

BRONTE

SURF LIFE SAVING CLUB • 1903

Nippers Sand Training 2024

The Club offers a fantastic sand program for our Nippers who wish to improve their skills and race technique in beach sprints, beach flags, sprint relays and beach runs, as well as to improve their fitness. We are aiming to harness the considerable talent in our cohort and create a committed team of kids, keen to improve their sand skills and compete at Carnivals.

Weekly training for U9-U14

This season, we welcome Jayson Lincoln to Bronte for a weekly sand skills program (sprints, flags, relays, beach runs), focussing on race technique, power, speed, acceleration, agility and baton changes to ensure our sand competitors develop well rounded skills:

- 3.55pm-5pm, Wednesday afternoons, Bronte Beach
- Meet in front of Kiosk
- Commencement date: 24 October 2024

Jayson trains sand skills professionally, is a current sand competitor, a state and national title holder and a former Bronte nipper!

Until 6 November, Nippers can come along and try sand training. From 6 November, Nippers must commit to the squad and pay their fees (see below). Note that Nippers joining mid-season may need to arrange a private session with Jayson to catch up on skills missed as the program is designed to build, week to week.

Communication

Please join the 'Bronte Sand Training' WhatsApp chat via the Bronte Nippers Community to receive communications.

Training Fees

From 6 November, access to sand training is available to Nippers who have paid their training fees. There is a modest fee for the season for sand training of \$220*. Training fees are payable 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 sand training for [full name of child]
 - Amount: \$220

*may be subject to change if program expands considerably (by agreement & TBC)