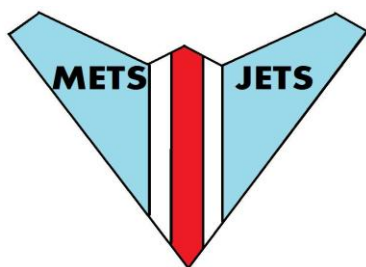


Mets Jets 2011-12 Beach Sprint Teams Calender and Information



The purpose of the beach sprint section is to provide Junior Surf-Life Saving members (Nippers) from the ages of 5 to 14 years with a fun, safe, nurturing sporting environment. An environment that challenges and teaches skills such as: team-work, leadership and training for beach sprint competitions. This will also prepare junior competitors for senior Surf-Life Saving Club commitments and competition. The main competitive goals of junior sprinters representing the Met Caloundra Nippers Surf-Life Saving Club are to be successful in all categories in all events including: *all age relays, age relays, mixed relays, sprints and flags*.

Beach Sprint Training: 3 sessions per week (not including Sunday Nippers).

Day	Session Type	Time	Location
Tuesday	Relays & sprints	4:00pm – 5:30pm	Kings beach
Thursday	Track work	4:30pm – 6:00pm	Caloundra AFL grounds, North Street
Saturday	Flags & sprints	3:00pm – 4:30pm	Kings beach

Important Dates – 3 Carnivals:

Dates	Name	Location
1. Sat 11 th Sun 12 th February 2012	Branch Titles	Dicky beach
2. Saturday February 25 th 2012	The Fastest Man on Sand (FMS)	Redcliffe, Suttons beach
3. Fri 9 th Sat 10 th Sun 11 th March	State Titles	Maroochydore beach

Please Note:

- Thursday's 4:30 pm *track work* at Caloundra AFL grounds, North Street will require **running shoes or running spikes and a water bottle**.
- Please check Rhett's Surf Sports Program for additional information @ Mets Nippers Website - <http://www.caloundrasurfclub.com.au/nippers.htm>
- There will be no scheduled beach training on Saturdays that clash with Surf Life Saving carnivals and official events. Saturday training sessions that do clash may be re-scheduled and athletes will be notified by email.
- **The Fastest Man on Sand (FMS) - competitions are for 'beach sprint' events only i.e. flags, relays and sprints - no water events. All FMS carnivals are held at Redcliffe Peninsula SLSC located at Sutton's beach Redcliffe.**
- Nippers under the age of 10 will only be provided with sprint training on request by their parent or care-giver at a practical level. However, all interested age groups under 10 years competing in relays at carnivals representing Met Caloundra will participate in scheduled relay team practice prior to carnivals (baton changes etc).
- Coaches' credentials: A volunteer coach with Level 2 athletics coaching certification (Club Coach), Blue Card, accredited QSLs beach and water events coach. For inquires relating to the selection and training of teams in the *beach sprint section* of Met Caloundra Nippers please Email: Chris Brearley @ chris.jill@bigpond.com