



DAY	TIME	SESSION	LOCATION	COACH	STATUS
Monday	1600	Beach Flags U11 - U13	Mooloolaba Beach	Pauline Gleeson	Commenced
	1700	Advanced Board Endurance	Mooloolaba Beach/River	Beau Farrell	Commenced
Tuesday	0630	Squad Swimmers - Ins & Outs	Mooloolaba Beach	Jess Roberts Rohan Livingstone	Starting 7th October
	1600	Beach Sprints U11 - U13	Mooloolaba Beach	Pauline Gleeson	Commenced
	1600	Beach Sprints U8 - U10	Mooloolaba Beach	Ginny Sargeant	Commenced
Wednesday	1700	Advanced Boards	Mooloolaba Beach/River	Beau Farrell	Starting 1st October
		Intermediate A Boards	Mooloolaba Beach/River	Dani Jackson	Starting 1st October
		Intermediate B Boards	Mooloolaba Beach/River	Perry Elliott	Starting 1st October
		Development Boards	Mooloolaba Beach/River	Coombsie	Starting 1st October
		Beginner Boards	Mooloolaba Beach/River	Jess Roberts	Starting 1st October
Thursday	0600	Advanced Open Beach Boards	Maroochydore Beach River Mouth	Beau Farrell	Starting 2nd October
		Intermediate Open Beach Boards	Maroochydore Beach River Mouth	Coombsie	2nd October
Friday	0600	Squad Swimmers Open Water Swim U10 - U14	Mooloolaba Beach	Jess Roberts Coombsie	3rd October
	1600	Track Run Training U11 - U13	Maroochydore Multi Sports Complex	Pauline Gleeson	Commenced
	1600	Track Run Training U8 - U10	Maroochydore Multi Sports Complex	Ginny Sargeant	Commenced
Saturday	0700	Iron - A Training	Mooloolaba Beach/River	Beau Farrell	4th October
		Iron - B Training	Mooloolaba Beach/River	Dani Jackson Perry Elliott	4th October

Mooloolaba SLSC Nippers only sessions

The Nipper season training 28th September for U9 – U13 for all ability levels

Only those on this calendar are endorsed by the management committee and are insured



# 2025/2026 Nipper Training Season

Welcome to the 2025/26 Nipper training season. We hope you have all had an amazing off-season filled with lots of fun, enjoyment and success in your chosen Winter activities.

We would also like to welcome the U9 Dark Green Caps to our training group. We can't wait to get you onto your boards, into the water and sprinting down the sand!

This season have some exciting new coaches joining our team and I guarantee your nippers will benefit greatly from our coaching team.

Firstly, we are pleased to welcome Pauline Gleeson as our new Head Beach Coach to Mooloolaba. Pauline brings a wealth of experience and knowledge to the beach, matched with her enthusiasm for training youth and we are truly fortunate to have her joining our team.

We also have Jess Roberts and Steven Coombes (Coombsie) joining our team in the water. Both Jess and Coombsie are passionate about encouraging our youth in all aspects of Surf Life Saving, especially Open Water Swim and Iron disciplines.

This season Mooloolaba will be offering 5 different board training groups to our Nippers:

- Beginner (6 – 8 Week course)
- Development
- Intermediate B
- Intermediate A
- Advanced

By offering these 5 training groups we will ensure there is a group to suit every nipper from u9s through u13s. 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 swim.
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 board 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 continuing Ins and Outs and Open Water Swimming sessions for our U11s – U14s 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 in navigating the break on the way out, body surfing on the way in, and their open water swimming skills.

Running sessions will be coached by Pauline Gleeson and Ginny Sargent, all nippers are encouraged to participate in run sessions, after all, no matter what discipline you prefer, everyone needs to run to the finish line.

The following is an explanation of each session offered.



# Nipper Training Session Benefits & Objectives

## **BEACH FLAGS & BEACH SPRINTS – COACH PAULINE GLEESON**

The Beach Sports training program covers all aspects of competitive beach sprints, beach relays, beach flags and body strength. All sessions start with a warm-up of mobility work and dynamic warm up prior to the main set. There will also be micro strength training at the end of each session. Consistency in training is a must for any kind of improvement to occur. They will be coached in a progressive, educational environment so they know 'why' not just how.

All nippers from first timers to the experienced are welcome and will be well catered for at every session. Their health and wellbeing is at the utmost forefront of their training sessions and their season. Water competitors, even if they don't wish to do beach events, are encouraged to attend the sprint sessions to improve their race starts, finishes, and transitions. I encourage them to attend the track session, but are also welcome at beach sprint training.

Competitors please arrive 10 minutes prior to the session starting so we can start on time. I understand the complexities of work. If you are going to be up to 10 minutes late, please message and let me know. If you are going to be more than 10-15 minutes late, please re-consider attending training for the day as it interrupts the session for everyone.

We all have families including me. My non-contact hours are 4pm - 9am.

### **MONDAY BEACH FLAGS TRAINING: 16:00 - 17:00 - EXIT 182 - 183 - East of Club**

Beach Flags competition is a game of mind set and strategy, so our training sessions are programmed holistically. This includes mind set, race strategy, beach management, technical turns, and explosive short sprint work. The sessions include non-competitive competition rounds. They will also be engaging in fun games which focus on reactive timing, co-ordination, and concentration. It is a progressive program aimed to build all aspects of flag competition skills and fitness levels.

### **TUESDAY BEACH SPRINT TRAINING: 16:00 - 17:00 - EXIT 182 - 183 - East of Club**

Beach sprint training sessions will focus on all sand running techniques and sprint racing. There will be a strong focus on technical sprint start set up. Beach relay training is extremely important. Our relay teams are our driving force at carnivals and all levels of teams will be included in the sessions regularly. Inclusive of; Age Relay, Mixed Relay and All Age Relay. Clean, precise baton changes and lead in runs training will be a strong focus. These sessions will require extra parent help. So please let me know if you can help.

### **FRIDAY TRACK SPRINT TRAINING: 16:00 - 17:00 - Maroochydore Multi Sports Centre - Fisherman's Road Entry - AFL Ground 1.**

Track sprint training is important to all beach and water competitors. It helps you become stronger and faster for all areas of beach sprinting, sharper and faster for beach flags and stronger to the finish line. During the session you'll learn great sprint techniques like powerful starts, quick leg turnover and smooth-running form, all while building confidence.



# Nipper Training Session Benefits & Objectives

## **U8 – U10 BEACH SPRINTS & TRACK SPRINTS– COACH GINNY SARGENT**

Running in conjunction with Pauline's Tuesday Beach training and Friday Trach Training, Ginny will be taking the younger years of U8 – U10 to introduce them to the wonderful world of beach events.

Through fun and energetic games these nippers will learn everything about beach and track sprints.

These sessions are strictly about having a lot of fun on the sand and track all the while, getting prepared to move up to train with Pauline when the time is right.

### **TUESDAY BEACH SPRINT TRAINING: 16:00 - 17:00 - EXIT 182 - 183 - East of Club**

Fun and Games

### **FRIDAY TRACK SPRINT TRAINING: 16:00 - 17:00 - Maroochydore Multi Sports Centre - Fisherman's Road Entry - AFL Ground 1.**

Fun and Games

## **BOARD AND IRON TRAINING ADVANCED SESSIONS COACH BEAU FARRELL**

Advanced sessions are for competitive, experienced nippers who want to build their stamina, surf skills and competence in adverse and challenging surf conditions safely, and whilst maintaining control of their board. 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 open 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 – 0830, 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 events. Transitions are often where these races are won and lost and is an important skill for any competitive nipper to master.



# Nipper Training Session Benefits & Objectives

## **BOARD AND IRON TRAINING, INTERMEDIATE GROUPS A AND B** **COACHES: DANI JACKSON, PERRY ELLIOTT, JESS ROBERTS & STEVEN COOMBES**

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.

### **Thursday Morning Boards: 0600 – 0700, offsite beach**

Coombsie 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 – 0830, 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 AND IRON TRAINING, DEVELOPMENT GROUP** **COACHES: STEVEN COOMBES, JESS ROBERTS**

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 1700 – 1800, 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 0700 – 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.





# Nipper Training Session Benefits & Objectives

## **BOARD TRAINING, BEGINNER GROUP COACHES: JESS ROBERTS, GINNY SARGENT**

The Beginner Group will run from the start of their nipper Sundays for approximately 8 weeks 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 1700 – 1800, 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 COACHES: JESS ROBERTS, ROHAN LIVINGSTONE**

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. They are then 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. [https://www.youtube.com/shorts/NiVa\\_4JwS4E](https://www.youtube.com/shorts/NiVa_4JwS4E)

## **OPEN WATER SWIMMING TRAINING. FRIDAY MORNING 0600 – 0700 ONLY FOR SQUAD SWIMMERS COACHES: STEVEN COOMBES, JESS ROBERTS & DALE KENDALL**

This session will teach nippers to take their pool swimming skills and adapt them to open ocean swimming. Working in structured 4-week blocks, 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. It is a fun session to swap out a regular pool squad session with.

***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.