

2011 / 2012 Midweek Nipper Squads

All training sessions will be advertised on the Metropolitan Caloundra Surf Sports Program. This is available every 4 weeks on the nipper page of the clubs website. **It is recommended that this program be checked prior to attending any sessions as times, locations & squads will be listed on the program.**

It's very positive to see we are once again experiencing large numbers at midweek nipper training. To maintain the effectiveness of midweek training, nippers will be divided into squads based on competency.

Effective squads allow the following advantages:

- ✓ Allows me to spread my time across more nippers
- ✓ Allows the maximum usage of our resources – equipment, coaches & water safety
- ✓ Allows the appropriate training to be delivered to each group

Appropriate basic skills and training protocols are critical in the development and confidence of our young athletes.

The following guide will be used to create squads. An updated squad list will be available on the website next to each program. Please do your best to ensure your child shows up at the beach at the right time for their allocated squad.

Tadpoles 1 (T1)	
	New to midweek training Requires basic positioning and paddling skills Requires confidence in small surf
Tadpoles 2 (T2)	
	Has basic positioning and paddling skills Requires basic wave negotiation skills Requires confidence in small surf
Frogs 1 (F1)	
	Has basic wave negotiation skills and is confident in small surf Regular attendee at training Requires basic fitness levels Requires confidence in medium size surf
Frogs 2 (F2)	
	Has knowledge of all basic skills Regular attendee at training & competes at carnivals Undertakes minimum of 2 sessions per week at pool squad training Requires confidence in medium size surf
Frogs 3 (F3)	
	Has knowledge of all basic skills & is confident in medium size surf Regular attendee at training & competes at carnivals Undertakes minimum of 3 sessions per week at pool squad training Shows maturity at training and a desire to improve

Please note this is a guide only and I will make the final decision on each squad. Nippers may move up and down squads as I feel appropriate.

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