



# GOLD COAST ACADEMY OF SPORT

## 2018 SURF LIFESAVING PROGRAM

### INTRODUCTION

With Surf Life Saving Queensland, the Gold Coast Academy is proud to deliver a signature sporting program which is specifically designed to deliver quality outcomes to athletes who are dedicated to succeeding in the sporting arena.

GCAS provides excellence through visionary programs for young athletes within the Gold Coast region and aims to promote interest, participation and opportunities for athletes of the Gold Coast.

To further value add to the existing skill program, being delivered by Qld Surf Lifesaving, the GCAS has partnered with the sporting organisation to provide core information sessions to educate athletes on topics to improve performance and decision-making capabilities. This community partnership targets the pedagogical approach with a curriculum that supports individuals in their quest for sporting excellence.

The GCAS core sessions will deliver lessons **focussed around fitness and lifestyle sessions**. All theoretical units are designed to help individual sporting performance and personal development.

The GCAS will provide value-added lectures and opportunities that will complement the surf lifesaving program and further develop the talent of the participating student athletes.

### PROGRAM DESCRIPTION

GCAS will be partnering with Surf Life Saving Queensland to deliver six one hour external educational sessions to further enhance the sporting program to be delivered to talented athletes. The sessions will include:

- Time Management
- Social Media Management
- Self-Maintenance / Recovery i.e. how to prepare/look after your body effectively for competition and training.
- Psychology – Wheel of Life / performance approach / goal setting

Athletes will be required to complete an application form and forward to the GCAS.

### COST

Athletes are required to pay a program fee of **\$70.00**.

- This fee will cover the cost of all presentations and a GCAS polo that is to be worn to presentations.
- Athletes and parents are also invited to attend GCAS sports awards evening at RACV Royal Pines Resort on 18 October 2018. All participants will be awarded a certificate of participation with major awards being given for each program.
- Provide access for all Surf lifesaving participants to the GCAS communication portal "Sports Locker" for efficient delivery of all program information and updates.
- Guest speakers including sports psychologists, and other health and management professionals as available to attend and deliver lectures.

The program fee is payable in full on or before 5<sup>th</sup> September either by direct deposit, telephonically or eftpos at the first session. **Athletes will be invoiced individually, prior to commencement of the program.**

Banking Details: BSB 637 000. ACC 715 404 559 with athlete's name as a reference.

**\*Please ensure name is quoted otherwise it is difficult for GCAS to allocate payment.**

### APPLICATION

An application form is attached and needs to be forwarded to GCAS on completion. Please forward to [program@goldsport.com.au](mailto:program@goldsport.com.au)

Applications close on Thursday 23 August 2018.

### CONTACT / FURTHER INFORMATION

For further information please contact  
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