



AGE MANAGER TECHNICAL SESSION CHECKLIST

Age Managers are required to undertake an on-the-beach technical session with an age manager mentor. This technical session is recommended to include time with a foundation coach. The age manager mentor is responsible for making sure core beach skills are achieved and provide the age manager strategies for Nippers to learn these skills under different weather, water and beach conditions.

CORE SKILL ACHIEVED



BEACH FLAGS

- Starting position
- Up and run
- Diving for a beach flag

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BEACH SPRINTS

- Crouching beach sprint starts
- Sand running technique
- Beach sprint arm and leg drive
- Finishing beach sprints

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SWIMS

- Wading
- Surf swimming techniques
- Dolphin-diving
- Diving under large waves
- Body boarding
- Surf race
- Run-swim-run
- Rescue tubes

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BOARDS

- Carrying boards
- Board care
- Basic board positioning
- Paddling
- Entering and negotiating the surf on a board
- Board dismounts
- Catching waves on a board
- Rolling under a wave on a board
- Board race
- Body boards to assist distressed swimmers
- Board rescue

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RELAYS

- Beach relay baton changes
- Board relay
- Wade relay
- Cameron relay transitions
- Ironman/Ironwoman

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