

To: Club Presidents Coaches
Club Secretaries Athletes
Team Managers Club Delegates

From: Sharon Rich, Lead Development Coordinator, Sport

Date: 29 July 2026

Action: Winter Workshop Program #1 for Athletes

Athlete Winter Workshop Program

Life Saving Victoria is pleased to offer a series of athlete development workshops on Saturday 22 August 2026, providing members with an excellent opportunity to kick-start their training and prepare for the upcoming surf sports season.

Hosted at Life Saving Victoria's Port Melbourne headquarters on Sandridge Beach, the Winter Workshop Program is open to all LSV members and has been designed to support athlete development across a range of age groups and disciplines.

Workshop 1 – Introduction to Mals

Saturday 22 August 2026

Time: 9.00am - 11.00am

Target Group – U14/U15 athletes

Lead Coach – Jonathan Holt

Cost \$30.00

Please RSVP [here](#)

Session 2 Introduction to Ski Paddling

Saturday 22 August 2026

Time: 10.00am - 12.00pm

Target Group – U17/U19 athletes

Lead Coach – James Porter (Alexandra Headlands SLSC)

Cost - \$30.00

Please RSVP [here](#)

Session 3 Advanced Ski Technique

Saturday 22 August 2026

Time: 12.00pm – 2.00pm

Target Group – U19/Open athletes

Lead Coach – James Porter (Alexandra Headlands SLSC)

Cost \$30.00

Please RSVP [here](#)

Location for all clinics will be at Life Saving Victoria, Port Melbourne (Sandridge Beach)

We encourage all members to take advantage of this opportunity to develop their skills, receive expert coaching and gain a head start on training before the summer season.

For additional details on this circular please contact:

Sport on 03 9676 6714 or email sport@lsv.com.au