



# Crowdy Head Surf Life Saving Club Inc.

Established in 1956  
Incorporated in NSW INC 9879709  
ABN 27 911 047 117



## Media Release

Crowdy Head SLSC will host the Lower North Coast Branch Junior Board Development Clinic, sponsored by Viision Kitchens and Joinery, on Saturday March 20 commencing at 9am.

The Lower North Coast Branch includes clubs from Crowdy Head, Old Bar, Blackhead, Forster, Cape Hawke & Pacific Palms.

The Junior Board Clinic is an innovative course promoted by Surf Lifesaving Lower North coast to build confidence and skills in Nippers who are just beginning board paddling.

The course is run primarily in flat water so that the nippers can wholly focus on skills rather than survival and incorporates games involving balance using items such as tennis balls and cups of water and even practice rescues allowing the children the experience of being real Life Savers. Coaching is in small groups and utilises more experienced nippers to demonstrate skills and to stand out as role models for the younger children. The course has been used by various coaches across NSW and as far away as the Northern Territory. Current Nutra Grain competitor Alira Richardson and number of State and Australian medallist from the Lower North Coast Branch all started paddling by doing this course in the past.

The clinic can only be held as a result of the gracious financial support given by local company Viision Kitchens & Joinery of Taree and Forster. The HIA Award winning company has broadened it's vision to include sponsorship of junior surf life saving development in the area.

The free clinic is open to Nippers registered within the Lower North Coast SLS Branch aged from 8-10 years of age. Nominations close February 22<sup>nd</sup>. Please contact your Junior Activities Committee or Director of Surf Sports Terry Aldridge for entry details.

Yours Sincerely,

Allan Davis  
Club President



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