

Circular

Title: Beach Blitz (Race Skills Training) Sessions
Document ID: C23058
Department: Surf Sports
Audience: Surf Sports/Competition Officers
Date: 10 October 2023

Summary:	Beach Blitz Sessions that the Beach Panel are holding during the 2023/24 season to assist club & athlete development.
Action:	<ul style="list-style-type: none">• Circulate to relevant members• Check Event Calendar Page for any further updates

GENERAL DETAILS

Dates:

Note: All sessions will be conducted at Glenelg Beach unless updated on the event calendar page prior.

Tuesday October 17th, 2023 @ 6-8pm
Tuesday November 14th, 2023 @ 6-8pm
Tuesday January 16th, 2024 @ 6-8pm
Tuesday February 13th, 2024 @ 6-8pm
Tuesday March 5th, 2024 @ 6-8pm

Information/Format:

The Beach Panel are running simulated race like training sessions that will allow athletes to focus on skills in a short and sharp format in preparation for State and Australian "Aussies" Championships for beach Sprints, Flags & Relays. No Entries are required, and no result will taken.

This is open to all clubs however does require clubs to provide helps to ensure a smooth running of the session. Below is the proposed program for this session subject to numbers/helps etc.

Sprints 6 -6:50

50m sprints (opens, youth, male, female)

- In this order
- Round 2 to immediately follow round 1
- 6-8 in a heat

Relays 6.50 – 7.10

4 rounds x40m relays

- Handicapped
- To be made on on the the day

Flags 7.10- 8.00

15-20 flag get ups on a 10m track

More details will be posted on the event calendar pages closer to the sessions and/or on the day as required.

Queries?

If you have any enquiries, please contact the Surf Sports team at SLSSA Surf.Sports@surflifesavingsa.com.au or call (08) 8354 6900