

11 Feb 2018 Branch Champs U/8 – U/14	11 Feb 2018 Branch Champs U/8 – U/14	11 Feb 2018 Branch Champs U/8 – U/14	11 Feb 2018 Branch Champs U/8 – U/14
U/6	Free Run	Free Run	Free Run
U/7	Free Run	Free Run	Free Run

Water Area 1: Board paddle & skills activities: *(facilitator choose activities as appropriate for age group)*

1. Demonstration of good position on board & moving forward/back & paddle technique *(helpers in the water - nippers on pool side)*
2. Paddle length of pool & back *(next heat ready to go, others lined up at pool side watching & practicing moving fwd/back – worm)*
3. Paddle across pool & back *(quick change overs)*
4. Demonstrate moving forward & back on board *(hands under shoulders – do the worm)*
5. Nippers conduct moving forward & back on board – in unison *(do the worm)*
6. Demonstrate sitting up and spinning board in circles (L&R)
7. Nippers conduct sit & spin drills *(quick change overs)*
8. Nippers Paddle ½ way sit, spin & return then change out - next paddler
9. Demonstrate 3step sit & wave popover drill *(nippers lined around end and sides of pool)*
10. Nippers conduct 3step sit & wave popover drill
11. Demonstrate 3step rollover drill *(nippers lined around end and sides of pool)*
12. Nippers conduct 3step rollover drill
13. Demonstrate leg action with paddling *(arm forward opposite leg up – like running)*
14. Board race up & back the length of pool *(note results)*
15. Board relay race one length *(seeded teams if possible)*

Water Area 2: Surf swim starts & finishes Activities: *(choose as appropriate for age & surf conditions)*

1. Line up in single line 'U' shape – Demo running into water (high knee action)
2. Line up in heats – run into water; out knee / waist deep (parent helpers in water)
3. Line up single line 'U' shape - Demo (on beach) dive under wave & grab bottom, feet to hands & drive off bottom up & run or dolphin dive.
4. Nipper conduct run into water high knee dive under wave & grab bottom, feet to hands & drive off bottom (show handful of sand) up & run or dolphin dive (once only) – peel off to side return to shore next heat go – quick & continuous
5. Demo small wave body surf to shore – up & run to finish *(start knee deep)* –line up in order of finish (like carnivals – lines in the sand) ready to repeat.
6. Race start – run to water – dive under wave – around a parent return to shore – body surf - high legs – run to finish line – line up at finish like carnivals *(lines marked in sand)*
7. Practice all skills together to do a wade race around parents

Beach Closed Activities: Watch the surf, identify the rips, spilling waves, dumping waves – quiz what to do if in rip, point out water moving horizontal to beach (sweep), demonstrate board rescue, practice paddle technique – leg drive, 3step pop over drill, practice 3step roll over drill – on the beach

Water Area 3: Swimming skills in surf zone Activities: *(choose as appropriate for age & surf conditions)*

1. Demonstrate diving under a wave (on the beach) & dolphin diving (dive under, grab the bottom bring feet to hands, drive off the bottom & dive under again)
2. Have nippers practice the method of diving under a wave & dolphin diving (whilst on the beach)
3. Move into the surf & as a group practice diving under a wave & dolphin dives
4. Demonstrate catching a wave – (body straight, hands out in front, head down, breath out side, good leg kick)
5. Have nippers line up a catch a wave to shore – body surfing
6. Demonstrate wading across sand bank
7. Have nippers wade across sand bank

Beach Closed Activities: Watch the surf: identify the rips, spilling waves, dumping waves – quiz what to do if in rip, point out water moving horizontal to beach (sweep), demonstrate board rescue, transition practice, looking back to shore from the cans – features to aim for, body surf technique, practice 3step pop over drill, practice 3step roll over drill – on beach. Patrol flag signals

Water Area 4: Ironman & Board relay transitions: *(choose as appropriate for age & surf conditions)*

1. Demonstrate running to board & picking up & running to water – conduct sit & pop drills (3step method) – *(key point eyes on front handle)*
2. Line nippers up & conduct running race to pick up board, run to waters edge & conduct a wave pop over drill (3step method) & return to beach.
3. Mark out a transition area and demonstrate run transition swim to board *(key point eyes on board location in the line - then handle)*
4. Have nippers practice swim to board transition (send off in groups of 4 or 5)
5. Demonstrate board to swim transition
6. Have nippers practice board to swim transition (send off in groups of 4 or 5)
7. Demonstrate board relay & Cameron relay change overs and finish
8. Have nippers practice board relay & Cameron relay change overs

Beach Closed Activities: Watch the surf, identify the rips, spilling waves, dumping waves – quiz what to do if in rip, point out water moving horizontal to beach (sweep), demonstrate board rescue, transition practice running to board skills, – look for board focus on handle, board & Cameron relay tagging practice (board & swimmer to runner tags & runner to Swimmer or board paddler, 3step pop over drill, practice 3step roll over drill - revision.

Water Area 5: Board Race Starts & Finishes: *(choose as appropriate for age & surf conditions)*

1. Demonstrate Board race start – *(key point running start, nose down, back foot in the block, don't sink in, look at the surf – not the starter, sprint to water watching the surf timing the on & glide, do several strokes)*
2. Have nippers practice running into water with boards – on & glide *(ensure group is lined up in heats for quick change over)*
3. Demonstrate board race finish *(key point – must finish with board, read the wave - timing, focus on handle then looking for finish line, line up at finish)*
4. Demo on & glide, paddle & pop over
5. Have nippers practice run, on, glide, paddle & pop
6. Demo roll over on beach 3step method
7. Have nipper conduct roll over drill (3step method in surf)

Beach Closed Activities: Watch the surf, identify the rips, spilling waves, dumping waves – quiz what to do if in rip, point out water moving horizontal to beach (sweep), demonstrate board rescue, transition practice running to board skills, – Board rescue race routine (start – finish) set can in the sand – signal – pick up – finish, surf carnival routine

Activity Nine – Surf Education *(choose as appropriate for age, weather & surf conditions – include parents)*

1. First Aid – CPR
2. Tour of patrol tent & duties of patrol, tour of patrol shed,
3. Tour of surf club – nipper board room, gym, boats, bar, training room, office
4. Flag signals, IRB (complete system familiarization),
5. Surf carnival routine within SNB branch, State Titles & Aussies
6. Qualifications & training available through SLSA (SRC, bronze, crewman, driver, gold, first aid, life guard, coach, Officials Qualification etc etc,
7. Ancillary equipment: rescue tube, rescue board, fins, radios, Life jackets, helmets
8. Moving around rocky foreshore – water entry / exit discussion and/or drills (if drills ensure water safety in place (IRB & boards loiter).