



2024/2025 SEASON

NIPPERS TRAINING CALENDAR

	Time	Session	Location	Coach	Status
Monday	16:30	Hill Sprints U10 - U13	Point Cartwright Grass Hill	Craig Parker	Commenced
	17:00	Advanced Board Endurance	Mooloolaba Beach / River	Beau Farrell	Commenced
Tuesday	06:30	Intermediate/Advanced Ins & Outs	Mooloolaba Beach	Rohan Livingstone	TBA
	16:30	Beach Sprints & Flags U11 - U13	Mooloolaba Beach	Craig Parker	TBA
Wednesday	17:00	Advanced Board Training	Mooloolaba Beach / River	Beau Farrell	Commenced
	17:00	Intermediate Board Training	Mooloolaba Beach / River	Dani Jackson	Start 25 Sept
	16:30	Development Board Training	Mooloolaba Beach / River	Perry Elliott	Start 25 Sept
	16:30	Beginner Board Training	Mooloolaba Beach / River	Sarah Collins	Start 25 Sept
Thursday	06:00	Advanced Open Beach Boards	Maroochydore Beach River Mouth	Beau Farrell	Commenced
Friday	06:00	Intermediate/Advanced Open Water Swim	Mooloolaba Beach / River	Rohan Livingstone / Perry Elliott	TBA
	06:00	Beach Sprints U11 - Masters	Mooloolaba Beach	Craig Parker	Commenced
Saturday	07:00	Advanced Iron Training	Mooloolaba Beach / River	Beau Farrell	Commenced
	07:00	Intermediate Iron Training	Mooloolaba Beach / River	Dani Jackson	Commenced
	07:00	Development Iron Training	Mooloolaba Beach / River	Perry Elliott	Commenced
	07:00	Beginner Iron Training	Mooloolaba Beach / River	Sarah Collins	Commenced

Please join -> **Stack Team App - Mooloolaba SLSC - Nippers > Carnivals & Training access group for communication**

****only sessions on this calendar have been endorsed by the management committee and are insured****

See additional Nipper Training document for further explanation of training session types, coaches, etc



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NIPPERS TRAINING OUTLINE

This season Mooloolaba will be offering 4 different board training groups to our Nippers:

- Beginner
- Development
- Intermediate
- Advanced

By offering these 4 training groups we will ensure there is a group to suit every nipper in these age groups. As the nippers gain in confidence, skill, strength and fitness, coaches can decide to advance nippers to the next level.

Please note:

1. These sessions will be available to nippers from U9s through to U13s who have been signed off on their Competition Proficiency.
2. Your nipper will be placed in a group that is deemed safe, appropriate, fun and educational for their level, as decided by our coaches. We ask you to respect these decisions.
3. In some cases where Mooloolaba Main beach has rough conditions, sessions may be moved to the river, however we will always meet at the front of the club to sign in for every session.
4. If your child participates in Wednesday boards trainings, we require help on the Family BBQ approx. once every 3-4 weeks from each family. Thank you in advance.

We will also be starting Ins and Outs and Open Water Swimming sessions for our U11s – U13s nippers already swimming several squad sessions a week in the pool. U10 nippers will be assessed individually if they wish to participate. These sessions will focus on increasing their ability and confidence navigating the break on the way out, body surfing on the way in, and their open water swimming skills.

Running sessions (beach sprints and flags) will continue with coach Craig Parker relatively unchanged from last year. Our Nippers performed amazingly in the beach everts with many medals and placings in both Branch and State carnivals.

The following is an explanation of each session offered.

Running Sessions – Coach Craig Parker 2024/2025 Nipper Training Session Benefits and Objectives.

Message from Craig:

We will be running what is called a Long to 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 seconds. 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."

Monday Afternoon 1630 – 1730 Hill Sprints Point Cartright Grass Hill.

U10 – U13

Hill Sprints are a great way to build running strength, endurance and fitness needed for beach and track sprinting. (Please do not wear Mooloolaba branded clothing to this session).

Tuesday Afternoon Beach Training 1630 – 1730

U11 to U13 Beach Sprints

Friday Morning Beach Training 0600 – 0700

U11 to Masters

Starting with a 1km Time Trail (bring shoes) the Friday morning beach session focuses on general fitness. Craig uses a variety of training drills and equipment such and speed drills, sled pulls and skipping to extract more speed and power out of any nipper that regularly attends.

Board and Iron Advanced Sessions – Coach Beau Farrell

Advanced sessions are for competitive, experienced nippers who want to build further on their stamina, surf skills and competence in adverse surf conditions. Advanced participants are chosen by coaches.

Monday Endurance: 1700 – 1800, front of Club

In these Endurance sessions Beau will be focusing on paddle technique and stamina to assist your nipper to develop a powerful and efficient paddle stroke, essential for all ocean paddling.

Wednesday Boards: 1700 – 1800, front of Club

Wednesday Boards is a fun yet intense afternoon session where nippers can apply their learning from the Monday afternoon sessions. Beau will also be working on how nippers navigate their way through ocean hazards. Don't forget Wednesday afternoons are Family BBQ afternoons so bring the family along and have dinner with the team.

Thursday Morning Boards: 0600 – 0700, offsite beach

Beau will also be offering a morning session similar in nature to the Wednesday session, however this will be held at a neighbouring beach to expose the nippers to different conditions. Mooloolaba has a unique wave structure and training at different beaches teaches our nippers how to handle a variety of conditions.

Saturday Iron Training: 0700 – 0800, front of Club

Iron Training incorporates a swimming discipline with board training, over a longer distance. Teaching nippers to transition from swim to board and vice versa is a fantastic way to build confidence for upcoming Iron competitions. Transitions are often where these races are won and lost and is an important skill for any competitive nipper to master.



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Board and Iron Training, Intermediate Group – Coach Dani Jackson

Our Intermediate coaches will be working very closely with Beau to polish swim and board skills along with endurance fitness to enable progress into the Advanced group. It is important that nippers progress into the next training groups with skills and fitness to enable them to train at a similar level to the rest of the group, and not feel like they are being left behind.

Wednesday Boards: 1700 – 1800, front of Club

Wednesday Boards are a fun yet intense afternoon session where nippers can apply their learning to the ocean. Nippers will also be required to have an independent ability to navigate surf conditions, with minimal assistance from water safety. Don't forget Wednesday afternoons are Family BBQ afternoons so bring the family along and have dinner with the team.

Saturday Iron Training: 0700 – 0800, front of Club

Iron training incorporates a swimming discipline to training. This session will continue to focus on skills and endurance on the board and additionally in the water. Iron is a big part of training regime, and in this intermediate session, nippers will become accustomed to transitioning from board to run to swim.

Board training, Development Group – Coach Perry Elliott

The Development training group is specifically for returning nippers who are new to training or require some time to get back into boards. This group will provide training on how to effectively paddle, pop and roll boards in different conditions. Nippers will also develop paddle fitness to enable them to progress to the Intermediate group.

Wednesday 1630 – 1730, front of Club

Nippers will learn to navigate different surf conditions, heavily assisted by water safety.

Don't forget Wednesday afternoons are Family BBQ afternoons so bring the family along and have dinner with the team.

Saturday morning 0730 – 0830, front of Club

Iron training incorporates swimming, boards and some running. This session will teach skills and endurance in swim and board, where nippers will become accustomed to transitioning from board to run to swim.

Board Training, Beginner Group – Coach Sarah Collins

The Beginner Group will run from the start of the nipper season to approx. December and will focus entirely on brand new nippers who have never paddled a board. This will incorporate everything from how to care for the boards, how to enter the water with your board, how to position yourself on the board and how to paddle the board.

Beginner Training times are as follows:

Wednesday 1630 – 1730, front of Club or in the river

Saturday 0700 – 0800, front of Club or in the river

These sessions will teach beginner paddle technique, board placement and general paddling confidence. Nippers will be introduced to gentle surf conditions, heavily assisted by water safety. If conditions are too rough in the bay training will move to the river.

Don't forget Wednesday afternoons are Family BBQ afternoons so bring the family along and have dinner with the team.

Ins & Outs – Tuesday 0630 - 0700

A 30 minute, intense swim/run and wave-catching session. This session will be a copy of the current open ins and outs sessions where participants will swim out to beyond the break and wait for instructions from the coach. When they are called to return to shore as fast as they can through the break, followed by a short run. This session will provide the nippers with an opportunity to improve their skills navigating the break on their way 'out' and their body surfing skills on the way 'in'. These skills are imperative for competitors to be successful in their events.

Please have a look at this link to fully appreciate how important these skills are. These sessions are not only important for skills but are immensely fun. (search YouTube video - Courtney Hancock bodysurf).

Open Water Swimming training. Friday Morning 0600 – 0700 ONLY FOR SQUAD SWIMMERS

This session will teach nippers to take their pool swimming skills and adapt them to open ocean swimming. Our coaches will focus on techniques such as stroke and breathing adaptation, distance training and swim to run transitions. No matter how much pool swimming your nipper does, it is always different in the ocean and this session is a great opportunity to learn the skills needed to navigate a longer ocean swim.

Please note any nippers participating in Ins & Outs and/or the Open Water swimming sessions will need to have been doing at least 2 squad sessions (not swim lessons) per week this year.