer at SLSA and can be used by coaches who are prepared to go to SLSA at Bondi to use it.

## **NEW PRODUCTS /RESOURCES**

I have recently examined an array of new products available for coaching purposes.

### **Headzone Waterproof Coaching System.**

The Headzone advertisement states: “Headzone produce light weight waterproof soft headgear and helmets, with built-in Waterproof UHF receiver, used in conjunction with Headzone’s UHF handheld radio. The Headzone coaching system has a range of over 5km, and allows you to get 100% coaching to your athletes as they train in any condition. It also provides an increased learning rate of up to 300% from traditional coaching methods. Complete coaching systems start from \$550 and can be tailored to suit your coaching requirements.”

The improved communication makes an incredible difference to the quality and ease of running technique sessions. I found Headzone to be a fantastic coaching tool as you can give instant feedback to athletes for things such as technique, skills, stroke rates, times, tactics etc.

Contact details for Headzone: Ph. 02 6555 5575 [cye@headzone.com.au](mailto:cye@headzone.com.au)

### **Performance Plant**

Performance Plant provide a website to which you and your athletes can log onto and store information such as result, heart rates, times, training logs etc. they will put your data into any sort of table, graph diagrammatic format that you want. Great for coaches with large or diverse squads. They can also carry out testing, including genetic assessments.

The Performance Plants Advertisement states: “PerformancePlant.com, leaders in health and fitness applications have released their latest performance management product, PER|FORM, which provides recreational and elite sports teams with an advanced athlete information management system. PER | FORM tracks data such as training, performance, injuries and program periodisation just to name a few and then compares, contrasts and relates the critical data. By fusing both coaching management features with athletic fitness records you will get unprecedented insight into how your athletes are training and performing.

To see how you can improve your PER | FORMANCE visit [www.performanceplant.com](http://www.performanceplant.com) or call Rich on 0404 482 065.”

### **The Surfboat Book – A Complete Coaching Manual**

This book by Kim Marsh is a must, it’s not only an essential coaching resource manual but an excellent read for any clubbie. Kim has written the book with a passion that provides a great insight into the history and sport of surfboat rowing. He has also generously given SLSA the use of one the chapters for the Coaching Manual and provided the basis of the Checklist for Sweep Accreditation. Copies will be available in December for about \$45 to \$50.

To obtain a copy email Kim at [surfboatdirections.bigpond.com](mailto:surfboatdirections.bigpond.com) Kim insisted that the book be made in Australia and its 270 pages be made from Australian paper.

### **A Beachies Dream – A training guide for runners**

The author Darren Peters has lead the way in Beach event coaching over the last two decades. Although this book has been available for a few years some coaches may not have heard of it. Darren provides a complete coverage beach sprinting in his book including technique, strength training, a yearly training plan with sample sessions and tactics. His ideas and philosophy of training are applicable to all sports.

The book can be purchased from Darren for \$20 via email at [dazaa@dcponline.com.au](mailto:dazaa@dcponline.com.au)

### **COACHING MANUAL FOR JUNIORS**

A Coaching Manual for Juniors has recently been developed. Part of the manual will be issued with the Age Managers' Course and the full Manual will be issued to the relevant coaches at Level 1 courses. Many thanks to all those who contributed including Gavin Hill, Brett Dowker, Kevin Neilson, Rick Wright, Brad Stokes, Dennis Griffith Craig Holden, Andrew Bolt and SLSNZ.

Below is sample extract from the Manual

### **COACHING MANUAL FOR JUNIORS EXTRACT**

#### **Running a club junior surf sports day**

Successful clubs have found that it is important to present a varied program to ensure retention of motivated athletes. Below is an example of the program used by the very successful Cronulla club.

On a junior sports day, normally a Sunday, the activities run for a maximum of 2 hours. During this time each age group participates in three 40minute sessions. There are sessions run for 9 different activities so it will take an age group three weeks to complete all the activities. On the sports day (Sunday) of the fourth week, all age groups will do competition i.e. races. The next week they start the cycle again, naturally the activities have different sessions.

Many of the activities will also be practiced in mid week training sessions which are coordinated with the Sunday sessions.

<b>WEEK</b>	<b>SESSION</b>	<b>BOAR D</b>	<b>RUN</b>	<b>BODY BOARD</b>	<b>F L A G S</b>	<b>S W I M</b>	<b>LIFE SAVING AWARD S</b>	<b>IRON MAN</b>	<b>RELAY S</b>	<b>BOAR D RESCUE</b>	<b>C O M P E T.</b>
<b>1</b>	<b>1</b>	U/8	U/9	U/10	U/11	U/12	U/13	U/14			
	<b>2</b>		U/8	U/9	U/10	U/11	U/12	U/13	U/14		
	<b>3</b>			U/8	U/9	U/10	U/11	U/12	U/13	U/14	
<b>2</b>	<b>1</b>	U/14			U/8	U/9	U/10	U/11	U/12	U/13	
	<b>2</b>	U/13	U/14			U/8	U/9	U/10	U/11	U/12	
	<b>3</b>	U/12	U/13	U/14			U/8	U/9	U/10	U/11	
<b>3</b>	<b>1</b>		U/12	U/13	U/14			U/8	U/9	U/10	
	<b>2</b>			U/12	U/13	U/14			U/8	U/9	
	<b>3</b>				U/12	U/13	U/14			U/8	

4										ALL
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NOTE – U/8 do wading and bunny hopping for swim and board

An example time table might be:

TIME	SESSION
9am – 9.40am	1
9.40am – 10.20am	2
10.20am – 11 am	3

Age Managers move with their groups. There is a ‘Organiser’ for each activity who stays with the activity all morning and negotiates with each age manager the content of the session. The result of this very successful system is that the juniors only do an activity once every 4 weeks.

### Planning for an activity sessions

Age Managers need to carefully plan for the days training activities to ensure that not only are the juniors practicing skills and having fun, but the program of activities is varied from week to week.

A carefully planned session increases the coach's confidence and this effort will rub off and help motivate players. Making sure enough equipment is available for the number of participants involved is often underestimated as a motivating factor. Nothing bores or frustrates young people more (often leading to disruptive behaviour) than waiting in long lines, or watching the more talented athletes dominate the equipment.

### Warm-Up and Warm Down

Warm-ups and Warm downs will reduce the chance of injury in any activity. The colder the weather is, the greater the need for a warm-up.

#### Warm-Up game

- Preparation should involve physical and mental preparations.
- Aims to prepare muscles and joints for movement and flexibility while the cardiovascular system and temperature is prepared for activity.
- The game should be followed by some dynamic stretching (especially for the older age groups) e.g. jog in circle while doing dynamic stretches, pause jogging when necessary
- The warm up would normally only be needed at the start of the groups first session for the day.

#### Warm Down game

- To reduce muscle strain warm down with light physical activity and then spend 5-10 minutes stretching (static), holding each stretch for at least 20 sec.
- The warm down would normally only be needed at the end of the groups last session for the day.

Before starting any sports activity please remember to fill out your risk management sheets and liaise closely with club officer responsible for junior member safety.

## **SWEEP ACCREDITATION**

The new Accreditation seems to be running smoothly in most States. There are some changes regarding sweep accreditation, the States are investigating the possibility of running a Mentoring Program for Novice Sweeps.

Non-accredited "Helper Sweeps" who don't sweep in the surf but help out at training (e.g. when an accredited sweep is coaching 2 or more crews at one time) are allowed to help train crews under the supervision of an Accredited Sweep in flat water provided that they aren't organising the coaching.

Another variation is for sweeps who only ever sweep in areas where there are no waves such as Barrier Reef Beaches. If they complete the Level 1 Coaching and the Checklist except for the surf related competencies then they are allowed sweep in carnivals held at their flat water beaches( provided there are no waves).

We are very appreciative of the efforts of the States, the ASRL, Bert Hunt and Craig Williams in this process.

It is currently proposed to run a Level 1 Coaching Course with an emphasis on Boat Competition in Perth on the Sunday and Monday before the Australian i.e. 30<sup>th</sup> & 31<sup>st</sup> March.

## **NEW COMPETITION RULES AND EVENTS**

Compiled by: Rick Wright

From 2009 the Interstate Championships will be conducted in the following categories: Open, U19,U17,U15 and U14 in both male and female categories for a total 75 athletes per state. The concept is that the winners of their respective events in selected events at the State Championships are recommended to represent their state.

If the Gold Medalist is unavailable then the Silver Medalist is recommended to be the representative.

More detailed information will be issued by SLSA in the coming weeks.

The point score at the Australian Championships for 2008 have been extended to include 6 categories as follows -

Overall Champion Club (no change)  
Club Handicap Point score  
Under 15 Years Champion Club  
Under 17 Years Champion Club  
Under 19 Years Champion Club  
Open Champion Club

### **New Events (Australian Championships)**

Surf Boat Relay  
Mixed Open - 5 Person R&R

Open Women's Belt Race  
U17 Taplin (3 members) Male and Female  
U17 Single Ski - Male and Female  
U17 Ski Relay

### Rule Changes

The Technical Committee has finalised a review of the Rescue Tube Rescue Race whereas the Patient will make a competitive swim (similar to Board Rescue).

New rules for 'stand up' board riding will also be published shortly that fall into line with the Board Riders Association rules, this includes the rules for a teams based board riding event.

The new rules for the Boat Relay event have also been finalized.

There will be no introduction of the 'One Start Rule' for the coming season.

A re-introduction of the 'Reversal of Craft' order in legs of the Ski Relay, Board Relay, Ironman/woman and Taplin Relay events are currently being considered.

Coaches are advised to watch the club mail section on the SLSA web site under 'Bulletins' which will show the new event rules and technical changes as they occur.

### **SCIENCE AND COACHING RESEARCH ARTICLES**

The Australian Sports Commission runs the National Sports Information Centre (NSIC). The centre helps coaches find information on particular aspects of sport, they also issue monthly updates of articles written on various sports and topics.

If you wish to receive lists or copies of these articles go to <http://www.ausport.gov.au/nsic> or ring (02) 6214 1369

Some recent articles include:

Chronic Overreachers. Royle, Marlene, Rowing News (Lebanon, N.H.) July 2007: Vol. 14 Issue 5. p. 70-71

(English Abstract Available) Abstract: Overreaching in the catch is a common error rowers make that can lead to poor body posture, and reduced leg drive that is needed to complete a powerful stroke. This article provided rowers with tips to correct this error by examining a case study of a chronic overreacher

Three Favourite Core Exercises. Bohrer, Tom, Rowing News (Lebanon, N.H.) Feb 2007: Vol. 13 Issue 12. p. 38-39 (English Abstract Available) Abstract: Core strength is key for successful rowing. This section provides step-by-step instructions for three core strengthening exercises using a stability ball including the stability ball plate crunch, stability ball back extension and stability ball lateral crunch.

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