



# ASRL SWEEPS ACADEMY

An introduction and key information



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# 2022



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# WHY and HOW?

In 2021 the ASRL established the National Sweeps Committee, to grow not only the number of sweeps but importantly to continue to develop the coaching and technical skills of our current crop of talent.

The Inaugural Sweeps Academy supported by SLSA takes participants a step beyond the formalities of the National accreditation process to give a strong sense of the reality of sweeping by continuing to train sweeps both in and out of the boat.

It brings together the best minds and talent from across the country in an ongoing program designed purely with the sweep at heart. You will not only learn to be a sweep, but train to be a great sweep supported by an allocated mentor/s.



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# The Participant

# The Mentor



Join the program to become a new sweep S1 or to challenge yourself to step up to S2 or S3. Or simply join to improve your skills and coaching techniques for greater success. The program includes the formal accreditation process including the practical assessment.

Join as a mentor. An experienced sweep who will be a consistent source of support to participants. This is a practical hands-on role crucial to the success of our participants. The aim is to match participants with mentor/s regardless if someone from your club is participating.





# A program for sweeps on the water

A jam-packed weekend, the Sweeps Academy Practical sessions will be run in each state prior to the new year. The program will cater to beginner S1 Sweeps, through to S2s/S3s wanting to improve their skills.

It is an expectation that in between these weekends participants will work with their mentors to improve practical and coaching skills. Mention in the sign up if there is someone you would like to be paired with.

Practical assessment will be available for all participants on these weekends with further opportunities to be assessed on a monthly basis via National Accreditation days.





# A program for Sweeps away from the water

Monthly National Coaching Sessions via Zoom.

- Beyond the Oar - Becoming, and being a Sweep
- Building crew and club culture
- Athlete and people management
- Learning the rules and working with Officials
- Becoming a competition sweep
- Surf Boat History and trends
- Surf Assessment and understanding the hazard rating
- The different types of Sweeps and their importance

Each session will be conducted by various people in their area of expertise including guest speakers. These sessions are designed for interactivity and solid take-outs. Q&A throughout.





# Our mission

More quality sweeps

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Opportunity for more rowers

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Higher participation

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More patrolling club members

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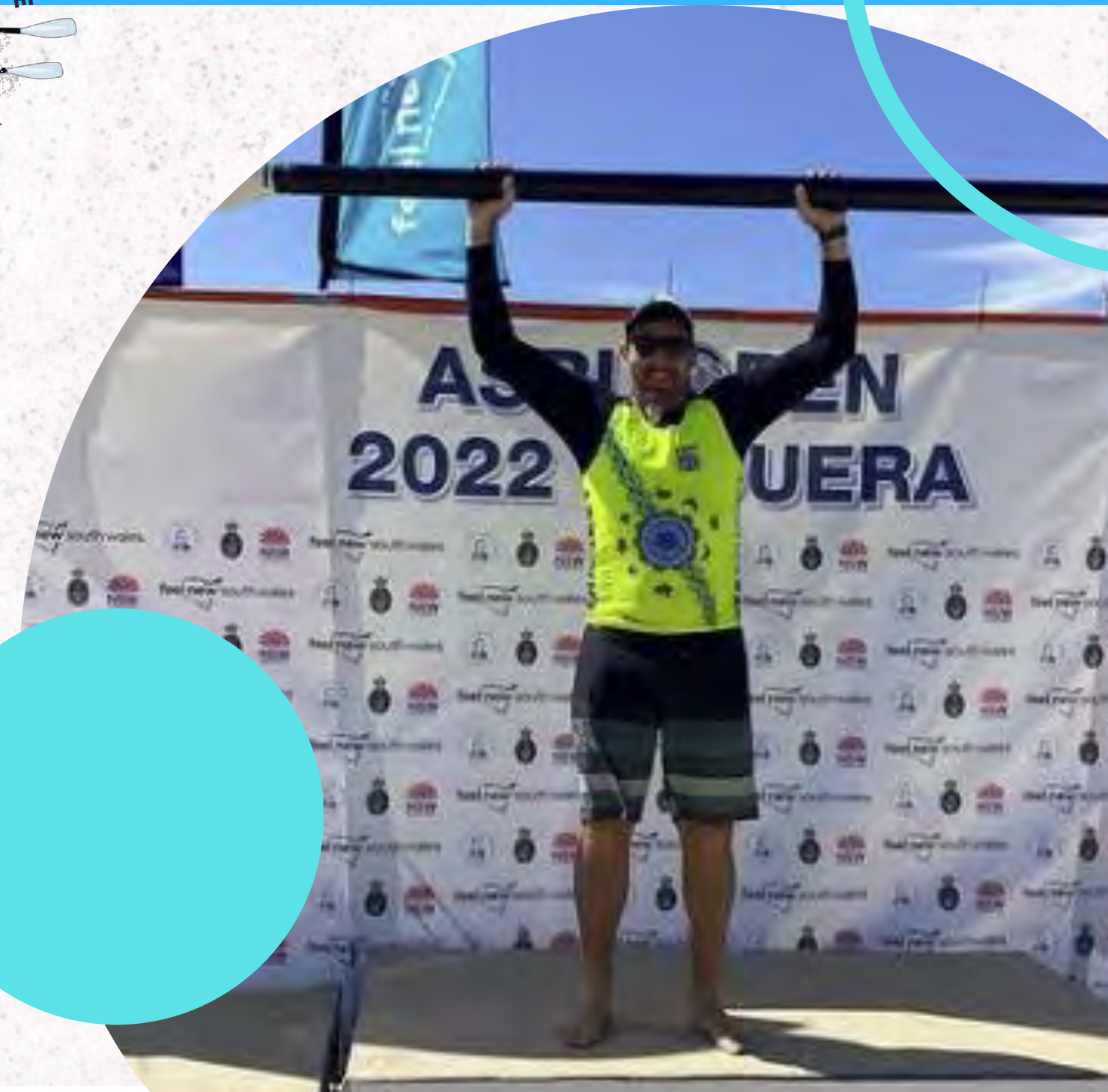
# The fun facts



Must be a financial Member of an SLSA Club  
Must be proficient for the current season.

New sweeps must complete the Modules 1-6 of the SLSA Development Coach Course online prior to the practical weekend to enable sign-off for S1. Detailed information on the exact steps will be supplied after you sign up.

Come with an open mind and willingness to learn.  
Be prepared to work hard on being a better sweep, this is not about your rowers, this is about you.



# NEXT STEPS

Sign up via the supplied online form  
(copy and past this to your browser)

<https://form.jotform.com/221227705801044>

An information pack with further details on how to get started including key dates, what's needed prior to starting, and other helpful pieces of information.

Please contact Beck Hamilton - Academy Manager for any further information at any time between now and we when kick off in August 2022.

Round 1 applications close June 30, 2022



**Beck Hamilton**  
**Academy Manager**

Mobile; 0421 805 745  
[academy@asrl.com.au](mailto:academy@asrl.com.au)

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**ASRL Sweeps Academy**



# ASRL Academy Management Team



Pete Carter - NSW

Andrew Hogan - SA

Jase Bean - QLD

Kevin Watkins - SA

Mick Gardiner - QLD

Scott Edwards - NSW

Scott Tannahill - VIC

Stu Clarke - WA

Dave Hunt - WA

Nathan Perry - NSW

Michael King - NSW

Gary Williams - QLD

## **ASRL Committee Representative**

Phil Chipman

## **Academy Manager**

Beck Hamilton