



Caves Beach Surf Life Saving Club

NIPPERS EXPRESS 2009-2010

I would like to thank all the parents that came along and helped on the working bee. It was a great success - Thank you.

We need to look at the times for our proficiency testing and get our children in the pools and swimming. Swansea pool is open and warm.

The evaluation is:



U/8 – 25 metres of any stroke + 1 Min Survival Float



U/9 – 25 metres of any stroke + 1 Min Survival Float



U/10 – 25 metres of any stroke + 1.5 Min Survival Float



U/11 – 50 metre swim freestyle + 2 Min Survival Float



U/12 – 100 metre swim freestyle + 2 Min Survival Float



U/13 – 150 Metre swim freestyle + 3 Min Survival Float



U/14 – 200 Metre swim freestyle + 3 Min Survival Float

For children in the U/9 to U/14 age groups who wish to participate at carnivals, you must complete a timed pool swim and a surf swim similar to a club day swim.

Times for Pool swim are:



9's and 10's – 200 metres in 6 minutes



11's to 14's – 200 metres in 5 minutes

Training has started, times as follows:

Beach and Sprint

Sprint and Flags training will start on Tuesday 6.10.09 at 4.00pm at Caves Beach and on each Tuesday, same time and place. There will also be training at Caves Beach High School at 5.00 pm each Thursday starting on 9.10.09.

Board Training

Monday afternoon 4.30pm at Coon Island

Wednesday afternoon 4.30pm at Caves Beach

Saturday mornings 9.30am at Caves Beach

Thankyou

Kel Thomson
JAC Manager