

# BRONTE

SURF LIFE SAVING CLUB • 1903

## Nippers Sand Training 2023

The Club offers a fantastic sand program for our Nippers who wish to improve their skills and race technique in beach sprints, beach relays and flags, 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.

There are 3 aspects to the program:

### 1. Weekly sprint training for U9-U14

This season, we welcome the Roger Fabri Speed Academy to Bronte for a weekly sprint program, focussing on drills, strength, speed and to ensure our sprinters develop the correct technique:

- 3.55pm-5pm, Monday afternoons, Bronte Beach
- Meet in front of Kiosk
- Commencement date: 16 October 2023
- Calendar: 16 October – 27 November and 22 January – 4 March

### 2. Flag sessions

Sunday or mid-week sessions to focus on flags. These will be run in the lead up to the Waverley Shield, Branch and State. Stay tuned to TeamApp for sessions.

### 3. Relay training

In the lead up to the Waverley Shield, Branch and State, we will run specific relay training for teams. This will be on Sunday mornings, around Nippers sessions. Stay tuned to TeamApp for details.

### Communication

Please request access to 'Sand Training' in the Bronte Nippers TeamApp to receive communications.

### 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 \$200. Training fees are payable now via the SLSA Payment Gateway.

Please use the following:

- Transaction Type: Other (from drop down list)
- Description: Nipper sand training for [full name of child]
- Amount: \$200