

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 Training

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 Training** and request access to group(s) that apply to you.

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.

Development Squad

Currently scheduled on Tuesdays at 4.20pm at Bondi, Thursdays at 6am at Coogee and Saturdays at 3pm at Frenchman's Beach or Bronte with Jackson Raymond, 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, Thursdays at 6am at Coogee and Saturdays at 3pm at Frenchman's Beach or Bronte with Jackson Raymond and 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.

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 who 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.

Parent volunteer requirements

Carnivals are volunteer-run and the Club is obliged to send a quota of water safety and officials corresponding to entry numbers. Nippers are not permitted to compete unless the Club has fulfilled it's volunteer quotas. Any family who sends a Nipper to compete **must expect to volunteer**. If you are not water safety, you will need to do the Officials Course (see details [here](#)). Other volunteer roles include transport of the IRB as well as tent set up and pack down.

If your child intends to compete at Branch or at State, please start preparing early: enrol them in the required training and achieve your own relevant qualifications (official or water safety). Neither can be done last minute.

If, for a particular Carnival, the Club's quotas are not fulfilled and the Club is not able to enter all interested Nippers, the Nippers of officials and water safety will be prioritised.

Training fees

There is a modest season flat-fee for any board training of \$200. Nippers who have paid this fee can also attend any sand training sessions for no extra cost.

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:* \$200

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

Board rental/buy back

Steve Brown (stevetbrown@icloud.com) leads a team that looks after our Nipper boards. There are a very limited number of boards that can be borrowed for the season for a fee (\$250 for fibreglass). You must join the training group and contact Steve Brown to arrange.

The Club runs a board buy-back program for foam boards. New foam boards cost approximately \$500. The Club will buy back any boards registered in the program (email Steve Brown) and which are in decent condition for \$300 within 2 years of the original purchase.

The Club will lend a board to Nippers awaiting delivery of their 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