



Nippers Squad

The Nippers Squad program provides a transition from learn to swim lessons to a competitive squad environment. The squad caters for athletes primarily aged between 7 and 9 years of age who are beginning their competitive swimming journey in a fun, friendly and educational environment.

-1 session recommended

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	6.30-7.30	6.30-7.30		6.30-7.30			3.30-4.30

TRAINING BREAKS

Nippers will follow the school term and holidays.

EQUIPMENT

- Spare pair of goggles (preferably kept in gear bag)
- Fins
- Pull Buoy
- Pull Band
- Kickboard

COMPETITIONS

Will be selected by the Head Coach at the start of each season (short-course/long-course)

COMMUNICATION

The first access point for all important club information is **Team App**, this app is available for free from the app store and supports both iPhones and android formats. We ask that all swimmers and parents download the app and first search for "Northcote Swimming Club". This will send a "member



request” which will then be approved by the the club and access will be allocated. The other source of up to date Northcote information is on Facebook and the Northcote Swimming Club website.

Swimmers are required to be in constant communication with their coach regarding their training, progress and goals.