

swim
sister

Swim Sister Aim

- To encourage younger nippers new to surf swimming and board paddling.
- To help younger nippers improve their surf skills.
- To help younger nippers feel more confident in the surf.

Swim Sister Targets

- Nippers in the U9's as it is their first year of doing a big surf swim and board events.
- Nippers in the U10's who still need more help.
- Can include older nippers that have never been involved in surf swimming.

How Swim Sister works

- Swim Sisters talk with Age Managers and Water Safety to identify nippers that lack confidence or surf skills.
- A Swim Sister is buddied up with the nipper, one-on-one so that the nipper has the same Swim Sister each week.
- The Swim Sister meets up with their nipper at their Surf Swim/Board area prior to the nippers event.



How Swim Sister works continued

- The Swim Sister swims with their buddy around their entire swim or board course. Encouraging them along the way.
- After finishing the swim/board the Swim Sister makes sure that their nipper is ok and gives lots of praise even if nipper does not finish event.
- The Swim Sister is buddied up with their nipper for as long as it takes to improve on their confidence, learning and skills. Time will vary as some nippers will improve faster than others.

Who can be a Swim Sister?

- U13 and U14 nipper girls who have their SRC.
- Cadets with their Bronze Medallion who are willing to participate each weekend.

Why have Swim Sisters?

For the Nipper....

- Gives younger nippers someone older to “lookup to”.
- Encourages and grows nipper surf skills and ability.
- Happier and more confident nippers.

For the Swim Sister....

- Gives older nippers and cadets reason to continue with club.
- Extra surf swim training.
- Gives a feeling of importance with younger nipper looking up to them.
- Gives a feeling of giving back to their club.

For the Club....

- Keeps teenage members involved in the club.
- Extra water safety.
- Happier nipper parents.



Who to Contact

- If you are interested in your child having a Swim Sister speak to your child's Age Manager.
- If you are interested in becoming a Swim Sister contact Jordan Sole on 0402 02 1974.

