



**SURF LIFE SAVING®**  
NORTHERN REGION

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## Circular 058:19

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**Date:** Thursday 22<sup>nd</sup> August 2019

**Subject:** Black Fin Pool Rescue Clinic

**Attention:** Surf Sport Athletes

**Action:** Sign up to attend the Black Fins Pool Rescue Clinic

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Circulars are available at: <http://lifesaving.org.nz/lifesaving/lifesaving-operations-circulars/>

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**Where:** National Aquatic Centre Millenium

**Time:** September 7th, 10am-12pm, 2-4pm

**Program 14 and over:** 2 x 2 hour training sessions including underwater filming and specific race plans, flimed time trials to test out new skills learnt. **(10-12pm, 2-4pm.)**

**Program 13 and under:** 1 x 2 hour session training with the Black Fins working on obstacle technique, tube events and brick carry. **(12-2pm)**

**Coaches:** Andrew Trembath and Chris Dawson, Blackfin members from 2012-2019

**Cost:** \$60 per 14 and over athlete, \$40 per 13 and under. Includes entry and lane hire.

**Contact:** Please contact Chris on 0278000201 or email [chris.dawson.111@hotmail.com](mailto:chris.dawson.111@hotmail.com) to confirm your space and organise payment.

**Please bring race togs, big and small fins, water, lunch and snacks, tubes and manikins if you have them.**

