

Manly Nippers - Summer Training “Boot” Camp 2021

When Mon 4th – Thurs 7th Jan (dependant on Age Groups see below)
8.30am – 3pm

Where Manly Beach/Manly Life Saving Club

Who U9 - U15s

Cost \$150 for 3 days or \$65 for single days (incl Morning tea & Lunch)*

Click [HERE](#) to Register

COVID19 Changes

- No non-Manly attendees
- No U8s
- No Beach training
- No Late registrations – CLOSING DATE 23/12/2020
- Places limited due to COVID safety arrangements

Our Summer Training camp is NOT a summer Holiday camp The Nippers will train in the Ocean for three 1 ½ hr training sessions each day (only two on Thursday, 3rd session is an inflatable race). It is a great opportunity for them to improve their skills and enjoyment of the Ocean. And a fabulous bonding experience for each age group and for the Nippers to feel a part of the wider Team Manly.

To attend your Nipper

- MUST be Proficient
- Should be swimming regularly outside of Nippers - note U10s & above will be expected to swim to Shelly Beach
- Should come with the mindset that this is more “Boot” camp than “Holiday” Camp
- Must have a parent/carer who can volunteer sometime to help out with Water Safety or catering (details below)
- Should bring a wetsuit, towel, swim cap, goggles, Pink High-vis Vest sunblock, wax, water bottle and anti-chaffing cream and a SMILE
- Should bring an inflatable to race if they are attending on Thursday (or one to share between friends) – these will be blown up for them by the IRB crew during Lunch



Training Timetable

| | | |
|-----------------------------|-------------|----------------|
| Mon 4th | U13/U14/U15 | Mal Training |
| Tues 5th | U14/U15 | Mal Training |
| | U9-U13 | Board Training |
| Weds 6th | U9-U13 | Board Training |
| Thurs 7th | U14/U15 | Mal Training |
| | U9-U13 | Board Training |

Daily program

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|---------|---|
| 8.30am | Registration |
| 9am | 1 st Training Session |
| 10.30am | Morning Tea |
| 11am | 2 nd Training Session |
| 12.30pm | Lunch |
| 1.30 | 3 rd Training Session/Inflatable race Thursday |
| 3pm | Pick up |

NOTE - The camp is run entirely by volunteers so parents/carers are expected to lend a hand on at least one day. You will be asked to nominate to volunteer as Water Safety or helping prepare morning tea/lunch when you register your Nipper. Helping out at Camp is a great way to meet other Nipper parents particularly for parents in the Younger age groups.

*If your child has allergies we will ask you to send them in with their own morning tea & packed lunch.