

BRONTE

SURF LIFE SAVING CLUB • 1903

Nippers Board Training 2024

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

3.45pm-4.45pm, 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 Stack TeamApp. Sessions to run weekly on Tuesday afternoons in 2 blocks: Tuesday 22 October – Tuesday 17 December 2024; and Tuesday 21 January – Tuesday 11 March 2025.

Development Squad

Tuesdays 4.45pm-5.45pm at Bondi and Saturdays 3.30pm-4.30pm 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 Stack TeamApp. Sessions to run weekly on Tuesday and Saturday afternoons in 3 blocks: Tuesday 10 September – Tuesday 24 September 2024; Tuesday 22 October – Tuesday 17 December 2024; and Saturday 18 January – Tuesday 4 March 2025.

Competition Squad

Tuesdays 4.45pm-6.15pm at Bondi and Saturdays 3.30pm-5pm at Bronte with Jo Mermaid. 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 Stack TeamApp. Sessions to run weekly on Tuesday and Saturday afternoons in 3 blocks: Tuesday 10 September – Tuesday 24 September 2024; Tuesday 22 October – Tuesday 17 December 2024; and Saturday 18 January – Tuesday 4 March 2025.

Additional Sessions

If there is sufficient interest to run additional sessions to those detailed above, board/ironperson/ocean swim sessions may be conducted on Monday mornings at Bondi and Sunday afternoons at Watsons Bay. Please let ajvisch@yahoo.com.au know if you are keen.

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 \$330. Training fees are payable now via your SLS Members Area Account:

- Login to your SLS Members Portal
- Click the '\$' sign on the top, right of the home page
- Use the following:
 - Transaction Type: Other (from drop down list)
 - Description: Nipper training for [full name of child]
 - Amount: \$330

Must brings – It is compulsory for those participating in training to bring their own board, 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 Stack TeamApp. The board training groups have their **own TeamApp group**: search 'Bronte Board Training' and request access (it is NOT via the former Bronte Nippers TeamApp team). Always check Stack TeamApp an hour prior to the commencement of the session to ensure that it has not been cancelled or relocated due to unfavourable conditions.

Nipper boards

Any child who wishes to train in the board training squads must have their own board. The Club has arranged a 15% discount via Race One Surf Craft (for foamies and for fibreglass boards). Use code 'Bronte 15%' when ordering online.

Foamies (U9 & U10) – buyback program: the Club will buy back your foam board in the future if you purchase a **new** foam board. If the board is in good condition, we will pay \$300 to buy back the board after 1 year, and \$200 after 2 years of the original purchase. To participate, you will need to send the original receipt of purchase to the Nipper Gear Steward Steve Brown at: stevetbrown@icloud.com.

Fibreglass (U11-U13): If you wish to purchase a second hand fibreglass board, try geartrade.com.au or search Facebook for this group: 'Second Hand Surf Lifesaving Craft, Surf Lifesaving Only'.

Please also check the following chat within our Bronte Nippers WhatsApp Community: 'Bronte Secondhand Nipper Boards – buy & sell'.

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