



## Welcome to Mandurah SLSC Surf Sports

Surf Sports competition plays a major role in the preparation of a surf lifesaver to meet the physical standards necessary for saving lives in the surf and continues to play a major part in the social development of a lifesaver.

Mandurah SLSC provides a huge range of opportunities for members to get involved in surf sports. Members of all ages are encouraged to join in. Events range from flags and sprints, through to swimming, ironman/woman, board, ski and surf boat races. There are also competitions in first aid, patrol team work and lifesaving skills.

Surf Sports competition provides members the opportunity to refine and practice their lifesaving skills in the competition arena at local, state, national and international level.

Mandurah SLSC surf sports targets three main groups:

- **Junior Foundation: U9 - U13**  
This phase consists of activities designed to encourage the development of fundamental surf lifesaving skills through participation in club events and junior carnivals. NOTE: U9 can only participate in team events only.
- **Youth Development: U14 to first year U17 age groups**  
Throughout this stage participants will generally begin to hone in on their chosen discipline. To allow for this specialisation to occur, participants are required to be exposed to a greater level of sport specific skill development activities.
- **Senior/Master Performance: Second year U17 and above age groups**  
By this phase, participants have generally developed the necessary skillset to transition to a higher level within their chosen discipline. As a result, performance based results are the key performance indicator of this phase.

### Carnivals and Competitions Requirements - Timed Swims

Junior Surf Sports team members need to complete a timed open water Competition Skills Evaluation swim to take part in competitions, country and states championship events.

- **U9/U10 – minimum 150m swim in less than 12 minutes**
- **U11 to U14 – minimum 288m swim in less than 9 minutes**





Racing boards and skis are available for members who would like to try paddling before they commit to their own gear and some storage room is also available for competitors who have their own gear once approval has been gained from the Surf Sports Coordinator.

The latest surf sports information is promoted in our club newsletter and members are encouraged to subscribe to keep up to date with an ever changing array of opportunities.

### Summer Training Schedule – Commencement dates and locations TBA

- **Juniors:**
  - Swim (pool) – Monday 5.00 – 6.00 pm
  - Beach – Wednesday 4.30 – 5.15 pm
  - Boards – Thursday 4.30 – 5.15 pm
  - Iron – Sunday 8.00 – 9.00 am
  
- **Youth:**
  - Swim (pool) – Monday 5.00 – 6.00 pm
  - Board/ski – Tuesday 4.30 – 6.00 pm
  - Beach (sprints/flags) – Wednesday 4.30 – 6.00 pm
  - Board/ski – Thursday 4.30 – 6.00 pm
  - Beach (distance) - Saturday – 9.00 – 11.00 am
  - Iron – Sunday 7.00 – 9.00 am
  
- **Senior/Master:**
  - Swim (pool) – Monday 5.00 – 6.00 pm
  - Board/ski – Tuesday 4.30 – 6.00 pm
  - Beach (sprints/flags) – Wednesday 4.30 – 6.00 pm
  - Board/ski – Thursday 4.30 – 6.00 pm
  - Beach (distance) - Saturday – 9.00 – 11.00 am
  - Iron – Sunday 7.00 – 9.00 am
  
- **Supplementary Sessions (for selected youth/seniors/masters)**
  - Beach – Monday 6.00 – 7.00 am
  - Swim (pool) – Tuesday 5.45 – 7.15 am
  - Beach – Wednesday 6.00 – 7.00 am
  - Swim (open water) – Thursday 6.00 – 7.15 am
  - Board/ski - Saturday – 4.30 – 6.00 pm



For any enquiries please contact the Surf Sports Coordinator – Clay Andersen 0423 972 724  
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