



NCSLSC NIPPER TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		BOARDS 5:45am (NC) 2KM BEACH RUN 6:00am (NC)		2KM BEACH RUN 6:00am (NC)		BEACH SPRINT 8:00am (NC)	IRONS 7:30am BEACH SPRINT (NC) 8:15am (U10-U13) 9.15am (U8/U9)
PM		BEACH SPRINT 5:00pm (Allen Park)		BOARDS 4.15pm (NC) BEACH SPRINT 5:00pm (Allen Park)		BOARDS 3pm (NC)	

• **Swimming:** If you do not have a current swim training arrangement, our structured club swimming programs are facilitated by Hooked Swim. To enquire about swim training options, please contact Ryan at info@hookedswim.com.au. NC members get a 5% discount so be sure to mention this in your enquiry.

• **Beach sprint:** For all enquires about beach sprint training, please contact Renee Gibbs (Youth) at renee@reboundkids.com.au, or Tom Nolan (Senior) at Thomas_nolan@live.com.au

• **Boards:** Our board captain, John Lishman, can assist with club board leasing. He can be contacted at john.lishman@police.wa.gov.au

• **Irons:** regardless of your skillset or level, all members are encouraged to do irons for fitness and lifesaving skills. This session is designed to accomodate all levels.

• For all other enquires about surf sports, please contact our Surf Sports Development Officer Steve Bird - surfsport@ncslsc.com, or our Chair of Surf Sports Kylie Cross - surfsportschair@ncslsc.com