

Blue texts are hyperlinks to the appropriate section of the website for further information

U6/7



Key Elements

- All play based activities to gain confidence on the beach and in the shallow surf
- Obstacle courses and sprint races
- Introduction to flag racing without the knock out element
- Encouraged to venture into knee deep surf during games and wades
- Understanding the flagged area and appreciation for the power of the ocean and what a life saver is
- Wrap up each session with a big tug of war
- [Surf Ed](#) – Surf Play 1 & 2

Requirements - Nippers cap & a smile

U8



Key Elements

- Sprint races & knock out Flags
- Longer wades into deeper water
- Introduced to Foamie boards in good conditions
- Discussion of the rips, flags and being surf safe
- Significant transition from U8 to U9 in terms of proficiency requirements and activities they can get involved in.
- [Surf Ed](#) – Surf Aware 1

Requirements

- Nippers cap & Pink High-Vis Vest
- [Proficiency](#) swim - 25m swim freestyle in a Pool & 1 min survival float

Optional Training

- U8s can join the club's Sprint & flag training from Oct
- Dedicated end of season U8s Transition to U9s foamie Nipper board training
- Encouraged to attend Winter Board training in July as transition to U9s
- Pre-season Ocean training in Sept Holidays as they graduate to U9

Optional Competition

- Manly Club Championships – sprints, flags, wade race

For further details see [U8 Transition to U9 Info](#)

U9/10



Key Elements

- Sprints, Flags & deep wades
- Surf swimming – negotiating the breaks
- Paddling foamie boards - [Equipment](#)
- [Surf Ed](#) – Surf Aware 2 & Surf Safe 1 – introduced to basic CPR

Requirements

- Nippers cap & Pink High-Vis Vest
- [Proficiency](#) - 200m swim in <6 minutes at a Pool & 2 min survival float, 150m Ocean swim

Optional Training

- Sprint & flag training from Oct
- Winter Board training, Pre-season Ocean training, Board training, Summer Camp

Optional Competition

- Manly Club Championships – sprints, flags, board, surf swim
- Carnivals on Northern beaches & around NSW, SLS NSW State – Events include sprints, sprint relays, flags, surf swim, swim relay, board race, board relay, March past

U11/12/13



Key Elements

- Sprints & flags
- Surf swimming & paddling
- Move to Fibreglass Nipper Boards - [Equipment](#)
- Surf safety & basic CPR
- Board rescue & Ironman added to competition events
- [Surf Ed](#) – Surf Safe 2, Surf Smart 1 & Surf Smart 2

Requirements

- Nippers cap & Pink High-Vis Vest
- [Proficiency](#) - 200m Pool swim in < 6 minutes (U11/U12) or <5 minutes (U13); Survival float 2 min (U11/12), 3min (U13); 288m Ocean swim

Optional Training

- Sprint & flag training from Oct
- Winter Board training, Pre-season Ocean training, Board training, Summer Camp
- U13 Transition to Mal Board training

Optional Competition

- Manly Club Championships and
- Carnivals on Northern beaches & around NSW, SLS NSW State – Events include sprints, sprint relays, flags, surf swim, swim relay, board race, board relay, March past, R&R [New events](#) - Ironman/woman, Board Rescue, Cameron Race
- Trials for Northern Beaches development squad & Interbranch team

U14



Key Elements

- Sprints & flags, surf swimming, paddling in all conditions, board rescue
- Move to Mal Boards - [Equipment](#)
- Surf safety & basic CPR
- Coaching junior age groups
- [Surf Ed - Surf Rescue Certificate](#), patrol Manly Beach, Water safety for Nippers
- One Male & One female elected Junior Club captain by their peer group

Requirements

- Nippers cap & Pink High-Vis Vest
- [Proficiency](#) – 200m Pool swim in < 5 minutes & 3 min survival float, 288m Ocean swim

Optional Training

- U14 transition to senior club to train alongside the Opens for most training
- Sprint & flag training from Oct
- Winter Board training with opens, Pre-season Ocean training, Board training with opens, Summer Camp

Optional Competition

- Manly Club Championships
- Carnivals on Northern beaches & SLS NSW State – Events include sprints, Sprint Relays, Flags, Surf Swim, Swim relay, Board race, Board relay, Ironman/woman, Board Rescue, Cameron Race, March past, R&R
- Option to participate in SLS SNB Junior Life saver Program
- Can race up in U15s for team events with the Senior Club at SLS NSW State
- Can compete at Aussies as U14 in Individual races and U15 in team races
- Option to be selected for Northern Beaches development squad & Interbranch team

For further details see [U14 Transition to Opens Info](#)

U15 to Opens



Key Elements

Nippers starts a lifelong connection to Manly Beach and Manly Life Saving Club. Many Nippers continue to be active at Manly Surf club once they have graduated from U14s

- Opportunity to gain additional SLS qualifications, e.g. SRC to Bronze
- Patrol Manly Beach
- Train and compete with Manly's Open Competitors
- Learn new disciplines – IRB crew & racing, Surf Boats, First Aid etc, Surf ski
- Participate in the Duke of Edinburgh's Award