

SURF LIFE SAVING SA

YOUTH HIGH PERFORMANCE ACADEMY





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Flinders
UNIVERSITY



SA
AQUATIC
& LEISURE CENTRE



SURF LIFE SAVING
SOUTH AUSTRALIA



INTRODUCTION

Welcome to the 2019 Youth High-Performance Academy, and on behalf of Surf Life Saving SA, congratulations on your selection.

We are very pleased and quite privileged to be able to partner with Flinders University and the S.H.A.P.E. Research Centre to collaborate and deliver this program to you, the up and coming and high-performing youth surf sports athletes in South Australia.

The aim of this program is to:

- Encourage, motivate and support our aspiring high-performance surf sports athletes to pursue their goals.
- Provide nationally reputed education and support around testing and training, as well as guidance around the individualised prescription of training for the elite sporting arena.
- Complement and advance the coaching that athletes receive at a club/local level and improve their existing training environment.
- Improve the overall performances of SLSSA athletes at a national level, and elite level competitions.
- Increase the number and frequency of SA athletes winning medals at the Australian Surf Life Saving Championships “Aussies”.
- Increase the profile and marketability of our elite surf sports athletes for personal, club and state benefit.

Most of the athletes selected in this year’s academy will have already been a part of a previous program, or this year’s Youth Pathways Cup state team. We hope that with some continued support of our top tier athletes we can develop the level of competition in SA through their surf sports progress.

Through this program, we hope to provide cutting edge physical testing and high performance Sports Science to our elite athletes in order to measure their response to training types and capacity, and improve their exercise prescription. This may also help us to prevent injury, target specific responses to training, and talent ID some of the future program athletes.

We are also excited to include athlete education in the program from some of the country’s leaders in sports science and athlete development to help improve the long-term outcomes for those in the academy. We also hope that the coaches of the athletes involved in this program will be able to learn and contribute to the development of relevant testing protocols, measurements, and the improvement of their knowledge, and their athlete’s elite training environment.

This academy is an integral part of the overall high-performance program at SLSSA and we hope to be able to support our elite athletes throughout their journey.



1. LIST OF ATHLETES

Airlie Rouvrey (Youth Pathway Cup)	Glenelg	Adam D'Aloia	Grange
Marlie Fiegert (Youth Pathway Cup)	Grange	Harvey Luscombe	Glenelg
Tayla Dawkins (Youth Pathway Cup)	West Beach	Clancy Luscombe	Glenelg
Sadie Proctor (Youth Pathway Cup)	South Port	Harry Manolopoulos	Seacliff
Chelsea Jentz (Youth Pathway Cup)	Pt. Noarlunga	Ryan Clifford	Seacliff
Maguire Reid (Youth Pathway Cup)	Pt. Noarlunga	Hannah Deacon	Somerton
Keenan Gray (Youth Pathway Cup)	Seacliff	Ella Andrews	Semaphore
Sebastian Oliver (Youth Pathway Cup)	Somerton	Victoria Barnes	Pt. Noarlunga
Axel Cunningham (Youth Pathway Cup)	South Port	Kristi Bedford	Aldinga Bay
Sebastian Hartas (Youth Pathway Cup)	West Beach	Georgia Materne	West Beach
Jasper Cormack (Youth Pathway Cup)	Glenelg	Kenya Thomas	South Port
Teagan Richards (Youth Pathway Cup)	Semaphore		
Georgia Oliver (Youth Pathway Cup)	Somerton		
Mackenzie Van Der Jeugd (Youth Pathway Cup)	Seacliff		
Demi Bates (Youth Pathway Cup)	Grange		
Mackenzie Stock (Youth Pathway Cup)	Brighton		
Will Larven (Youth Pathway Cup)	Glenelg		
Lucas Piscionari (Youth Pathway Cup)	Grange		
Joseph McKinnon (Youth Pathway Cup)	Seacliff		
Bailey Hahn (Youth Pathway Cup)	West Beach		



2. PROGRAM DATES



SURF LIFE SAVING
SOUTH AUSTRALIA

YHPA Calendar 2019

Key

School Holidays	Public Holiday/Significant Event	Youth High Performance Academy Event
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April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 st Aussies – Masters (Broadbeach)	2 nd Aussies – Masters (Broadbeach)	3 rd Aussies – Open (Broadbeach)	4 th Aussies – Open (Broadbeach)	5 th Aussies – Open (Broadbeach)	6 th Aussies – Open (Broadbeach)	7 th Aussies – Open (Broadbeach)
			11 th Testing Procedures & Educational Session: 5:30pm Flinders - Alan Mitchell Centre		13 th	14 th Training Session 8:00am South Port
				19 th Good Friday	20 th Easter Saturday	21 st
22 nd Easter Monday			25 th ANZAC Day		27 th	28 th Training Session 8:00am Chilton Rocks
	30 th					

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					4 th	5 th
	7 th Testing Procedures & Educational Session: 5:30pm Flinders - Alan Mitchell Centre		9 th Pool Rescue Training Session: 6:30pm SAALC		11 th	12 th Mother's Day
					18 th	19 th Training Session: 8:00am Goolwa
			23 rd Pool Rescue Training Session: 6:30pm SAALC		25 th	26 th



SURF LIFE SAVING
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YHPA Calendar 2019

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 st	2 nd
	4 th Testing Procedures: Flinders - Alan Mitchell Centre		6 th Pool Rescue Training Session: 6:30pm SAALC		8 th	9 th Training Session: 8:00am Moana
Queen's Birthday					15 th	16 th
					22 nd	23 rd Training Session: 8:00am Walterna
			27 th Pool Rescue Training Session: 6:30pm SAALC		29 th	30 th

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2 nd Testing Procedures: 5:30pm Flinders - Alan Mitchell Centre		9 th Testing Results Presentation/ Additional Educational Session: 5:30pm Flinders - Alan Mitchell Centre		6 th Pool Rescue State Champs SA Aquatic & Leisure Centre	7 th Pool Rescue State Champs SA Aquatic & Leisure Centre
					13 th Proposed Development Camp Chiton S.L.S.C.	14 th Proposed Development Camp Chiton S.L.S.C.
					20 th	21 st
			25 th Pool Rescue Training Session: (Interstates & Aussies) 6:30pm SAALC		27 th	28 th

2019 Australian Pool Rescue Championships – Fri 9th – Sun 11th August 2019
(Gold Coast Aquatic Centre, Southport, QLD)

Overall Youth High Performance Program:

- 4 x Testing.
- 3 x Education (+1 results & presentation evening)
- 5 x Pool Rescue training sessions.
- 5 x Ocean/Beach training sessions.
- 1 x Weekend of proposed *Development Camp*.



3. PROGRAM DETAILS

The program is centered on physical testing and measurements, which will occur at Flinders University on 4 or more occasions across the off-season and culminate in a presentation of these results at the end of the program.

The testing procedure will be similar, but not limited to as follows:

Physical Measurements and Testing:

Musculoskeletal Assessments

- Thomas Test
- Straight Lying Hamstring Test
- Knee to Wall
- GIRD Assessment

Anthropometric Assessments

- Height
- Weight
- Sitting Height
- Total Arm length
- Total Leg Length
- Hand Length
- Foot Length
- Ankle Girth

Neuromuscular Power

- Vertical Jump Test (AMTI)
- 20m Sprint Test (Fusion Sport)
- Upper Body Power Assessment: Bench Pull – % Body Mass (Gym Aware)

Aerobic Endurance

1km Rowing Ergometer Assessment or Yo-Yo IRT

Coupled with the testing will be focused training sessions from our specialist coaches to help target each of the athlete's proposed or identified deficiencies, both surf sport specific, and physiologically. There are also pool rescue specific sessions for our athletes to improve their overall lifesaving skills, improve their skills in this area of competition, and their Australian team prospects in those areas if that is a focus for our athletes.



Additionally, one of the most important aspects of long-term athlete success is the holistic education of both athlete and coach, which is why we have included a number of education sessions available to both athlete and coach in order to upskill and develop elite-level knowledge among this cohort.

These education sessions are as follows:

1. Long-term Athlete Development (Presenter: Kym Williams)
2. Load Monitoring Practices in High-Performance Sport (Presenter: TBC)
3. Nutritional Practices in High-Performance Sport (Presenter: TBC)
4. Physical Characteristics of a Junior SLS. (Presenter: TBC)

In addition to the partnership with Flinders University, we are hoping to form partnerships with any local physiotherapists and any additional services such as dietetics, pilates, yoga, etc. that we can, in order to improve the availability and provision of athlete support in these areas. These will be updated and communicated to you as things develop in this space. Sponsorship for the program will also be a focus for us to be able to fund any additional initiatives for the athletes selected in this academy.



4. EDUCATION AND TESTING TEAM

Kym Williams:

Kym is a lecturer in sport and exercise science and member of the SHAPE research centre. He teaches across a range of areas including strength and conditioning, human functional anatomy and physiology, and biomechanics. His research and supervisory interest are directed towards long-term athlete development and the application of technology in the determination of athleticism or injury susceptibility. Kym has also worked with National and Olympic athletes during a four-year stint at the Australian Institute of Sport.

Nathan Chesterfield:

Nathan lectures in professional and clinical education across Exercise Science and Clinical Exercise Physiology courses at Flinders University, concurrent to maintaining a small private base of clinical, general and athletic clients. Nathan has held numerous roles in 15 years of practice as an exercise physiologist including private clinical, corporate health and wellness, and tertiary education.

Students:

- Alexia Papanicolas: 3rd-year Exercise Science student at Flinders University.
- Hillary Williams: 3rd-year Exercise Science student at Flinders University.
- Sarah Divine: Masters of Exercise Science student from the University of Southern Queensland.

5. COACHING TEAM

Our group of High Performance Academy coaches will bring years of experience and a wealth of knowledge to the athletes, as well as a greater level of coaching in order to challenge the athletes in an elite capacity. We're hoping to get our athletes in to elite surf conditions, and for our coaches to be able to show and pass on any surf skills to our academy athletes.

The Academy coaches so far are:

- Bly Bayliss
- Craig Nicholson
- Claire Drummond
- Ethan Rump
- Ryan Davison
- Sean McKenzie
- Francesca Kidd





6. CONTACT DETAILS

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APPENDIX

Please visit the SLSSA website for all the information below and any updates to the Academy

<http://www.surflifesavingsa.com.au/high-performance>

- Calendar
- Program Brief
- Athlete Agreement
- Selection policy

Further Reading & Resources:

This section will be constantly updated

The Youth Physical Development Model: A New Approach to Long-Term Athletic Development