

# NORTH ENTRANCE SLSC

## Head Coach Introduction

Hi All,

As the new season is just around the corner, I would like to let everyone know that official NESLSC Nipper training will commence in September, albeit with a lot of restrictions due to the current COVID-19 restrictions. This is a fluid situation that may require the Club to reorganise training arrangements as the NSW Government Health Orders change to reflect circumstances.

**Our training this season will focus heavily on surf skills and fitness with emphasis on having fun, in an inclusive and safe environment.**

From 2<sup>nd</sup> September, we will be running a 6 week intensive surf skills training course that will include our U8's and U9's Nippers (along with anyone else that would be like to learn), with a view to integrating them into training with the rest of the Club as the season progresses. The remainder of the Nipper group will also start training in September. Training sessions will be held on Wednesday and Friday of each week, with all Nippers (U8's and above) welcome to attend.

Early training sessions will be varied and will not necessarily always be in the water.

Use of Club equipment will be by arrangement and involve the signing of a Hire Agreement and payment of a hire fee. As we are unsure how many Nippers we will have this season and our limited resources, our boards are a 'back-up' to members personal arrangements in terms of purchasing boards. If a decision is made to purchase your own board, please ensure it is approved by SLSC and in good repair. For competition, all boards (fibreglass) will require scrutineering by Branch prior to the Carnival.

I know people are already training at the moment in an unofficial capacity which is great and shows great dedication. I would ask if this is the case that you consider inviting any other members of the Club that you think might be interested.

I'm also aware that a lot of kids are participating in winter sports. I would suggest trying to do at least one cardio training session per week, whether it be running, riding, swimming, surfing etc. I would also strongly suggest that if your child is considering competing in SLSC water events that you consider joining one of the local swim clubs/squads.

If you have any questions, please feel free to give me a call on 0409 899 110. Take care and I will have more info in the coming weeks.

Justin Dean  
Head Coach, NESLSC