

BRONTE

SURF LIFE SAVING CLUB • 1903

NIPPER BOARD TRAINING U9-U14

The Club offers terrific training for Nippers who are interested in improving their skills and representing Bronte at Nipper carnivals. There are 3 levels of board training squads: Beginners, Development and Competition (see below for more details). Those participating in board training will need to bring their own board, goggles, drink bottle and wear their pink rashie.

Communication – TeamApp – Bronte board trng

All communication in relation to board training squads is via TeamApp. This includes training times, venue relocations and cancellations. If your child is attending a session they **must RSVP** via Team App.

Each board training squad has their own TeamApp group: if you haven't already done so, download Team App for free onto your smartphone (<http://teamapp.com/app>) then:

1. Sign-up to Team App. You'll be sent an email to confirm your registration.
2. Log in. Then search for **Bronte board trng** and request access to group(s) that apply to you.

Alternatively, if you're already registered with Team App simply click on the following invitation to join: - <https://bronteboardtrng.teamapp.com/invitation/MTE3MjA5LWQwN2RkZDcw.html>

Beginners squad

Scheduled on Tuesdays at 4.20pm at Bondi with Jo Mermaid (meet at water's edge to the left of Bondi SLSC). This is for Nippers U9 and up who are new to boards and who would like to receive instruction in how to paddle, negotiate the shore break, catch small waves and build confidence. Any child who would like to participate and who does not yet have their own board must arrange to rent one from the Club as per the below.

Development Squad

Currently scheduled on Tuesdays at 4.20pm at Bondi and Saturdays at 3pm at Bronte with Al Visch and Ben Nixon. This squad is for competent swimmers (at least 1-2 swim sessions per week) who can paddle a board in and out of small surf, pop over waves and catch waves. It is not a beginner's squad. Participation in this squad is at the discretion of Al Visch & Ben Nixon.

Competition Squad

Currently scheduled on Tuesdays at 4.20pm at Bondi and Saturdays at 3pm at Bronte with Mackenzie Gavin. This squad is intensive training for those at an advanced level who will represent Bronte at Carnivals. The squad does a minimum of 4km per session. To be part of this squad you must be doing 2-3 swim sessions per week and represent Bronte at Carnivals (Branch and State Carnivals will be compulsory). Participation in this squad is at the discretion of Al Visch.

NB. All Competition Squad parents will be required to provide water safety or be an official at carnivals that their children attend to ensure that the club satisfies its obligations in those areas. If the club cannot meet

SLSA carnival obligations then the children cannot compete. To find out more about undertaking water safety and/or official courses, please contact the office.

Water Safety

All board training groups require water safety to go ahead and all participants must sign in and out. Children are not to leave the session until the coach has given approval to do so. All parents/carers that have a proficient bronze medallion are expected to provide water safety. IF THERE IS NOT ENOUGH WATER SAFETY TO COVER THE NUMBER OF KIDS PARTICIPATING, THE SESSION MAY BE CANCELLED OR THE NUMBER OF KIDS IN THE WATER AT ANY ONE TIME WILL BE LIMITED. Water Safety parents are expected to bring orange rashies and to be prepared to get wet.

Training fees

Access is available to Nippers who have paid their training fees. There is a modest season flat-fee for any training of \$150.

Training fees are payable now via the [SLSA Payment Gateway](#). Please use the following:

- *Transaction Type:* Other (from drop down list)
- *Description:* Nipper training for [full name of child]
- *Amount:* \$150

If you're new to training, feel free to come and try a session for free before 1 November 2020.

Board rental/buy back

There are a limited number of boards that can be borrowed for the season for \$200 (\$100 refundable upon return in same condition) but you must join the training group and contact the office to register: office@brontesurfclub.com.au. Once you have registered with the office, please see Craig Betts on Sunday morning after Nippers to arrange.

If your child is new to training, they can do a trial rental until 1 November. If the board is returned to the Club by this date without damage, then the full amount will be refunded.

Alternatively, the Club runs a board buy-back program for foam boards. New foam boards cost approximately \$500. The Club will buy back any boards in decent condition for \$300 within 2 years of the original purchase.

There are also a number of websites that sell second hand boards. Some examples include:

<https://geartrade.com.au/> and <https://www.facebook.com/groups/281014738761089/>

If there are any questions regarding board training, please feel free to contact Al Visch:

ajvisch@yahoo.com.au / 0413 066 533.