

How to Become a City Sprint Runner

1. Joining the club:

To become a member of the City of Perth Surf Life Saving Club you can either sign up online (www.citysurf.asn.au) or visit the club office between 9am and 2pm on weekdays or 9 am -12pm on Saturdays.

Online: Head to the “Join Us” tap. There will be information about membership types and how to sign up. The membership type you will most likely want is “Active Senior” which has a membership fee of \$220. If you are in the U19 age group category (19yrs old at the start of the season or younger) the fee is \$180. When signing up for either of these age groups you will be expected to obtain your Bronze medallion and complete a rostered patrol. If you are only in it for the social side of things, you can join as an “Associate” with a fee of \$300 but you will not be allowed to compete.

Gym Membership: You don't have to join our gym to compete but there are great facilities and the opportunity to train with the team. To join, head to the Gym section on the website and download the “Gym Membership agreement” and send it into the office. You can then pay the fee of \$240 for Active members (so a **total of \$460 for club and gym membership**).

2. Getting your Bronze

Bronze Medallion courses are quite involved with theoretical and practical sessions and will take about 8 weeks to complete. If you visit the “Education and Classes” tab on the website there is information on what the course entails and what you should be prepared for. You will have to be able to swim 400m in a pool in under 9minutes to start the course. On the website there is a form to register your interest in a course or alternatively email admin and they will let you know when the next course is scheduled for. Course Dates are on the website!

The courses will have a fee to be paid to admin via the payment portal you used to join. This fee has not been finalised but is roughly around \$60. A course book will also have to be purchased from the club shop (where you get your bathers) when the course commences (roughly \$25). Some other clubs along the coast charge their members \$300 to do a bronze course so keep this in mind if you think it is all adding up!

3. Training and Competing

As soon as you sign up and pay your fees your welcome to come down as join the training group (or even before you pay if you want to give it a go first).

Generally training is on Tuesday and Thursday nights and Sunday morning before the club activities. Locations and times vary depending on the time of the season but the week night training sessions are no earlier than 5.15pm so that people can come from work. To find out where and when, give our coach Leigh Buchan a buzz on 0417 946 330 or email on buchan@westnet.com.au.

Competing: To compete you have to have your Bronze medallion (for water safety reasons) but Surf Life Saving WA are planning to implement a system where an athlete can compete all season while they are in the process of gaining their bronze up until the State Championships (where you have to have finished your Bronze to compete). Depending when you get your qualification, you will also be expected to complete a certain number of patrol hours by December 31st in order to compete. The normal requirement is 16 hours but it will be less if you don't finish the course until December. Ask your bronze course trainer what the patrol hour requirements will be when you start your course!

If you visit the Surf Sports tab on the club website there is a calendar with all the competition dates in the 2017- 2018 season. Comp dates are the 26th of November, 10th of December, 14th of January, 11th of February and 11th of March. Carnival entry does have a cost of \$20 per carnival or a bulk entry fee can be paid at the start of the season. The States are to be held on the 24th and 25th of March and entry cost is \$50.

Aussies: The Australian champs are the pinnacle of our season and are to be held in Perth this year! The competition goes for about 2 weeks but the beach events are usually only on the last 3- 4 days (most likely the 19th, 20th and 21st of April 2018). The late entry fee is \$155 and there is payment information on the club website.

Bathers: To compete, you must wear the club sponsored bathers in dashing red. You can buy them in person at the club during office hours or online (Home then Shop tab). On the club website there are sizing guides and pictures. Ladies bathers are \$55 and mens speedos \$30, jammers \$40.

We hope you find this information useful and jump in and become part of our fun, friendly training group!

Gabby Murphy (Co-Club Captain & City Sprint regular)

