

The engine ROOM

With the 2011/12 season well and truly underway the SLSNSW Surf Sports team has been busy co-ordinating Coaching Courses, High Performance Camps, Talented Athlete Programs, Endurance Championships and Country and State Championship preparations as well as organising new programs such as the 2011/12 Coaching the Coast Program. In this edition we give a wrap up of the events and programs that have run so far, the Athletes Cauldron speaks to Kellogg's Nutri-Grain Ironman Series competitor Tom Atkinson about his goals for the upcoming season and we get in to some surf sport controversy with the 'letter to the editor'.

2011 Talented Athlete Program

The future of Surf Sports is looking promising in NSW after a very successful Talented Athlete Program held on Wednesday 5th to Friday 7th October 2011 at the Sydney Academy of Sport, Narrabeen.

The program attracted hundreds of applications across all 11 NSW Branches. In the end 44 athletes aged between 13 and 15 were selected with all 11 Branches represented for the first time.

The Talented Athlete Program provides a development pathway for junior athletes and coaches across all Branches. It provides athletes who may not have the coaching resources at home with an opportunity to showcase their skills to the NSW coaches and receive vital training tips to further their development. It also provides developing Coaches with the opportunity to be up-skilled by some of the leading coaches in the business, spreading the knowledge of surf sports to a wider audience which will further increase the level of competition in NSW.

For a full list of the competitors and coaches involved in this program visit <http://www.surflifesaving.com.au/nsw-teams-squads/w1/i1004090/>

2011 High Performance Squad

The 2011 SLSNSW High Performance Program was held from Friday 21st to Sunday 23rd October 2011 at Wollongong and provided elite athletes further development opportunities from some of Australia's best coaching and sports presenters.

The program attracted hundreds of applications from across NSW which left the NSW Selectors with a difficult yet rewarding job of selecting the strongest possible squad. In the end, 53 of NSW's most promising athletes were rewarded with a position in the squad. It is fair to say that the 2011 Squad was up there with the strongest NSW has put forward in many years, with all selected athletes medaling at the Allphones NSW SLS Championships and/or the Australian SLS Championships.

For a full list of the competitors and coaching staff selected in this squad [visit our website.](#)





What's your preparation been leading up to the Series?

Since the trial, everything has fallen into place. I'm squeezing 15 or 16 sessions in a week - around 35hrs of work. Twice a week I use an altitude facility in Mosman. I incorporate a few of my run sessions into it and get the benefits of running 4000m above sea level or at a height twice as high as the highest mountain in Australia - Mt Kosciuszko. So far I've had a good run of fate (touch wood) but the next few weeks will be the most important.

Who are your craft suppliers and have you made any tweaks this year with your equipment? This season I've changed craft to be on Dolphin, both boards and skis. Loving the boards, the wider tail really helps me come home which in previous years would be my weakness on the board.

How do you prepare for pre, during and post carnival? At this stage of my preparations there is no tapering before a carnival but use it to tick off another solid week of training leading up to Round 1. During carnivals I try to make the most of the quality racing and do as much as possible but post carnival is really important. Good food, good sleep and a lay day is crucial, especially for me.

What is your most embarrassing sporting moment? Probably missing my handle in a State Board Final for sprint for 1st... Spewin!

What advice would you give a nipper who wanted to be a future champion Ironman/Ironwoman?

1. Always have a plan for each goal, task or challenge. It doesn't need to be complicated, but it needs to be clear/specific on actions and timing.
2. Make sure you always make yourself do what you know what has to be done. It's an advantage to be smart enough to know what has to be done each day, but it takes courage and commitment to actually get it done.

Athletes Cauldron

With the 2011/12 Nutri-Grain Series just around the corner how are you feeling leading up to the series compared to the previous series?

Second year in I feel a year wiser and a year more prepared. I've definitely improved physically and mentally but I am sure everyone else has improved as well. Overall I'm very excited, I've had minimal disruptions to my training all winter so I'm keen to see how I fair with the guys up north. Although always tough to predict this early in the season.

Do you feel you are in a better position than last year leading up to it? Definitely, but I'm sure everyone else is as well. This year I've really worked on my transitions so I'm hoping it won't knock me around as much this year as last.

NSW under 21 Team Tour to New Zealand

Surf Life Saving NSW is proud to announce an overseas development tour to New Zealand comprising of eight Under 19 and ten Under 21 surf sports competitors. The team will compete against New Zealand's leading competitors from each of Surf Life Saving New Zealand's regions in the 2012 Lion Foundation Open Surf League which will be contested at the beautiful Mt. Maunganui, New Zealand on Saturday 11th and Sunday 12th February 2012. A separate Under 19 and Open competition will form part of the 2012 Lion Foundation Open Surf League with the NSW Development Team competing in both competitions. SLSNSW placed 3rd at last year's event and is really determined to better this next year! Nominations have now closed but to stay in touch please join the SLSNSW facebook page. <http://www.facebook.com/surflifesavingnsw>



Fuelling Performance

For some very handy tips on supplements, athlete diets, recipes, and general nutrition information please visit: <http://www.ausport.gov.au/ais/nutrition>

2011 Coaching Courses

SLSNSW conducted eight Level 1 Coaching Courses between July and October with 218 members completing the first part of their Level 1 Coaching Accreditation. A Level 2 Coaching course was also held at SLSNSW Headquarters in September with 10 participants. More quality coaches will produce higher quality athletes in NSW!!



Battle of the Best in NSW Endurance Championships

NSW's best surf sports competitors battled it out for the title of NSW's number one endurance athlete at the 2011 NSW Endurance Championships, held at Ocean Beach in October.

Conditions were ideal for the Endurance Championships with a calm ocean and great weather throughout the event. For many, this was the first event of the season and provided athletes from all over NSW with a personal challenge as well as an opportunity to test their fitness in their chosen discipline against the leading competitors in NSW from U15's to over 50's.

This year the Championships attracted a record number of participants with over 400 entries received. The event was well supported by the masters competitors and also attracted some of Australia's leading ironman and women including Kellogg's Nutri-grain competitors, Tom Atkinson, Trent Martin, Tara Coleman and Amy Nurthen.

Amy Nurthen (Terrigal) was victorious in the women's Ironwoman event beating Tara Coleman (Maroubra) in a sprint to the finish while in the men's Ironman event, Young Gun Jack Moyes (Terrigal) started his year well winning the event ahead of Tom Atkinson (Queenscliff) and Trent Martin (Avoca).

Newport competitor Max Brooks won the U17 Male Ski and Ironman convincingly, while his team mate Fletcher Davies took out the U17 Male Board. Manly's Cooper Krenkels also won the U15 Ironman, came second in the Surf Race, and third in the Board race.

Catherine Hill Bay competitor, Sarah Marley, was fortunate in winning a new Ski in the lucky door prize which was gratefully donated by Dolphin Surfcraft.

For full results click here.

<http://www.surflifesaving.com.au/results/w1/i1004088/>

Photos are available on the SLSNSW Facebook page.

<http://www.facebook.com/surflifesavingnsw>

2011 SLSNSW Interbranch Championships

The NSW surf sports community are anticipating another close finish to the NSW Interbranch Championships to be contested at Redhead SLSC on 10-11 December 2011. Surf Sports elite from U12's to Opens will battle it out for recognition as the leading surf sports Branch for the 2011-12 season. The Branch teams have now been selected and are all training hard to knock off reigning Champions, Sydney Branch, who have taken home the trophy for two consecutive years and will be hard to beat again this year.

SLSNSW is calling for nominations for the following Programs

NSW Representative Team

With a second place in the 2011 Interstate Championships, NSW is determined to reclaim the prestigious Interstate Championships by selecting the strongest possible squad to represent their state in the 2012 SLSA Interstate Titles. The 2012 SLSA Interstate Championships will be conducted on Sunday 22nd January 2012 at the S.O.P.A.C Aquatic Centre (Pool Competition) and Monday 23rd January 2012 at Queenscliff Beach (Beach /Ocean Competition). The team will consist of a maximum of 38 athletes, 8 x U15, 10 x U17, 10 x U19 and 10 x Open competitors.

<http://www.surflifesaving.com.au/circulars-memos/w1/i1004097/>

2012 Country Athlete Exchange Program

In its fourth year, the Country Athlete Exchange program aims to deliver excellent development opportunities for twelve country athletes and two coaches by allowing them to step outside their normal surf club environment. As part of this program the selected group of country athletes will train with a city club squad, compete in a metropolitan competition and patrol at a city beach. Travelling coaches also have the opportunity to gain experience and knowledge by working with the host club and coach. For more information and the nomination form please visit

<http://www.surflifesaving.com.au/circulars-memos/w1/i1004097/>

2011/12 Coaching the Coast: Regional Development Clinic

The Coaching the Coast: Regional Surf Sports Development Clinic is the beginning of the SLSNSW Athlete Development and High Performance Pathway. The aim of this clinic is to assist athletes and coaches in regional areas to reach their full potential by exposing them to some of the leading coaches in NSW and Australia. The clinics will provide regional athletes of all levels with an opportunity to improve technique and race skills across all disciplines in both water and beach events. Development coaches are also encouraged to nominate to expand their knowledge of coaching by learning from some of the most experienced coaches in the country. For more information and closing dates please read the circular at <http://www.surflifesaving.com.au/circulars-memos/w1/i1004097/>

SURF LIFE SAVING NEW SOUTH WALES
COACHING THE COAST
REGIONAL DEVELOPMENT PROGRAM
GET TRAINED BY THE BEST COACHES NSW HAS TO OFFER IN BEACH SKI BOARD AND SWIM
TAKE THE FIRST STEP DOWN THE ATHLETE DEVELOPMENT AND HIGH PERFORMANCE PATHWAY
CLINIC 1 - Broulee SLSC - Saturday 17 and Sunday 18 December 2011
CLINIC 2 - Tacking Point SLSC - Saturday 28 and 29 January 2011
For information and to apply visit www.surflifesaving.com.au



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Letter to the Editor

Surf Sports - Time for Innovation?

I need to preface this piece by clearly stating from the outset that this is not an attack on nor being disrespectful to surf sport's tradition. However, I want to get you thinking 'outside the square' about the future of Surf Sports and where we as a group of passionate athletes should be directing and possibly revolutionising the sport.

Cricket has T20, Rugby has 7s, Surfing has moved into more radical 'aerials' and events, there are Xtreme sports (skateboarding, moto X and BMX), there is a Lingerie National Football League and Lawn Bowls has even gone 'barefoot' – but where do we take Surf Sports?

Over time events have been added to a Carnival calendar, however for whatever reasoning, the Sport is reluctant to remove events and a Carnival now extends for the majority of a day. It's about time the athletes begin to address what they want from their sport and how to define and shape Surf Sports into the future. Do carnivals need to go beyond 3 hours in duration? Which events to cull? What new, innovative and radical events can you think of, that will attract spectators, huge sponsorship, television coverage (where the dollars are), contracts for athletes and retains younger athletes due to a pathway to a professional career?

Not all the suggestions are practical or will ever see the light of day however you guys must have some ideas where we can take Surf Sports? Be bold and brave – think creatively.....remember everyone thought Kerry Packer had gone mad when he introduced one-day cricket played under lights in coloured uniforms.

If you have any suggestions with any innovative ideas email Shane on sknight@surflifesaving.com.au and the best 3 ideas will receive a prize pack from Engine Swim.



Surf Life Saving NSW is proud to announce that Engine Swim has expanded its Partnership with Surf Life Saving NSW by entering into a new three year agreement. Engine's focus is on supporting Surf Sports in NSW and in particular, the athletes. Engine will provide the NSW State Team, NSW U/21 Development Team and programs such as the NSW High Performance Squad and Talented Athlete Program with a great range of performance enhancing gear.

For more information and to check out their product range visit Engine's website: www.engineswim.com

Proudly supported by:



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