



SAWTELL SURF LIFE SAVING CLUB

(website: www.sawtellslsc.hot.net.au)

Junior Activities Information Booklet 2010-2011 Season



Welcome to the new season of Nippers!!

The Sawtell SLSC was established in 1931 with the Junior movement commencing in 1969. Although we often refer to ourselves as Sawtell Junior SLSC, we are officially the Board of Junior Activities Committee of the Sawtell SLSC.

Our objectives include:

1. To encourage members to respect our beach
2. To develop in our members, confidence in the water
3. To teach, depending on age, basic surf skills - first aid
4. To provide a healthy low cost sport for families to enjoy.

We hope that you and your family enjoy the season as we endeavour to educate your children in surf awareness and have lots of fun.

BOARD OF JUNIOR ACTIVITIES – COMMITTEE MEMBERS

President:	Andrew Martin
Vice President:	Rob McClennon
Secretary:	Carina Fry
Treasurer:	Marina Ingram
Asst Treasurer:	Paul Cormican
Registrar:	Tracey Robinson
Publicity:	Grahame Fry
Beach Captain:	Paul Reeves
Ass Beach Captain:	Matt Greenway
Clothing:	Leanne James
Asst Clothing:	Trish Glover
Gear Steward:	Garth Robinson
Ass Gear Steward:	Les Eather/Peter Hammant
Branch Delegates:	Andrew Martin, Rob McClennon, Paul Cormican
Social/Fundraising Committee members:	
	Lyn Reeves
	Neil Bland

Jnr Board Coach: Ian Dellar - Wed 4pm & Sat 9am - meet at Jetty Beach
(+Surfboards 7am Sunday mornings at Sawtell)

Intermediate Board Coach: Matt Greenway
- Wed 4pm & Sat 9am - meet at Jetty Beach

Senior Board Coach: Terry de Carle - Contact Committee for information
Greg Russell - Contact Committee for information

IMPORTANT INFORMATION

**First Day of Nippers is SUNDAY 10 OCTOBER 2010
CLUB COMPETITION COLOURS are Black and White**

The only COMPULSORY Club Clothing is the Age Group Cap, which must be worn at all times during Nipper activities (including any training activities)

CODE OF CONDUCT

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate and acknowledge good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities. Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

By joining Sawtell Nippers both you and your children have made an undertaking to follow this code of conduct at all times.

AGE GROUPS AND REGISTRATION FEES

Age group is determined by the age you are as of midnight on 30 September 2010 (eg if you are 8 years old on that date you will be in the Under 9 age group).

Registration fees for this season have been set as follows:

Under 6 and Under 7	1st child	\$60,	2nd child	\$40
	Black & Gold cap			

Children in this age group participate in Sunday morning activities on an **educational basis only**.

Under 8 to Under 14	1st child \$90,	2nd child \$70	Age Group cap
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Family Membership

Family with 3 children to pay no more than **\$180**

Family with 4 children to pay no more than **\$230**

Parent Registration
child)

Fee \$25 (Included in fee of 1st registered

A condition of acceptance of a child/children into Nippers at this club is that at least one parent must be registered as a PARENT HELPER. This is to assist on the

beach only. To assist in the water area helpers must be full financial members of the senior club and be proficient Bronze Medallion holders. This membership provides parents who are helping out on the beach with insurance cover and also entitles them to vote on items raised at the AGM.

REGISTRATION DATES

Registration will be held at Swimcare (Boambee Swim Centre) between 9:00am- 11.00am on Sunday 12th, 19th and 26th September 2010. All children aged between 8 and 14 years are required to complete a proficiency pool swim, consistent with the standards set by Surf Life Saving Australia, being:

U6 - Nil swim

U7 - Nil swim

U8 - 25 metre swim (any stroke) + 1 minute survival float

U9 - 25 metre swim (any stroke) + 1 minute survival float

U10 - 25 metre swim (freestyle) + 1.5 minute survival float

U11 - 50 metre swim (freestyle) + 2 minute survival float

U12 - 100 metre swim (freestyle + 2 minute survival float

U13 - 150 metre swim (freestyle + 3 minute survival float

U14 - 200 metre swim (freestyle in less than 5 minutes) + 3 minute survival float

Nippers who wish to go to carnivals must subsequently complete an ocean swim. The distance will vary according to age group. U9-U10 is 150m, U11-U14 is 200m.

Children will be able to undertake their pool swims for proficiency at the time of registration. Pool swims must be undertaken before the registration is considered to be completed. Registrations will close on 1st November 2010. (Registrations after this date may be accepted at the discretion of the Junior Activities Committee)

STATUTORY CHILD PROTECTION REQUIREMENTS

It is a legal requirement that all parents who have contact with children during Nippers' activities sign a Child Protection form issued by the Department of Sport and Recreation. **This needs to be done every season.** Please contact a committee member if you have not already signed this form.

MEMBERSHIP OF SAWTELL SURF LIFESAVING CLUB (SENIOR CLUB)

Parents are encouraged to become members of the Sawtell SLSC. For more information please speak to a committee member. The membership fee includes insurance during regularly scheduled activities.

SURF EDUCATION PROGRAM

The children are exposed to a variety of educational activities, which are designed to develop surf awareness and surf survival skills, and in the older age groups we introduce basic rescue and resuscitation procedures. Completion of these activities is recognised with an Achievement Certificate and is a requirement to compete at State Titles.

It is important that your child is a competent swimmer, particularly in the U9 to U14 age groups. It is stressed that it is not the role or responsibility of the Age Manager to teach or improve your child's swimming ability. The onus is on parents to arrange qualified swimming tuition if necessary, such as lessons or squad training at a public pool, to ensure that their children have sufficient swimming ability.

WEEKLY ACTIVITIES

- Activities are held every Sunday from 8.45am - 11 am (except when carnivals are scheduled)
- In cases of adverse weather conditions, a decision as to whether Nippers will be held will be made by 8.30am.
- Children should assemble in their age groups on the grassed area in front of the clubhouse at 8.45 am. This is a time when announcements will be made and notices handed out.
- If your child arrives after 9.00am you will need to take them to their Age Manager on the beach.
- The Age Manager will mark the children on the roll when we assemble, with their cap secured. Children will be marked off the roll once they are back in front of the Club House. **Not on the beach.**

RULES OF THE CLUB

Like most Clubs, we must provide a safe environment for members and there are a few simple rules that must be adhered to:

1. Sun block should be applied to children before leaving home to be effective for the 2 hours of activities. We encourage the use of hats, rash vests (available for sale through the Club) and t-shirts when the children are on the sand.
2. Between the hours of 8.45am and 11am the children are the responsibility of the club. Their Age Manager will mark them on the roll when they assemble, with their cap secured. Children will be marked off the roll once they are back in front of the Club House (**not on the beach**) and remove their cap. If your child has to leave early, parents should report to the Age Manager before leaving. Parents should collect their children from the Age Manager at the end of Nippers, especially for the younger age groups.
3. Children in the U9 to U14 age groups **MUST COMPLETE ALL** of their Proficiency Requirements (Pool Swim and Ocean/Beach Proficiencies) to be eligible to compete at carnivals. NB: U8s do not compete in swim and board events.
4. It is a Surf Lifesaving NSW ruling that only persons who hold a current Bronze Certificate or SRC are permitted in the water with children undertaking water activities during Nippers. For the safety of the children entering the water we provide qualified personnel (orange caps) to assist them and therefore ask parents who are not qualified to remain on the beach when their children are in the water.

NORTH COAST BRANCH TEAM

Children in the U/12-U/14 year age groups are eligible to be selected to represent the North Coast Branch at the NSW Interbranch Championships, this year being held at **Soldier's Beach (Central Coast) on 11-12 December 2010.**

Selection is based on results from the **two** branch carnivals preceding the Interbranch carnival, these being the **Jetty Carnival on 31 October, 2010 and the Coffs Harbour Carnival on 14 November, 2010.**

Children may be selected for either beach or water events, but not for both.

This year there will be one (1) beach and two (2) water competitors selected for both

boys and girls in each age group.

If your child is selected in the North Coast Branch team there will be a cost for accommodation, food, transport and for North Coast Branch swimming costumes. The Junior Committee is happy to help with these costs by paying $\frac{1}{2}$ the accommodation, food and transport bill, the North Coast Branch swimming costumes must be paid for by the competitor.

NB: Branch Carnivals are introducing time limits for water events.

AGE MANAGERS

One or more Age Managers supervise each age group during their weekly activities. Please introduce yourself to the Age Managers from your child's group.

This year's Age Managers are:

Age group	Cap Colour	Manager	Assistant(s)
U6 / U7	Black / Gold	TBA	TBA
U8	Sky Blue	Martin Gadd	TBA
U9	Royal Blue	Peter Singleton	Garry Murray
U10	Red	Rob McClennon	Kiara Greenway
U11	Purple	Rob Hoy	Gerard O'Sullivan
U12	Yellow	Garth Robinson	Sheena McTackett
U13	Navy Blue	Carol Malcolm/Nicole Press	Andrew Martin
U14	Black / White	Greg Jensen	

THE ROLE OF PARENTS

Surf Life Saving is a family sport and clubs rely on parental help to run activities safely and efficiently. Some parents have committed their time to be Age Managers for this season but they cannot conduct their activities without support from other parents.

We believe that your interest and involvement in what your child is doing will add to their enjoyment and participation. Some ways that parents can help are:

Water safety personnel

Parents who are club members and have completed their proficiency requirements to hold a current Surf Lifesaving Certificate or Surf Lifesaving Bronze Medallion are needed to swim with the children.

For parents who are interested in completing this course, please contact a committee member to find out when the next course commences.

OFFICIALS

Beach helpers

Starters, judges, beach flag set up and recorders are all needed for Sunday activities. If you would like to help at carnivals in these aspects, a Level 1 Officials Accreditation Certificate will need to be obtained. For further information contact a committee member.

Equipment handlers

Help is needed every week to set up the beach and to ensure that everything is packed away.

KEEPING UP TO DATE

A regular newsletter will be available which will include dates to remember, information about carnivals, results, meeting dates, courses etc. Announcements will also be made immediately prior to Nippers (at 8.45am) while children are gathering in front of the Club House.

CLOTHING

Official Club clothing is available for purchase through the Club on registration days. After these times they can be arranged through the Clothing Supervisor. Prices as shown below:

Nippers caps	Replacement & Competition Caps	\$10
Rash Shirts \$40	Board Vests \$38	
Club swimmers	Girls sizes 10-14, Ladies 8 (TYR)	\$50
	Girls Racer/Bikini (Catfish)	\$55
	Girls & Ladies (Dunes)	\$20
	Ladies Racer/Bikini (Catfish)	\$60
	Boys sizes 4-14, Mens (TYR)	\$27
	Boys (Catfish)	\$30
	Mens (Catfish)	\$35
	Boys sizes/Mens (Dunes)	\$15

This season we have moved to coloured caps for each age group to more easily identify the different groups on the beach - this is an important safety initiative as numbers in each group continue to grow.

Coloured Age Group Caps will be provided free of charge this season to new members only when your child is registered for Sawtell Nippers (they will be distributed over the first few nipper days by your Age Manager). After this initial issue, replacement Age Group Caps will be priced at \$10 each.

The cap colour will remain with your child as they progress through nippers until they reach the U14's when they will wear the club's famous black & white colours.

ALL Black & White competition (Carnival) caps are priced at \$10 each.

MONTHLY MEETINGS

During the season the Board of Junior Activities meets monthly at 7PM on the first Monday of the month in the Club House. All parents are welcome to come along and share ideas/suggestions with the committee and other parents.

END OF SEASON AWARDS

Children will be eligible to receive the following awards at the end of the season:

Age Champion Award (U8 to U14 age groups)

- Competition over two rounds (usually one before and one after Christmas)
- Allocation of points for each beach and water event as follows:
 1. 1st place = 7 points
 2. 2nd place = 6 points
 3. 3rd place = 5 points
 4. 4th place = 4 points

5. 5th place = 3 points
 6. 6th place = 2 points
 7. All other competitors who **complete** an event to get 1 point each.
- On completion of both rounds, points are tallied and awards go to first, second and third placegetters for each gender.
 - In the event of a tie for first place, there will be no second place awarded.
 - In the event of a tie for second place, there will be no third place awarded.
 - In the event of a tie for third place, there will be two awards presented for third place.
 - 50% attendance throughout the season is compulsory for the children to be eligible for this award.

Age Manager's Award (U8 to U14 age groups)

- Awarded to one person in each age group at the discretion of the Age Manager.
- Winner must have attended a minimum of 50%.
- Cannot be awarded to first placegetter of Age Championship, but can go to second or third placegetters.

Participation Award (U6 to U13 age groups)

Awarded to each child in recognition of at least 50% attendance commencing the Sunday after the first branch carnival.

Club Person on the Year (U14 age group)

Awarded to one male and one female based on specified criteria outlined to U14s at the beginning of the season. The final decision will be made by the Junior Executive Committee and the Sawtell Surf Life Saving Club President in conjunction with the Age Manager's recommendation.

CLUB SPONSORS

We are always on the lookout for, and always appreciate, organisations or individuals who are kind enough to sponsor our Club Activities. Sponsorship assists the Club to purchase equipment for our Club Activities, or help maintain our current equipment. If you are able to help with sponsorship, or may know of any organisations which might be willing to provide sponsorship to Sawtell Nippers, please contact a member of the Committee. In return for sponsorship, we will be only too willing to give your organisation exposure, for example by advertising on a Nipper Board or in our regular Newsletter.

MEET THE AGE MANAGERS & COMMITTEE / WELCOME TO NEW FAMILIES

To welcome all new families to Sawtell Nippers and welcome back returning members, a BBQ will be held, date and details to be advised.

And please, if you are new to our club and have any questions, please feel free to stop one of our committee members who will be more than happy to 'have a chat'.

**SAWTELL SURF LIFESAVING CLUB
JUNIOR ACTIVITY CALENDAR
2010-2011 SEASON**

DATE	EVENT	VENUE
10 October 2010	First day of Nippers	Sawtell Beach
TBA	Welcome Night BBQ	
31 October 2010	Branch Carnival (Interbranch Selection)	Jetty Beach
TBA	First Round Club Championships	Sawtell Beach
6-7 November 2010	U14's Development Camp	Nambucca Heads
14 November 2010	Combined Carnival (Interbranch Selection) (Juniors & Seniors)	Coffs Harbour Beach
28 November 2010	Hugo Smythe Carnival	Coffs Harbour
12-13 December 2010	NSW Interbranch Carnival	Soldiers Beach (Central Coast)
TBA	Last Nippers morning before Christmas	Sawtell Beach
TBA	First Nippers morning after Christmas	Sawtell Beach
8 January 2011	Teams Carnival (1pm start)	Woolgoolga
15-17 January 2011	NSW Country Championships	South West Rocks
20 February 2011	Branch Championships	North Beach
TBA	Second Round Club Championships	Sawtell Beach
11-13 March 2011	NSW Age Surf Life Saving Championships	Kingscliff (Cudgen SLSC)
7- 10 April 2011	2011 Australian Championships	Kurrawa
TBA	AGM to be held	Sawtell Surf Club
TBA	Presentation Day	Sawtell Surf Club

REGISTRATION DAYS 12th September, 19th September & 26th September from 9.00am to 11.00am at Swimcare (Boambee Swim Centre).

Registrations close on 1st November 2010. (Registrations after this date may be accepted at the discretion of the JAC Committee)

