



MAROOCHYDORE
SURF LIFE SAVING CLUB

2019/2020 Nippers



A WORD FROM OUR NIPPER CHAIRMAN

Need to ask Jason if he wants to write something

Cr Jason O'Pray
Director Junior Activities

JUNIOR ACTIVITIES—OFFICE BEARERS

Name	Position	Phone
Jason O'Pray	Director of Junior Activities	0417 574 638
Jay Whatley	Vice Chair	0421 702 885
Katherine Latham	JA Secretary	0434 412 440
Tracey Wischusen	JA Treasurer	0419 771 264
Deb Steele	Director of Surf Awards	0414 252 568
Clint Irwin	JA Coaching Co-Ordinator	0427 640 715
David Shearer	JA Gear Steward	0418 155 066
Natalie Jarrott	Team Manager 14- 15	0466 304 644
Jo Rodd	Team Manager 11-13	0404 448 576
VACANT	Team Manager 8-10	
Terese Starr Thomas	Officials Co-Ordinator	0434 369 689
Paul Kay	Water Safety Co-ordinator	0417 163 579
Clint Irwin	Board Coach	0427 640 715
Nathan McGrath	Board Coach - Redcliffe	0424 260 586
Todd McSwan	Beach Coach	0497 258 100
VACANT	Water Coach (Swim)	
Kara Wills	Marchpast Coach	0488 231 334
Kylie McGrath	Marchpast Assistant	0414 759 141
Kylie McGrath	Uniform Steward	0414 759 141
VACANT	BBQ Co-ordinator	
Nikki Flynn?	BBQ Assistant	5475 4263
VACANT	Fundraising	
David Shearer	Photographer	0418 155 066
VACANT	Photographer	

AGE MANAGERS

AGE GROUP CAP COLOURS

Name	Position	Phone
Fiona Meredith	U6 Age Manager	0416 519 099
Dan Draper	U6 Assistant Age Manager	0413 120 361
Ben Tyler	U7 Age Manager	0417 413 267
Nia Schuhen	U7 Assistant Age Manager	0407 927 778
Tyler Carroll	U8 Age Manager	0412 828 246
Jay Whatley	U8 Assistant Age Manager	0421 702 885
Deb Steele	U9 Age Manager	0414 252 568
Nathan Lee	U9 Assistant Age Manager	0412 823 252
Peter Halfweeg	U10 Age Manager	0410 257 228
Sandra Cooper	U10 Assistant Age Manager	0403 328 156
Steven Rychvalsky	U11 Age Manager	0413 696 940
Jason McGrath	U11 Assistant Age Manager	0439 628 695
Wayne Spindler	U11 Assistant Age Manager	0418 954 433
Glen Pickering	U12 Age Manager	0402 517 424
Jo Rodd	U12 Assistant Age Manager	0404 448 576
Karra Hoger	U12 Assistant Age Manager	0418 153 850
Brooke Starr-Thomas	U13 Age Manager	0414 704 226
Nathan McGrath	U13 Assistant Age Manager	0424 260 586
Natalie Jarrott	U14 Age Manager Cadet	0466 304 644
Jason Rainbow	U14 Assistant Age Manager Cadet	0417 634 888
Brad Stark	U15 Age Manager Cadet	0413 837 709
Todd Grace	U15 Assistant Age Manager Cadet	0438 036 455

WELCOME ALL NIPPERS AND FAMILIES TO THE BLACKSWAN!!

First Day of Nippers : Sunday September 22nd. (See Nipper Calendar for an overview of the season)

Nipper Days : Sundays from **7.50 am – 10.30** (Depending on age group) Meet on the beach under age group flag.

SIGN UP

You can sign up from May 1st 2019 thru to October 31st 2019 not outside of this time as per Nipper Policy

What you will need to sign up:

1. Membership Application Form – one for each nipper and at least one parent. (Please note this can also be completed online at SLSA Lifesaving Online.)
2. Parental Consent Form (No need to fill this out if renewing online)
3. Pool swim proficiency form signed

MEMBERSHIP FEES

First Child and 1 Parent	\$290
Two Children and 1 Parent	\$350
Three Children and 1 Parent	\$400
First Child and 2 Parents	\$330
Two Children and 2 Parents	\$390
Three Children and 2 Parents	\$440
Each additional Child	\$55

Maroochy Nippers Membership includes:

- Sunday nipper program
- Use of club facilities, nipper boards, and equipment during nippers and allocated training sessions
- Comprehensive training program with our professional coaching team

Amenities

Junior Activity bathrooms and showers will be unlocked for all training sessions

and Sunday nippers. Outside of this they will be locked. A FOB wristband can be purchased for \$20.

Photography

For the safety and security of all our children, parents are asked to refrain from taking photos of Nippers activities. The Club Photographer may be able to assist you with specific photos if required. If you should notice any suspicious behaviour by individuals please report to your Age Manager or Committee Members so it can be dealt with appropriately.

Mandatory Safety Apparel

1. Hi Vis Pink Rash Top
2. Age Cap

* **These must be worn at all times during nippers. Nippers will not be able to participate without these items. Can be purchased at reception.**

* **It is highly recommend that your child wears a long sleeve rashie under the hi vis tank and a hat under their age cap when they are not in the water, plus zinc and sunscreen.**

NIPPER SUNDAY TIME BREAKDOWN

7:00 – 7:50: Set up

7:50 am: Sign on

Meet Beach side. Age Groups areas are marked with labelled flags. **Be ready** wearing togs, nipper cap, pink rash shirt, sunscreen. (See check list at the back of this book for what to bring)

8:00am: Nippers starts

It is a requirement of Maroochydore Club that parents stay on the beach at all times with their child's age group. In the case of siblings, please advise age manager/s where you are in case of emergency. At the conclusion of activities children must be collected by parent or guardian.

During the season we may conduct nippers in the Maroochydore River, usually

due to rough surf conditions. This will be advised at sign on.

How we need parents to help

Nippers does not run smoothly without parent volunteers. There are many ways in which you can help and we encourage all parents to chose something that suits them.

1. Set Up and Pack Up

We always are in need of volunteers to help set up and pack up beach and water gear.

2. BBQ assistance

Check the roster to see when your child's age group is rostered on. All funds raised go towards Nippers.

3. Age Manager or Assistant Age Manager

For more information head to—<https://sls.com.au/role/age-manager/>

4. Water Safety—Surf Rescue Certificate or Bronze Medallion

Nipper Sundays cannot happen without water safety personnel. In addition Nippers cannot attend carnivals unless the club they compete for supplies a set number of water safety. For more information head to—<https://sls.com.au/role/water-safety-personnel/>

5. Carnival Official

Nippers cannot attend carnivals unless the club they compete for supplies a set number of officials. For more information head to—<https://sls.com.au/role/official/>

JUNIOR PRELIMINARY SKILLS EVALUATION

Every single nipper must undertake a pool evaluation at the beginning of every single season, no exceptions.

All U8-U14s must also all undertake a beach competency evaluation at the beginning of every season.

All competitors U8-U14s must also undertake a competition evaluation at the beginning of every season.

JUNIOR PRELIMINARY SKILLS EVALUATION

Age Group	Pool Evaluation	Competency Beach Evaluation	Competition Evaluation	Age Award
Under 6	Kick on wall with face in water	Nil	NA	Surf Play 1
	30 second float	(shallow water activities only)	(No Competition)	
Under 7	Torpedo (push off wall) with face in the water	Nil	NA	Surf Play 2
	30 second float	(shallow water activities only)	(No Competition)	
Under 8	25 metre swim (freestyle)	25m-25m-25m	25m-25m-25m	Surf Aware 1
	1 minute survival float	Run-Wade-Run	Run-Wade-Run	
Under 9	50 metre swim (freestyle)	50m-50m-50m	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Aware 2
	1 minute survival float	Run-Swim-Run		
Under 10	50 metre swim (freestyle)	50m-50m-50m	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Safe 1
	1.5 minute survival float	Run-Swim-Run		
Under 11	100 metre swim (freestyle)	50m-100m-50m	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Safe 2
	2 minute survival float	Run-Swim-Run		
Under 12	100 metre swim (freestyle)	50m-100m-50m	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1
	2 minute survival float	Run-Swim-Run		
Under 13	150 metre swim (freestyle)	100m-100m-100m	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 2
	3 minute survival float	Run-Swim-Run		
Under 14	200 metre swim (freestyle, in less than 5 minutes)	100m-100m-100m	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Rescue Certificate (MUST be assessed by SRC/Bronze Assessor)
	3 minute survival float	Run-Swim-Run		

NIPPER BOARDS & EQUIPMENT GUIDE LINES

Junior Activities has a range of boards suitable for all levels of expertise.

- Foam Boards are for U6-U10's
- Fibreglass boards are for U11-U13's
- Full size fibreglass Malibu Boards are for Under 14's only

All nippers can use club boards for training.

CLUB BOARDS CARE AND RESPONSIBILITIES

All boards must be washed after every use with fresh water.

All boards need to be kept out of direct sunlight (to avoid delaminating).

No sitting on boards while they are on the sand.

WHAT EVENTS WILL YOUR CHILD BE LEARNING?

U6-U14 Beach Flags – Competitors lie down in the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) place in the sand. There are always less flags than competitors. Anyone who fails to gain a flag is eliminated until there are only two nippers left. The competitor, who wins the last flag, wins.

U6-U14 Beach Sprint – the beach sprint course is usually set over 70m. Starting when the whistle is sounded the competitor sprints across the soft sand through the finish line. The first competitors' chest across the line is deemed the winner.

U6-U14 Beach Relay – the beach relay consists of a team of four competitors and a baton. Members 1 and 3 are stationed at one end of the course whilst members 2 and 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries. First across the line wins.

U9-U14 Board Race – this race is done using a board to negotiate the break, follow a set course of buoys and return to shore surfing the waves back to the beach. Board requirements for the U9 – U10s are on 2m long foam boards; U11 – U13s are 2m long fibreglass boards and U14s use a Malibu fibreglass board, 3.2m in length.

U11-U14 Board Rescue – consisting of 2 nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both competitors paddle to the beach, both carrying the board over the line.

U9-U14 Board Relay – a board relay team consists of three competitors all with their own board. The first team member paddles out around the buoys then heads back towards the shore and tags with the second team member who does the same, then tags the third paddler who races the course and crosses the finish line.

U6-U10 Wade Race – Athletes have to wade, dive or swim their way through waist depth water around the three Water Safety Markers from left to right, then make their way back up the beach through the finish line.

U6-U10 Wade Relay – this relay race consists of 4 competitors. The first member runs and wades around the water safety markers, back to the beach where they tag the second member who does the same. They tag the third and finally the fourth and final member who runs through the finish line.

U9-U14 Surf Race – the surf race involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, as well as the return to the beach negotiating the waves.

U9-U14 Surf Teams – consisting of four members, all competitors swim in the same race, around the buoys and back to the beach. Each placing is given a certain amount of points e.g. First = 1 point, tenth = 10 points. The team with the least amount of points wins or in the case of a draw, the team who crossed the line first, wins.

U9-U14 Ironperson– in the nipper age groups the ironman/iron woman race involves three legs including the board and the swim sections with a run in between each of these. This is a tough event which requires endurance, strength and plenty of skills.

TEAMS

U8 – U10 team events can be mixed (male and female)

U11- U14 team events are single sex (all male or all female)

Cameron Relay – involves 4 members, a swimmer, a board paddler and 2 runners. The swimmer completes a swim race, and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the last runner who sprints towards the finish line.

Combined U11 –U14 First Aid – 2 members are required to apply first aid in a scenario set by an official.

U12-U14 Champion Lifesaver – Members complete a range of physical races plus a theory paper and are allocated points for each event

U11—U14 Patrol Competition – Members form a team and complete a range of physical races plus a theory paper and are allocated points for each event.

R & R – 2 and 5 person R and R teams compete in a precise drill that simulates rescue and resuscitation of a patient. Points are given for incorrect procedures. The team with the least amount of points wins.

Combined U11 –U14 March Past – Teams of 12 are judged on their ability to march correctly to a predetermined drill around the carnival arena. Points are given for incorrect procedures. The team with the least amount of points wins.

Swimwear Info for the 2019-2020 season

The official colour for Maroochydore SLSC swimwear is black. As every individual has a different preference of swimwear style we encourage members to purchase a black pair of preferred style swimwear and get MAROOCHYDORE screen printed on the back. Keep an eye out for future information regarding swimwear offers.



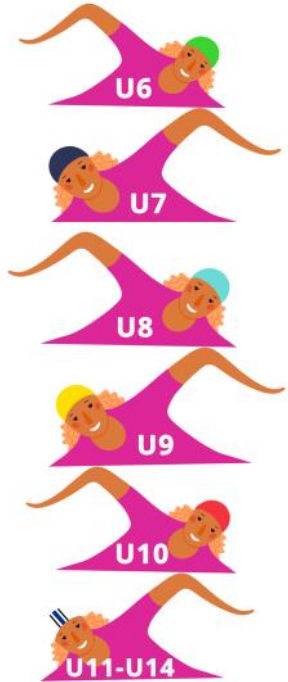
Jolyn Swimwear have an area on their site to purchase swimwear with a screen printing option:

<https://aus.jolynclothing.com/collections/maroochydore-surf-life-saving-club>

The office has very limited amounts of swimwear currently available.

Nipper Sunday Checklist

- ❑ Hi-Vis Pink Rash Top
- ❑ Age Cap - \$12
- ❑ Swimwear
- ❑ Sunscreen/Zinc
- ❑ Water Bottle
- ❑ Towel
- ❑ Sun safe Hat
- ❑ Dry Clothes



Meet on the beach at your age group's flag, that look like this.



Our sponsored Hi Vis Rash Tops for this season



34-36 Alexandra Parade
Cotton Tree, Maroochydore
QLD 4558

Tel: 5443 1323



lifesaving@maroochysurfclub.com.au

