

# BRONTE

SURF LIFE SAVING CLUB • 1903

## Nippers Board Training 2023

The Club offers terrific training for Nippers who are interested in improving their skills and representing Bronte at carnivals. There are 3 levels of board training squads this season:

### Beginners Squad

4.00pm Tuesdays at Bondi with Jo Mermaid (meet at water's edge to the left of Bondi SLSC – when facing the water). This is for Nippers U9 and up who are new to boards and who would like to receive instruction on how to paddle, negotiate the shore break and build confidence. Please RSVP via Bronte Board Training in TeamApp. Sessions will commence on Tuesday 17th October 2023.

### Development Squad

Tuesdays 5pm at Bondi and Saturdays 3.30pm at Bronte with Jo Mermaid. 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 beginners squad. Please RSVP via Bronte Board Training in TeamApp. Sessions will commence on Saturdays only from Saturday 9th September 2023 at Bronte and will break during Sep/Oct school holidays. Tuesday and Saturday sessions will commence after school holidays from Tuesday 17th October.

### Competition Squad

Tuesdays 5pm at Bondi and Saturdays 3.30pm at Bronte with Ben Nixon. 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. Participation in this squad is at the discretion of Coaches. Please RSVP via Bronte Board Training in TeamApp. Sessions will commence on Saturdays only from Saturday 9th September 2023 at Bronte and will break during school holidays. Tuesday and Saturday sessions will commence after school holidays from Tuesday 17th October.

### Training Fees

Access to the above squads is available to Nippers who have paid their training fees. There is a modest season flat-fee for any training of \$300. 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: \$300

**IMPORTANT** – It is compulsory for those participating in training to bring their own board (short boards only), goggles, drink bottle and wear their pink rashie. The Club will not be providing, lending or renting boards for any of the above sessions.

**WATER SAFETY** – Board training groups require water safety to go ahead and all participants must sign in and out. Water safety parents are expected to bring orange rashies and be prepared to get wet.

**COMMUNICATION** – All communication in relation to board training squads is via TeamApp. The board training groups have their own TeamApp group: search 'Bronte Board Training' and request access. Always check TeamApp an hour prior to the commencement of the session to ensure that it has not been cancelled or relocated due to unfavourable conditions.

If there are any questions regarding board training, please feel free to contact Al Visch:  
[ajvisch@yahoo.com.au](mailto:ajvisch@yahoo.com.au).