



Nippers Competition Squad

Sunday Nippers focuses on developing Surf Lifesaving and other important skills. The Competition squad is a program designed to build competitive racing skills for those children who want to commit to Nippers as their summer sport.

Nippers Competition Squad training is run throughout the season from September (or sometimes earlier) to March.

Competition Squad Requirements

Unfortunately, due to limited resources, places in the Competition Squad are limited. Please note that a Nipper cannot attend Competition Training until they have been accepted as a member of the Competition Squad.

The following are criteria for being acceptance into the Competition Squad:

1. Completion of the Competition Board Training Application Form and confirmation of acceptance by Jim Walker
2. Commitment to attending the prescribed number of weekly training sessions (dependent on the Squad level below)
3. Completion of the Parent Assistance Form and commitment by the parent to assist. Competition Training is organized and run by volunteers... assistance is a MUST, not an option
4. Commitment to attending the Target Carnivals as per the Nippers website
5. Payment of training fees (\$150 x 2 in October and January)
6. Payment of \$100 board levy (if appropriate)

It must be noted that training sessions are not a babysitting service and the carer responsible for the child must be in attendance **at all times**.

Competition Squad Levels

There are 3 different water groups available. The Intermediate and Performance Squads must meet the "Squad Criteria: Intermediate and Performance Squads" detailed below.

Beginner Squad

The Beginner Squad is aimed at Nippers who are competing at the required number of carnivals, but need to increase their fitness levels and / or surf knowledge. It focuses on developing the skills required to move to the intermediate squad. Attendance at **2 x 1 hour sessions per week** is required.

Intermediate Squad



The Intermediate Squad is aimed at Nippers who have graduated past the Beginner Squad and are ready to further develop their skills. Attendance at **2 x 1 hour sessions per week** is required. **A Nipper must be selected to participate in this squad.**

Performance Squad

The Performance Squad is for more highly skilled Nippers and involves more intense training. These sessions will involve interval training on the board, ocean swimming and running on the sand. Attendance at **3 x 1 hour sessions per week** is required. **A Nipper must be selected to participate in this squad.**

Other information

- Parents.... please **do not** approach coaching staff during training sessions, unless your assistance is requested by them. If a parent wishes to discuss any training methods, progressions or decisions, please do so off the beach and outside of training hours. Remember, the coaches are there for ALL nippers training during the session. Sam Roberts is the Board Training Co-ordinator and is the first point of contact in all instances. Sam can be contacted at nippertraining@northbondisurfclub.com.
- All team selections will be made in accordance with the Competition and Carnival Selection Criteria.
 - All decisions are final.
 - For local carnivals, teams will be selected on the day. For major carnivals (Waverley Shield, Brand and NSW State Championships), the teams will be pre-selected and are not to be changed unless illness or injury prevails. In this case, Jim Walker, Matt Hamilton or Damian Barden should be informed to make changes. Please respect the coach's decisions.
 - If a Nipper is chosen for a team and decides not to race, he/ she will not be eligible for team selection for the rest of the season (including Branch and NSW State Championships).

If you have read this and are still interested, please complete the attached form and email to nippertraining@northbondisurfclub.com. Sam will also be able to answer any other concerns or queries regarding Competition Squad training.