

SLSQ Point Danger Branch

High Performance Squad Announcement

The SLSQ Point Danger Branch Representative Team Coaches and Management Team are pleased to announce applications are being accepted for consideration to join the 2015-16 PDB High Performance Squad (PDB HPS) .

PDB HPS is a select group of 70-80 highly motivated athletes who want to be part of the next level of surf sports on the representative stage.

To qualify for the HPS you must

- be a financial and active member with relevant awards to your age group
- In the age groups from Under 13-17 for the 2015-16 season.
- Be willing to participate in the team development sessions and subsequent team training sessions (if you are chosen for the Rep Team)

Throughout season 2015/2016, Point Danger Branch Selectors will be attending development sessions and selection carnival to determine the members of the 2015/2016 Point Danger Branch Rep Team.

2014/2015 PDB Rep Team Members will be automatically included in the HPS (excluding those Under 17 members who may have turned 17 throughout the season).

We are aiming for 5-6 more members - per age group, at the discretion of the Selection Committee with input from Club Coaches, and Branch Team Management.

All members of the Development Squad will have access to the HPS Training Days, which will be once a month for all members of the HPS to attend which will include –

- the opportunity to train against top competitors in our branch,
- presentations from a National Sporting Team Dietician,
- presentations from Olympic Athletics on performing as a team,
- we also be utilising our very own Nutri –Grain Ironman to assist Coach Hugh with water upskilling,
- Australian Surf Life Saving Team Members will also be in attendance to both water and sand competitors

IMPORTANT DATES

First Meeting of Squad 10th May 2015 at Tugun WHERE . At this session we will present shirts and introduce coaches, age managers and team managers and provide information to the High Performance Squad so as they are aware of their obligation once they have accept their position on the squad.

- Pool session 14th June 2015 at Palm Beach Pool
- Surf and Beach Session 12th July 2015 at Tugun
- Surf and Beach Session 16th August 2015 Tugun
- Selection Trial Surf and Beach 6th September 2015 Tugun
- Selection of Team to be advised (TBA)

In 2015-16 the PDB Representative Team will be travelling to the Sunshine Coast for the Inter Branch Competition on 27th/28th November 2015.

It is most likely that the Branch Representative Team will be chosen from this squad, as such you will need to ensure that you have the time to dedicate to training sessions once the squad is formed.

This is a new initiative that will bring our efforts to be competitive together as one team = one branch

We hope that you will submit an application for consideration and be a part of our exciting new development team. Please submit your expressions of interest (see attached) to pdbsurf@bigpond.com

EXPRESSION OF INTEREST SLSQ PDB - HIGH PERFORMANCE SQUAD

PERSONAL DETAILS		
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NAME		
DATE OF BIRTH		
GENDER	MALE	FEMALE
EMERGENCY CONTACT	(name)	
	(Number)	
ANY MEDICAL ISSUES		

CONTACT DETAILS		
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PHONE		
E-MAIL ADDRESS		
DO YOU HAVE FACEBOOK	YES	NO
<i>Please note that the bulk of correspondence is done via facebook private group</i>		

LIFE SAVING DETAILS			
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CLUB			
AGE GROUP IN 15/16 SEASON			
WERE YOU IN THE BRANCH TEAM IN 14/15			
DISCIPLINE	BEACH	WATER	POOL

ENDORSEMENT		
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Name	Signature	Date
<i>Athletes to sign above</i>		
Name	Signature	Date
<i>Parent/Guardian to sign above</i>		
Name/Position	Signature	Date
Club Endorsement		