



**SURF
LIFE SAVING
SYDNEY**

SYDNEY SLS SURFBOAT ACADEMY

**LEARN. ROW. GROW.
TOGETHER AS ONE BRANCH.**



A Sydney Branch surfboat rowing development program that begins with a Development Day and provides ongoing support from accredited rowing coaches throughout the season.



WHERE

South Maroubra SLSC,
with the practical on-water
session held at Yarra Bay.



WHEN

Sunday, 20 September 2026,
from 8:30 am to approximately
3:00 pm.



WHO

Rowers from all Sydney Branch
clubs are invited to apply.*
Clubs do not need an existing
surfboat section—members from
every club are welcome.



WHAT

The Development Day will feature theory
sessions on rowing technique, surfboat
competition training, safe boat entry and exit,
and nutrition.

Practical activities will include rowing
ergometer work and an on-water session
at Yarra Bay.



WHO CAN ATTEND

The Academy welcomes complete beginners,
those yet to try surfboat rowing, and
experienced rowers seeking to build their skills.
All ability levels will be supported.

Sweeps are also welcome to attend the
theory sessions and assist with practical
activities.



HOW

Submit your
Expression of Interest
to Sydney Branch
via the EOI by
**10 SEPTEMBER
2026.**



EOI LINK:

<https://forms.cloud.microsoft/r/i2xCX9cBVD>

\$ COST: \$26.00

After Expressions of Interest
close, individuals will be sent
a LiveHeats payment link to
make payment and confirm
their spot in the program.



*Places are limited to 50 rowers. If applications exceed capacity,
priority will be given to U19 rowers, followed by U23 rowers.



**LET'S PUT OUR
BRANCH ON TOP**

ENQUIRIES:

Frank Schreuder: 0423 190 535 | David Staples: 0427 411 682