

2017-18 Sorrento SLSC Nipper Program (revised)

(Nippers bring along Club uniform including club swim cap, fluoro singlet and your wetsuit & goggles to all sessions)

| Date | What | Where | When | Info |
|---|--|--|-------------|---|
| November | | | | |
| Sunday 13 th | SRC/U14 Introductory Session on Long Boards & Surf Ski's | Front Beach | 10am | |
| Saturday 18 th | Pre-season briefing session for U8 and new parents | Clubhouse | 3pm | Age managers please attend |
| Sunday 19 th | Swim – Pre Evaluation & S Badge (Session 1) | St Pauls Rd Front Beach | 9-11am | U8-U13 - distances as specified in handbook Tide: LOW 7.07am 0.67m |
| Sunday 19 th | SRC/U14 - S Badge | St Pauls Rd Front Beach | 9-11am | Followed by SRC board training |
| Saturday 25 th | Competition Training 1 | Back Beach | 3-4.30pm | Arrive 2.45pm |
| Sunday 26 th | Nipper Session 2 | All at Back Beach | 9am-11.30am | U8,U9,U10-9am U11,U12,U13-10am Tide: LOW 11.29am 0.57m |
| Sunday 26 th | SRC/U14 – Training | Back Beach | 9am | |
| December | | | | |
| Saturday 2 nd | Competition Training 2 | Back Beach | 3-4.30pm | Arrive 2.45pm |
| Sunday 3 rd | Nippers Session 3 | All at Back Beach | 9am-11.30am | U8,U9,U10-9am U11,U12,U13-10am Tide: HIGH 11.31am 1.34m |
| Sunday 3 rd | SRC/U14 – Training | Front Beach | 9am | |
| Saturday 9 th | Competition Training 3 | Back Beach | 3-4.30pm | Arrive 2.45pm |
| Sunday 10 th | Nippers Session 4 | U8-U10 Front Beach U11-U13 Back Beach | 9am-11am | All start at 9am Tide: LOW 11.24am 0.44m |
| Sunday 10 th | SRC/U14 – Training | Back Beach | 9am | |
| Saturday 16 th | Junior Carnival #1 | Altona | 8am-4pm | Arrive 7.15am |
| Sunday 17 th | SRC/U14 – Training | Front Beach | 9am | |
| Mon 18 th – Friday 22 nd | Junior Bronze Course | Clubhouse | 9am-4pm | |
| Saturday 23 rd | Competition Training 4 | Back Beach | 3-4.30pm | Arrive 2.45pm |
| Sunday 24 rd | Nippers Session 5 | All at Back Beach | 9am–11.30am | U8,U9,U10-9am U11,U12,U13-10am Tide: LOW 10.35am 0.54m |

| Date | What | Where | When | Info |
|---|---|--|-------------|--|
| Sunday 24 th | SRC/U14 – Training | Back Beach | 9am | |
| Saturday 30 th | Competition Training 5 | Back Beach | 3-4.30pm | Arrive 2.45pm |
| Sunday 31 st | Nippers Session 6 | All at Back Beach | 9am-11.30am | U8,U9,U10,-9am U11,U12,U13-10am Tide: HIGH 9.41am 1.33m |
| Sunday 31 st | SRC/U14 – Training | Back Beach | 9am | |
| January | | | | |
| Tues 2 nd – Sat 6 th | SRC/U14 Course | Clubhouse | 9am-4pm | |
| Friday 5 th | Junior Carnival #2 | Cosy Corner | | |
| Saturday 6 th | Competition Training 6 | Back Beach | 10-11.30am | Arrive 9.45am |
| Saturday 6 th | Club Social Night | Clubhouse | 6.30pm | Further details on club website |
| Sunday 7 th | Nippers Session 7 | All at Back Beach | 9am-11.30am | U8,U9,U10-9am U11,U12,U13-10am Tide: LOW 10.26am 0.40m |
| Saturday 13 th | Competition Training 7 | Back Beach | 10-11.30am | Arrive 9.45am |
| Sunday 14 th | Nippers Session 8 | All at Back Beach | 9am-11.30am | U8,U9,U10-9am U11,U12,U13-10am Tide: HIGH 9.59am 1.26m |
| Sunday 21 st | Junior Carnival #3 | Chelsea | 8am-4pm | Arrive 7.15am |
| Saturday 27 th | Competition Training 8 | | | |
| Sunday 28 th | Nippers Session 9 | All at Back Beach | 9am-11.30am | U8,U9,U10-9am U11,U12,U13-10am Tide: HIGH 8.09am 1.39m |
| February | | | | |
| Saturday 3 rd | Competition Training 8 | Back Beach | 3-4.30pm | Arrive 2.45pm |
| Saturday 3 rd | Club Social Night | Clubhouse | 6.30pm | Further details on club website |
| Sunday 4 th | Nippers Session 10 | U8-10 – Front Beach U11-13 - Back Beach | 9am-11am | All start at 9am Tide: LOW 9.23am 0.40m |
| Saturday 10 th | Sorrento Bay Swim | Front Beach adjacent to Baths | Morning | Club's major fundraiser, require all families to assist. U12-U14 encouraged to swim |
| Sunday 11 th | Junior Carnival #5 | South Melbourne | | |
| Saturday 17 th | Junior Carnival #6 | Mordialloc | | |
| Sunday 18 th | Nippers Family Fun & Presentation Day (Session 11) | All at Back Beach | 9am-11.30am | All at 9am Tide: LOW 8.43am 0.56m |
| Sunday 25 th | Junior Carnival #7 | Lorne | | |

| Date | What | Where | When | Info |
|--------------------------------|---|-------------------------|-------------------------|--|
| March | | | | |
| Sunday 4 th | Competition Training 10 | Back Beach | 10-11.30am | Arrive 9.45am Tide: LOW 8.15am 0.43m |
| Sat/Sun 10-11 th | State Junior Life Saving Championships | Warrnambool SLSC | 7.30am-4pm Both days | Details will be advised |
| Mon 13 th | Team Surf | Warrnambool East end | 9am-12noon | Parents, Water Safety & Nippers surf fun |

- All **green** coloured sessions are the mandatory nipper program
- All **purple** coloured sessions are optional competition training and carnival programs, paid for separately. Our major carnivals where we encourage a strong club turnout are Altona (16 Dec) and Chelsea (21 Jan). Smaller groups will compete at other nipper carnivals.
- All **blue** coloured sessions are the U14/SRC training program
- Tides are for Port Philip Heads, add 2hrs 10mins for St Pauls Rd Front Beach