

2023/24 WEEKLY TRAINING SCHEDULE

Beach and Water 2023/24

29 September 2024

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Wanda Nippers Weekly Training Sessions 2023/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			Water Iron & Swim Session @ Wanda 0600-0700am Nov start.			Jock Endurance Session @ Don Lucas 0700-0800
PM	Beach Training @ Wanda 1630-Flags 1645-Intervals 1715-Sprint & relays	Water Session @ either Bay/Kurnell/Wanda 1630-1730	Sprint Training @ Sylvania Track 1630-1730 1730-1830	Water Session @ either Bay/Kurnell/Wanda 1630-1730	Ad Hoc Fridays All Club Training Session including Seniors	

Training Program commences week commencing Monday 9 OCT
See following slide for training session details

Wanda Team Training 2023/4

As a Wanda Nipper you have access to some of the best water and beach coaches in Surf Life Saving. We are extremely fortunate to have the support of Jock Athletic and Ian Ross leading our beach and water training sessions this season. Both Jock and Ian (Rossi) are long term Wanda Members and bring their passion, expertise and energy, which I am confident will assist our team success this season.

For parents please note the below information that will help us deliver the best training to our Wanda Nippers

- Please be early to all sessions as they start on time.
- For water sessions Nippers must wear their Wanda Pink Rash vest
- For beach and running sessions please wear Wanda or Jock Athletic running singlets which you can purchase from Wanda Merch Caravan on Sunday's
- Please note the Sylvania Track session is for u10 and above due to the concentration one needs to train on the busy track

BEACH

Mondays (Wanda SLS)

- 1630 Flags technique & tactics with Larry
- 1645-1800 Long intervals, tactics & technique with Jock (advanced session)
- 1715 Sprint & rely session with Joey

Wednesday (Sylvania Athletics Track for u10 and above)

- 1630-1730 – Starts, short speed, & plyos targeting sprinters and flaggers by Joey Karam

Saturday (Don Lucas Reserve, end of Greenhills car park)

- 0700 Sandhills – This is an advanced session
 - Group 1 Speed: Resisted speed (sprinters & flaggers) with Peter Hadfield
 - Group 2 Endurance: Tempo & hills with Jock

WATER

Water sessions are a mix of board paddling and swimming based on the conditions. Training locations are announced on the day via the Wanda Nippers Surf Teams Face Book group

For all water sessions nippers must bring

- Pink Wanda rash vest (this is mandatory in order to train)
- Board with wax
- Swimming goggles and swim cap

Nippers are not permitted to leave the training area without reporting to the coach on duty.

Parents are required to take their own children to the toilets during the session so please don't go too far away

We would love support from parents who hold a bronze medallion to assist with Water Safety as without water safety we cannot hold water training. If you do want to obtain your Bronze Medallion please contact your age manager.