



South Port Starfish Program 2017/18

| Date | Session Plan | No of Nippers | Volunteers Away & Subs |
|---------------------------------|--|---------------|------------------------|
| 25th November | Meet & greet Water safety rules Warm up stretches Water familiarisation | | |
| 2nd December | Warm up stretches Ball game/Introduce flags Water familiarisation/wading | | |
| 9th December | Warm up stretches Ball game Patrol talk Wading/Introduce boards | | |
| 16th December | Warm up stretches Ball games Flags /Boards | | |
| CHRISTMAS/NEW YEAR BREAK | | | |
| 6th January | Warm up stretches Water safety rules Ball game Wading/Boards | | |
| 13th January | Warm up stretches Ball games Sand flags Duck diving/Boards | | |
| 20th January | Warm up stretches Ball game Duck diving/ Boards Tube rescue | | |
| 27th January | Warm up stretches Club swim/duck dives Ball games <i>Integrate with Nippers based on ability</i> Team water events | | |
| 3rd February | Warm up stretches Ball game <i>Integrate with Nippers based on ability</i> Wading/Duck dive/swim Flags | | |
| 10th February | Warm up stretches Ball game Flags eliminator Wading/ duck diving Board rescue/Boards | | |
| 17th Feb | Play day (any activity) | | |