

# Surf Life Saving Illawarra



## Circular 09011

**To:** Presidents, Secretaries, Junior Chairpersons  
**From:** Keith Caldwell, President Bulli SLSC  
**Date:** 11 December 2009  
**Subject:** McDonald's Nipper Clinic



On Saturday 30 January 2010 Bulli Surf Club will be hosting the 'Illawarra Nippers Clinic' proudly supported by McDonald's from 8.30am to 11.30am at Bulli Beach open to all Surf Life Saving Illawarra members (Juniors U10 to U14).

The program will be offering advice on training and racing strategies, nutrition, swim, craft & beach racing techniques and general surf awareness. The aim of the program is for the kids to have some fun & learn how to ride their surf craft, plus improving their surfing skills. The clinic is designed for all kids, beginner's right through to surf carnival kids.

The sessions have been constructed by Keith Caldwell (Level 1 Surf Coach & former SLSA HP Squad Manager) & Downie Langthorne (Level 2 Surf Coach & current SLSA HP Squad member). Surf Sports stars that will be assisting on the day include;

- Australian SLS HP Squad members Brittany Sharkey (Bulli), Downie Langthorne (Bulli Coach), Kendrick Louis (Collaroy)
- Australian SLS Development Squad members Mitchell Fagerstrom (Bulli) & Sean White (Bulli)
- Nutri Grain Ironman stars Wes Berg (North Burleigh Coach), Ali Day (Warilla), Chris Allum (Cronulla) & Naomi Flood (Manly)
- Bulli senior members Drew Cairncross (Coach), Hannah Minogue, Ben Denner and many more!
- Matthew Freeman (Bondi Coach) & Hayden Allum (Cronulla)
- New South Wales SLS HP Squad members Bernadette Cardillo (Bulli), Ben Griffiths (Bulli) & Ryan O'Grady (Bulli)
- Plus Illawarra senior surf sports stars and Level 1 surf coach's

Each club is invited to nominate 10 junior members to participate in this clinic. The cost of the clinic is great value at **\$40 per child** which includes the clinic, souvenir peak cap, sausage sizzle & drink.

All we ask is that you complete the attached sheet detailing the child's name, age and competitive status (either beach or surf). Could each club also supply their own boards & children to please wear their club competition caps.

We have successfully held this clinic in the past and it is a great advertisement for Surf Life Saving Illawarra and McDonalds (Major Sponsor SLSI) along with our high profile/elite competitor's assisting the junior movement and in turn the junior members meeting some of their role models.

Our club has put in place a number of safe guards including;

- Water Safety (IRB, boards, swimmers with rescue tubes etc)
- Surf Patrol organized by Bulli Club Captain
- First Aid Station
- Experienced Coaches/Competitors supervising the sessions



- Parent supervision/guidance

Any assistance in relation to water safety from any club would also be greatly appreciated.

Could details of selected children be forwarded to K.CALDWELL c/o Bulli Surf Club PO BOX 54 BULLI NSW 2516 by Wednesday 27 January 2010. Cheque made payable to Bulli SLSC. You can pay by cash as well on the day. Details of children can also be forwarded to e/mail address: [mkcaldwell@bigpond.com](mailto:mkcaldwell@bigpond.com)

If your club is not going to nominate any nippers to participate in the clinic, would you please advise me so we can offer these positions to other clubs.

Yours in Surfing

**Keith CALDWELL**  
**President**  
**BULLI SLSC Ph 0414-258295 (m)**





# ILLAWARRA NIPPERS CLINIC

Proudly supported by McDonald's

**Saturday, 30 January 2010 from 8.30am – 11.30am**

Come train and have fun with:

- Current Australian Team Captain Downie Langthorne (Bulli Coach)
- 2009/2010 Nutri Grain Iron Man Series stars Wes Berg, Chris Allum & Ali Day
- Former Nutri Grain star Drew Cairncross (Bulli Coach)
- NSW HP Squad members Ben Griffith, Ryan O'Grady & Bernadette Cardillo
- Australian Development Squad members Mitch Fagerstrom & Sean White
- Leading Illawarra iron-men & iron-women plus Level 1 Surf Coach's & others

Each club can nominate up to 10 Nippers (from U/10s to U/14s) to participate in the clinic.

Cost for clinic is \$40.00 per child which includes clinic, peak cap, sausage sizzle and drink.

**Each child is to bring their club competition cap to wear during clinic.**  
**Each child doing water events must bring their own board.**  
**Beach competitors will do some surf awareness.**

Please fill in the form below and return **with payment by Wednesday 27 January 2010**  
 to Keith Caldwell, President, Bulli SLSC, PO BOX 54 2516

**CLUB:** \_\_\_\_\_

NAME	AGE GROUP	WATER EVENTS	BEACH EVENTS
1)			
2)			
3)			
4)			
5)			
6)			
7)			
8)			
9)			
10)			

Club contact person: \_\_\_\_\_ Email: \_\_\_\_\_  
 Contact numbers: (h) \_\_\_\_\_ (w) \_\_\_\_\_ mob \_\_\_\_\_

For further information, do not hesitate to contact Keith Caldwell on mobile: 0414-258295 or email

[mkcaldwell@bigpond.com](mailto:mkcaldwell@bigpond.com)

