



Dee Why 100k Winter 2019



Name: _____

Aim: To improve the strength and skills of nippers over the winter period, especially those moving onto a different craft or into water events for the first time, so that they are confident and ready for the next season of nippers.

Even if you do not complete the total 100km in the period the program will be worthwhile experience and improve your confidence and skills

Instructions:

- Nippers are to attempt to fill in the book with 100km of total training in the nipper off season
- Nippers will register their interest and receive this log book to fill out in the off season
- Nippers will be contacted with information for any of the off season sessions held at Dee Why Beach.
- The 100km of training must be done as follows
 - Pool Swimming (Maximum 95 km towards total)
 - Board Paddling (Maximum 50 km towards Total)
 - Ocean Swimming (Minimum 5km towards total)
- The training must be signed off by an accredited person: ie: swim or board coach or parent present for the training session
- Hand in your booklet to Matt Molinia on the first weekend of nippers