



SURF LIFE SAVING
NORTHERN REGION

Sports News

I am sure you will all agree that the Olympics has been amazing. Some great results for New Zealand and nothing like viewing some sensational sport to provide a little inspiration and motivation! Here is the latest Northern Region Sports News to keep all our members up to date.

Pool Champs

Our Northern Region Pool Champs are not too far away now on [Saturday 25th August 2012](#) at Westwave. Entries [close on Wednesday 15th August 2012](#). There are no late entries! Visit the SLSNZ website or the SLSNR [Facebook](#) page for more information.

Athlete Workshops

These workshops will be focused on building competitors practical knowledge and are targeted at all ages and levels for the upcoming season. The workshops will cover the four fields of sports psychology, sports nutrition, injury prevention, and racing.

The workshop will run over two weekends on [Saturday 1st September](#) and [Saturday 8th September](#) from 10am-12pm at Marine Rescue Centre, Mechanics Bay, for a small cost of \$20 per person which covers both weekends. We are limited to 40 places so bookings are essential. You can book by contacting me via email or phone. Don't miss out!

90 Mile Classic IRB Challenge

This year marks the 20th Anniversary of this endurance IRB event. The challenge takes place on [Saturday 15th September 2012](#). Visit the SLSNZ website or the SLSNR [Facebook](#) page for more information. Entries [close Monday 3rd September 2012](#).

Long Distance Carnival

The SLSNR Long Distance is being held on [Saturday 29th September 2012](#) at Red Beach. There will be long distance Board, Ski, Boat, Canoe, Swim and Run events. Visit the SLSNZ website or the SLSNR [Facebook](#) page for more information.

IRB Racing Workshops

SLSNR will soon be asking for expressions of interest for two 1-day IRB Racing workshops. These workshops will be led by past competitive crews who are excited to be passing on their knowledge around IRB Racing.

Surf Officials Courses

There are two Level One Surf Official courses scheduled. The first is on [Sunday September 30th](#) and the second is on [Saturday 24th November 2012](#). Once registrations are open this will be advertised in the CDO Update.

Introduction to Coaching Courses

Introduction to Surf Coaching courses are planned for [Sunday 14th October](#) (Auckland) and [Sunday 11th November 2012](#) (Northland). Registrations for these courses will be advertised in your CDO Update.

Surf League Team Managers/Coaches 2013

Information has been sent to clubs asking for expressions of interest from coaches and managers for the 2013 Surf League. These need to be in by [Friday 17th August](#). Job descriptions are available for these positions.

Event Safety Management

SLSNR are undertaking to gather a team of Event Lifeguards to take responsibility for the 'on water safety management' for surf sport events run in our region.

We will be advertising for members to fill these 'on water safety management' roles. Visit the Job Opportunities section of the SLSNZ website or the SLSNR [Facebook](#) page for more information.

Team Managers/Coaches Briefing

Another reminder to lock this date in. There will be a team managers and coaches briefing on [Sunday 28 October 2012](#) and will explain in greater detail what our expectations of team managers and coaches will be this season.

Commentators

We are looking for keen commentators for our sport events for the upcoming season. If you think you have what it takes (job description is available) please contact me.

Event Calendar and Booklets

The Northern Region Event Calendar is available [on the SLSNZ website](#). The event booklets are available on the SLSNR website.

If you have any queries or feedback, please do not hesitate to contact me and I will endeavour to provide you with as much assistance as possible.

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