

13THBBC DEVELOPMENT PROGRAM (PILOT)

Welcome and thank you for registering your interest in the new Performance Development Program. We hope you are as keen and excited about the program as we are!

We are still just finalising details for the program, hoping to have everything formalised over the next week, and then we will have a full information session with questions and answers.

But to get you started, below are a few of the basics that will help you get an understanding of what the program will roughly be about.

Start Date

Sessions will commence mid to late February..

How the Program works (please note this is a guideline only and subject to change as program progresses)

Students will be grouped according to abilities / age / interests

Weekly sessions will be on designated mornings (potentially Tuesdays) for the elite/state/adult groups

All other students will be assigned to a group based around their abilities/interests and availability.

Sessions potentially starting with monthly

13thBBC Surf Based Training

If the weather is not cooperating, the SBT may change to a different activity or classroom activity at 4D HQ.

“Pop up” feature activities to occur throughout term as can be arranged

Cost

TBA (looking approx \$200 per 8 week term for the elite groups)

Cash/Direct Transfer Payable to 13th Beach Boardriders

(Please talk to Christian or Tammie if you need to arrange a payment plan)

(please pay cash to Tammie Coleman) or for Direct Deposit :

Name: 13th Beach Boardriders

Acc No: 106694334

BSB: 633000

Please use your last name and HPC for reference

Communication

Communication will come via a text message or email.

As we all know surfing is weather dependent, so if the surf is not on, be prepared that the scheduled session may change to a different location and to a different activity.

As groups are established there may be a messenger group setup for each group to communicate quicker through.

Surfing Based Training (SBT)

SBT will start either in the classroom or at the beach, go for a surf to put into practice, then a video review and analysis back at 4D Headquarters.

Please bring 2x Usb for the video analysis to be put on.

If no video footage was able to take place on day of session a report will be sent out to each student.

(please make sure we have your email details)

Sessions

Each session will go for 75 minutes

What if i miss a class?

2 hours notification minimum for missing a class is required.

If you miss a class, we need a valid reason! you don't have to bring a doctors certificate but we want you to commit to the whole term, this way you will really get true value out of the program.

No makeup classes will be available as it is too hard to slot into other groups.

Parental Supervision

Parental Supervision will be based on the surfers competency (most sessions at the beach will be land based coaching)

Assessment of the surf conditions and the safety of the child to be fit and able to surf in those conditions on the day will be the parents responsibility at all SBT sessions.

We encourage parents to come along, as sometimes the groms don't always absorb totally what is being said, so it is good to have a second set of ears to help them remember what was being taught..

If parents do stay we would please ask you stay on the outer and quietly observe, giving respect to the coaches, unless asked for involvement.

Feedback

We would love your feedback on what you like / don't like about the program, and what you think we could improve on or do more of.

For all feedback please email info@13thbeachboardriders.com with your subject as "Development Program Feedback" and we will get back to you with a response as soon as we can.

Contacts

info@4dsurfboard.com.au

info@13thbeachboardriders.com

Tammie Coleman 0408411524

4D Headquarters
9/11 Sinclair Street
Ocean Grove

