



**GOLD COAST
ACADEMY OF SPORT**

2019 SURF LIFESAVING PROGRAM

SCHEDULE

AUGUST 2019	PROGRAM	VENUE / TIME
Wednesday 21 st	Training One	4.30 - 5.30pm Practical – Tallebudgera SLSC 5.30 – 6.15pm Theory Session - PSYCHOLOGY
Wednesday 28 th	Training Two	4.30 - 5.30pm Practical – Tallebudgera SLSC 5.30 – 6.15pm Theory Session - MEDIA TRAINING
SEPTEMBER 2019	PROGRAM	VENUE / TIME
Wednesday 4 th	Training Three	4.30 - 5.30pm Practical – Tallebudgera SLSC 5.30 – 6.15pm Theory Session – RECOVERY AND INJURY PREVENTION
Wednesday 11 th	Training Four	4.30 - 5.30pm Practical – Tallebudgera SLSC 5.30 – 6.15pm Theory Session – TIME MANAGEMENT
Sunday 15 th	Training Five	10.00am – 11.30am Practical – Tallebudgera Lunch and lecture on NUTRITION 11.45 – 1.30pm
OCTOBER 2019	PROGRAM	VENUE / TIME
Thursday 17 th	AWARDS NIGHT	RACV Royal Pines Resort – 6.30pm

**Location: Tallebudgera Surf Life Saving Club
1505 Gold Coast Highway, Palm Beach**

**Please ensure that you arrive in time for practical sessions.
First session on 21st August – please arrive 4pm to prepare for start of training.**