



Nippers Competition Squad

Nippers Competition Squad training is run throughout the season from September (or sometimes earlier) to March.

All training sessions are run to a program, so it is important that all Nippers are there early and ready to start at the designated time. Late arrivals disrupt the whole program for both coaches and Nippers. Disruptive Nippers impact all the Nippers that are there to learn, and will be asked to leave.

It must be noted that training sessions are not a babysitting service and the carer responsible for the child must be in attendance **at all times**.

Competition Squad Levels

There are 3 different water groups available. The Intermediate and Performance Squads must meet the "Squad Criteria: Intermediate and Performance Squads" detailed below.

Beginner Squad

This is the term and holiday program run by Lets Go Surfing. Please refer to the NBSLSC Nippers website for details. All Nippers are eligible for the Beginner Squad.

Intermediate Squad

The Intermediate Squad is aimed at the Nippers who are competing at the required number of carnivals, but need to increase their fitness levels and / or surf knowledge. These children are competent in the water but may need to continue improving on their surf awareness. Attendance at **2 x 1 hour sessions per week** is required. **A Nipper must be selected to participate in this squad.**

Performance Squad

The Performance Squad is for more highly skilled Nippers and involves more intense training. These sessions will involve interval training on the board, ocean swimming and running on the sand. Attendance at **3 x 1 hour sessions per week** is required. **A Nipper must be selected to participate in this squad.**

Squad Criteria: Intermediate and Performance Squads

- Nipper must be attending a minimum of 2 swim squad sessions per week
- Nipper **must attend 6 target carnivals** (will be confirmed once Surf Sport calendar is released; 2 target carnivals are to be attended prior to 1 January 2017) as well as NSW State Championships. Please remember that target carnivals will be on a Saturday at various locations across Sydney, starting as early as 6.00 am and finishing towards to the end of the day.



- At least one adult member per family must volunteer in some capacity. As the Competition Squad is a volunteer run program, volunteering is a **MUST**, not an option. Parent involvement can include water safety (bronze programs can be arranged), officiating (courses can be arranged) or coaching. If a parent is not meeting their commitment, their Nipper will be asked to leave the squad.
- A minimum of 3 sessions per week for Performance Squad must be attended (not including Sunday nippers). Should a Nipper not be meeting the required number of training sessions per week or carnival participation, they will be asked to leave their squad.
- A minimum of 2 sessions per week for Intermediate Squad must be attended (not including Sunday nippers). Should a Nipper not be meeting the required number of training sessions per week or carnival participation, they will be asked to leave their squad.
- The Nipper must wear a high visibility pink rash top at all training sessions. Failure to wear this will mean exclusion from the training session, **NO** exceptions. This is a SLISA requirement.
- The Nipper and parent will be required to sign a Code of Conduct form prior to the commencement of his/ her first training session.
- The Nipper is required to stay for the duration of the training session.

Additional Information

- Parents.... please **do not** approach coaching staff during training sessions, unless your assistance is requested by them. If a parent wishes to discuss any training methods, progressions or decisions, please do so off the beach and outside of training hours. Remember, the coaches are there for ALL nippers training during the session. Liz Clothier is the Board Training Co-ordinator and is the first point of contact in all instances. Liz can be contacted at lizclothier@hotmail.com.
- Team Selections:
 - All team selections will be discussed amongst the coaches. The final decision on selections will rest with Jim Walker. All decisions are final.
 - For local carnivals, teams will be selected on the day. For major carnivals (Waverley Shield, Brand and NSW State Championships), the teams will be pre-selected and are not to be changed unless illness or injury prevails. In this case, Jim Walker, Matt Hamilton or Damian Barden should be informed to make changes. Please respect the coach's decisions.
 - If a Nipper is chosen for a team and decides not to race, he/ she will not be eligible for team selection for the rest of the season (including Branch and NSW State Championships).



- Fees:
 - A fee is charged to all Competition Squad Nippers to cover water safety and Intermediate coaches (please note that all parent coaches are volunteers and are not remunerated in any way). Costs will be finalised once numbers and parent volunteer helpers have been allocated.

If you have read this and are still interested, please complete the attached form and email to lizclothier@hotmail.com. Liz will also be able to answer any other concerns or queries regarding Competition Squad training.

See you on the beach!



Expression of Interest - Nippers Competition Training

Name:.....

Nipper Age group (2016/2017):.....

Previous seasons competition background:

Name of carnivals attended in 2015/2016?

E.g. Waverley Shield, Maroubra, Branch, State, others....

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Events :

E.g. board, swim, ironman, board rescue, etc...

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Results:

E.g. heats , semis , finals , podium?

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1.Does your child swim train?

Yes/ No (please circle) Number of sessions per week?.....

2.Does your child own his/her own nippers board?

Yes/ No (please circle)

3.Does Mum, Dad or Primary carer, have a current surf bronze?

Yes/ No (please circle)

4.Has Dad, Mum or Primary carer attended a nippers Official course?

Yes / No (please circle)

5.Is Mum or Dad an Age Manager?

Yes /No / Would like to (please circle)