



Umina SLSC Nipper's Training Schedule & Carnival Dates

TRAINING SCHEDULE

- ** Please note that this training schedule is in addition to normal nippers on a Sunday morning
** Training is mainly aimed at those who intend to compete at Carnivals.

Ironman Sessions: Monday 5pm-6pm.
Invitational
This is targeted at Nippers who compete at specific Ironman Carnivals

Beach Training: Monday 5pm-6pm
All Age groups are invited

Board Training: Tuesday & Friday 5-6pm
Surf swimming skills will be incorporated with the Board training

Swim Endurance: Thursday 6-7pm
(U8 & U9's only)
Held at the Peninsula Leisure Centre
*Please note that Umina Surf Club does not provide swim coaching.
It is the parent's responsibility to arrange private swimming lessons.*

March Past Coaching: Sunday from 7.30am

R&R: Day to be confirmed

LOCAL CARNIVAL DATES (including Branch & State Titles)

Date	Location	Carnival Type
Sunday 04 th November 2018	Umina Beach	Local Junior Carnival (U8-U15)
Sunday 02 nd December 2018	Terrigal Beach	Local Junior Carnival (U8-U15)
Sunday 20 th January 2019	Toowoan Bay	Local Junior Carnival (U8-U15)
Sunday 03 rd February 2019	Soldiers Beach	CENTRAL COAST BRANCH Junior Carnival (U8-U15)
Friday – Sunday 01 st March – 03 rd March 2019	Blacksmith's Beach	NSW STATE TITLES Junior Carnival (U9-U15)