



### **NIPPER WATER TRAINING**

Nippers are required to complete the competition proficiency open water swim to be eligible to participate in training and training activities. Nippers will be graded in the following groups based on their skill level. Any nipper that does not listen to coaches instructions will NOT advance.

#### **PINK CAPS: Starting out**

**Board:** learning basic board handling/paddling skills.

**Swim:** Can swim 150 m any stroke and pass the minimum proficiency swim requirement.

Consistently follows coaches directions and instructions.

#### **RED CAPS: Learning the ropes**

**Board:** Can paddle out around a set 300m course in 1-2ft surf conditions. Can demonstrate the ability to paddle out and back through the impact wave zone. Learning skills like rolling board, catching waves and board recovery.

**Swim:** Can swim a 150m ocean swim confidently in 1-2ft surf conditions around a set course using the correct technique. Learning techniques to dive under and catch waves. Consistently follows coaches directions and instructions.

#### **Blue CAPS: Getting good**

**Board:** Can paddle out around a set 300m course in 2-3ft surf conditions. Can demonstrate the ability to paddle out and back through the impact wave zone. Can demonstrate intermediate skills in rolling board, catching waves and is confident when losing board.

**Swim:** Can swim a 300m ocean swim confidently in 2-3ft surf conditions around a set course using the correct technique. Can demonstrate the correct technique to dive under and catch waves. Consistently follows coaches directions and instructions.

Can perform race distance iron event

#### **GREEN CAPS: I got this.**

**Board:** Can paddle out around a set 300m course in 2-4ft surf conditions. Can demonstrate the ability to paddle out and back through the impact wave zone confidently in varying conditions. Can demonstrate advanced skills in rolling board and catching waves.

**Swim:** Can swim 400m in confidently using correct technique in 3-4ft surf conditions.

Demonstrating correct technique going in and out of the impact zone. Learning advanced competition skills.

Can perform an iron event confidently over race distance demonstrating correct technique.

**SWIM/BOARD TRAINING**

TUESDAY 4:30PM AT THE HAVEN

**SWIM/BOARD TRAINING** *(Including U8's wade training, run by Age Manager)*

THURSDAY 4:30PM AT THE HAVEN

**IRON PERSON TRAINING**

TBA

**Extra BOARD TRAINING**

TBA

**Must** for training:

- ✓ Pink rash vest *(no vest, no train)*
- ✓ Arrive 15 mins. prior to start time. Start time indicates, time in water
- ✓ Mark off name BEFORE and AFTER the child leaves the water
- ✓ Goggles are helpful and a swim cap may also assist when swimming
- ✓ Wetsuits are helpful if available for early season until the water warms up a little
- ✓ Water for drinking and sunscreen
- ✓ Good attitude
- ✓ Parents MUST remain on the beach all session to assist or help with water safety. The ocean is an unknown environment and your children's safety is our top priority.

**BOARD CONTRACTS/CLUB HIRE BOARDS**

Board contracts and club hire agreements are available through the Club. Please see John for more details.

**PARENT INVOLVEMENT**

Water activities cannot run without water safety! Please talk to the coaches if you can assist in any way. We always appreciate assistance.

*Please remember that our coaches are volunteering their time to help your children develop these life skills. Please lend a hand where possible.*