

Manly Nippers Spring Ocean Training Camp

For over 20 years Manly Nippers have run a fabulous Spring Camp to kick start the Nippers season. For many of our Nipper families it becomes a highlight of the year and the kids can't wait to pack up the cars and head north to the warmer waters up in 'Sunny' Sawtell. It is much more than a training camp - it gives our Nippers and their families an opportunity to hang out together and bond, to go for a lovely family meal, or hang out surfing with buddies, or cycle together around the campsite, or go kayaking on the creek, or go-karting at Coffs Harbour, visit the big banana fun park, catch a movie at the characterful Sawtell cinema, explore the lagoon, or enjoy the inflatable obstacle course at the campsite..... and no visit to Sawtell is complete without a visit to the Lucky 7 Lolly shop!

The Camp centres around the Big 4 Campsite at Sawtell with its huge oval, great playground, cycle tracks and direct access to the Lagoon behind it. Training takes place on Sawtell main beach in the mornings leaving you plenty of time to relax and have fun!

If COVID19 restrictions continue to be lifted we expect to be able to run camp as normal so start making plans.

When - late arvo Tues 29 Sept – Fri 2nd October 2020
(though many families come from the Sat/Sun)

Where - most families stay in the Big 4 Campsite in Sawtell in cabins or tents, but you can also find houses to rent. The training is run on Sawtell's main beach.

Who - Under 9 – Under 15 (all must pass the normal SLS proficiency requirements – see details below)

Training – we train in the ocean for about 3 hours each morning on the Weds, Thurs & Fri in ability groups organised by our Head Coach and his team of coaches. Further details of the coaches will be provided once finalised. The Southern end of the beach has an area protected by an island (affectionately know as Butt-crack Island by the kids!) which is perfect for the new U9s and U10s.

Logistics - The camp is run entirely by volunteers so everyone is expected to lend a hand, for example by doing water safety, helping with morning tea whilst the kids are training etc.





Main street



Kiosk at Sawtell Surf Life Saving Club

Getting there it's a 5½ hr drive north from Manly. Coffs harbour airport is only 20 mins away for those who wish to fly up.

Accommodation links

- [Sawtell Beach Holiday Park \(Big 4\)](#)
- Airbnb using the [Manly LSC link](#)
- [McGrath Sawtell](#) for holiday lets

Sawtell is a beautiful coastal town about 20 minutes South of Coffs Harbour in a pretty setting between two headlands, with the Bonville creek to the south of town around the main Campsite and the Boambee creek just to the North.

The main street has an abundance of cafes, boutique shops and great restaurants set amongst the beautiful and huge Moreton Bay fig trees which stand in colourful gardens up the centre of the street.

Our Nippers families always enjoy the coffees and lunches at the Sawtell Surf Club, big group meals at the Sawtell pub – where the kids play pool, and we normally manage to squeeze in a Ladies Lunch at the delicious Treeo restaurant. There is also Thai, Indian, Chinese, local Seafood and modern Australian Cuisine – you really are spoiled for choice. There's a local golf course too.

Proficiencies & Membership All Nippers attending must be a member of Manly Life Saving Club and have completed their 2020/21 Pool Proficiency prior to taking part in the camp. Pool proficiency dates will be confirmed in September (normally one in Manly and one the day before camp in Sawtell). Each Nipper needs to swim 200m freestyle in under 6 minutes. This is followed by an ocean proficiency swim which takes place in Sawtell.



7 min drive to Taormina for Coles, Woolies and Mall

Lucky 7 – Lolly shop

Main street with restaurants & coffee shops

Manly Tents & training spot

Path on the corner of Park street that leads to the beach spot

Campsite Swimming pool – Inflatable obstacle course at lunchtimes

Oval within the campsite with

Quick links

Here are some links if you want to make a week of it and enjoy the surrounding area:

- [The Big Banana](#)



