



Nippers Training Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			U11-13s Board Training Coach: Josh Linton 6:30am		U11-13s Iron Training Coach: Josh Linton 6:30am	U11-15s March Past Coach: Charli Jones 7.00am
U11-U13 Board Training Coach: Josh Linton 4:30pm	U11-U13s Beach Coach: Craig Parker 4.30pm	U11-13s Board Training Coach: Josh Linton 4:30pm			U9-10s Iron Training Coach: Jason Parsons 8.00am	NIPPER SUNDAY 8.00am
Commencing 9th Jan 23 U8 Board Training Coach: Jason Parsons 4:30pm Mooloolaba River		U9-10s Board Training Coach: Jason Parsons 4:30pm	U8-U10s Beach Coach: Craig Parker Ginny Brooks 4:00pm			

All training sessions held at Mooloolaba Beach - unless another location is detailed

U14s – Masters Please refer to U14s – Masters Timetable

Board and Iron training only for current Nippers who have completed pool, beach, and competition proficiencies!

All Training will stop the week of Christmas – Sunday 25th December to Sunday 31st December 2022

U11-U13S: JOSH LINTON

Monday: River session/flat water session. This session is about building endurance and paddling for longer amounts of time, the most important session of the week. (Always meet at lifesaving club as if the bay is flat enough, we will paddle out there)

Wednesday: Board/swim. This session usually encompasses some board and swim races with one or two irons

Thursday AM: Skills. This session is mostly about board starts and working in and out of the break

Saturday: Irons. 3/4 irons either M shape or traditional

U9S-U10S: JASON PARSONS

Wednesday: Board/swim. This session will begin with a swim/surf skill as a warmup. So, Bring your goggles.

The session is beginner board focus with fun, safety and learning the craft/surf a focus, and may be in river depending on conditions. As carnivals approach competitors will have opportunity to work on starts and a competitive approach.

Saturday: Irons. Fun and fitness focused. A slightly harder session then the Wednesday session with some irons (swim/run/paddle). Bring your goggles. Depending on conditions may be in the river.

BEACH TRAINING ALL: CRAIG PARKER

Note: all U11s-U15s, Cadets, Opens and Masters are welcome at all sessions except U8s-U10s.

The new sessions are programmed around the Water sessions so that you can attend both.

- Tuesdays 4.30 pm U11s – U13s (Learning how to sprint with good technique)
- Wednesdays 4.30 pm U14s - U15s
- Thursdays 3.45 pm U8s – U10s with Ginny Brooks.

We will be running what is called a Long too Short program. Earlier in the season the sprints will be longer, approx. 30 secs. As the season progresses and closer to competition, the sprints will be shorter, approx. 15 secs. Most sessions will have some speed work. The idea is to build strength and endurance early to minimise the risk of injury and gain some fitness to build speed through the season.

FLAGS will be done at the end of each Beach session. Each session will have a slightly different focus as follows

Mondays BeachFIT: General fitness. Not sprint specific. Fast Interval Training. Hills and stairs.

Tuesdays BEACH U11s-U13s: Learning how to sprint with good technique.

Wednesdays BEACH U14s-15s: Refining sprint skills. Sprinting fast with good technique and rhythm while staying relaxed.

Thursday BEACH U8s-U10s: Introduction to Sprinting. Focus on balance and co-ordination using games and activities.

Fridays am. BeachFIT: General fitness. Not sprint specific. Sleds, skipping, core and strength.

Friday pm. TRACK: Max velocity. Using the track to refine sprint technique.

(Saturdays In the new year) (will be focused on Flags and Relays.)

Sundays TRACK: Technical session. Starts, max velocity, hurdles.

MARCH PAST TRAINING U11-U15: CHARLI JONES

Sundays March Past: The March Past event involves a team of 12 people marching in formation around a set course in time with music. The team includes members carrying a reel, wearing a belt and carrying the club's standard (flag).