

Hello and welcome to the 2014/15 Nipper season

Dicky Beach 'Beachies' Training Times 2014/15				
Day	Nippers	Type	Location	Time
Monday				
Tuesday	Nippers	Flags	Moffat Beach (In front of toilets & BBQs)	4.00pm to 5.00pm
Wednesday				
Thursday	Nippers	Track	Caloundra High Oval - 88 Queen Street (The track runs along Bower street)	4.00pm to 5.00pm
Friday				
Saturday	Nippers	Relays	Dicky Beach (In front of the public toilets)	8.00am to 9.00am
Sunday				

- Training starts on Tuesday 16th September 2014 at Moffat beach.
- **Tuesday** beach sessions are held at Moffat beach (In front of toilets & BBQs).
- **Thursday** track sessions are held at Caloundra State High School Oval - 88 Queen Street (The track runs along Bower street) bring Shoes and or Spikes and Water Bottle.
- **Saturday** beach sessions are held at Dicky beach (In front of the public toilets).
- For more information regarding beach training please contact Chris Brearley, 042 7517 959 or chris.jill@bigpond.com
- Regular Dicky beach 'Beachies' **upcoming events**, images and carnival dates etc are posted on facebook.com/YouthSprintFitness.

Purpose:

The purpose of the Dicky Beach beach events section is to provide Nippers from the age of 11 to 14 years with a fun, safe, nurturing sporting environment. An environment that challenges and teaches skills such as: efficient running technique, flags, 70m beach sprint and shuttle relay baton changes. We aim is to support all our members who represent the club reach their goals with the necessary training and organisation by experienced qualified and passionate age managers, committee persons and coaches. The priority is to gain competition points and individual medals at Nipper Championship carnivals.

Relay Team Selection Policy:

We select the 4 fastest sprinters from each male and female u11s to u14s age groups to represent Dicky beach Nippers at carnivals (8 teams). Selection is also based on training attendance, existing combinations and carnival availability. The All Age 8 member relay team is selected from the 2 fastest from each u11 to u14s also. Final relay team selections are finalised once training recommences after the Christmas break in preparation for the Branch and State Championships carnivals.

Beach events:

u11s to u14s beach sprint events involve training and competing at Surf Carnivals and Nipper Sundays. The events include: flags (15m race of elimination) , 70m beach sprints and shuttle relay races in male and female age grouping and a combination of all age groups. There are 3 training sessions available per week for beach competitors: Tuesday, Thursday and Saturday (see table above).