

Sandon Point Scorpions



Junior Activities Handbook



First Nippers

23rd October 2011

9:45 am

Season 2011—2012

www.sandonpointsurfclub.org.au

Table of Contents

| | |
|---|-------------------------------------|
| Table of Contents | 1 |
| Chair of Junior Activities Welcome | 2 |
| History | 3 |
| Our Vision | 3 |
| Our Core Values and Principles | 3 |
| Fair Play Expectation | 4 |
| The Nipper Programme | 4 |
| Age Groups for 2011-2012 Season | 5 |
| Nipper Days | 6 |
| Age Managers | 7 |
| <i>Age Manager's Coordinator</i> | <i>8</i> |
| <i>Age Managers</i> | <i>8</i> |
| <i>Age Manager Assistants</i> | <i>8</i> |
| Parent Involvement | 9 |
| Member Privacy | 9 |
| Safety | 10 |
| Child Protection | 11 |
| Surf Education | 11 |
| Proficiency | 12 |
| Board Training | 13 |
| Carnivals | 14 |
| Junior Committee | 15 |
| Club Honours | 16 |
| <i>Outstanding Carnival Competitor</i> | <i>16</i> |
| <i>Nipper of the Year</i> | <i>16</i> |
| <i>Junior Club-Person of the Year</i> | <i>16</i> |
| <i>Long Term Club Member</i> | <i>16</i> |
| Awards | 17 |
| <i>U6's and U7's</i> | <i>Error! Bookmark not defined.</i> |
| <i>U8's and Up</i> | <i>Error! Bookmark not defined.</i> |
| Calendar 2011-2012 | 18 |
| Sponsors | 19 |

Chair of Junior Activities Welcome

Welcome to Sandon Point Junior Surf Life Saving Club for the 2011-2012 surf season. It gives us great pleasure to welcome back all the familiar faces as well as all the NEW members who have joined our large family. This season promises to be a very interesting season at the Point

The Nippers program will commence on the 23rd October and conclude on the 11th of March. We will break over the Christmas Holidays following the Nippers' Christmas party on the 18th December and return on 22nd January. The club will be hosting an 'Ocean' swim in January which will be open to all members 9 years and older right up to, and including, the Masters brigade.

All activities conducted by the club are arranged with the enjoyment of the children in mind. We hope that this 'relaxed' approach engenders a better understanding of the surf. For some of the children this might be overcoming the 'fear' of water, for others it might be developing a better understanding of the surf conditions. At the same time we will encourage some children to take that next step and represent the Sandon Point SLSC at the various Surf Carnivals.

Here at Sandon Point we are very proud of our reputation as a 'family orientated' club. Please don't hesitate to ask for assistance or offer to help. In fact we encourage the involvement of parents and carers in the club and there are numerous ways to contribute. For example financial members can help out on the beach, Age Groups are regularly rostered onto BBQ duties, the facilities often needs cleaning and the committee is always on the lookout for volunteers. We really need and appreciate your assistance, to ensure the club runs effectually and efficiently.

Sandon Point SLSC is a non-profit organisation and we rely heavily on the general public as well as businesses for sponsorship and donations. These generous donations enable the club to purchase the necessary equipment to run our Nipper activities as well as enhance the skills of our Nippers.

Terry Hagan

History

Sandon Point Surf Life Saving Club was established in 1961 and is located in Bulli in the Illawarra region of New South Wales, Australia. Sandon Point Beach is patrolled by volunteer lifesavers who give generously of their time to protect the many locals and visitors who frequent this popular beach. We would like to thank this loyal band of men and women for their continued efforts to make our beach a safer place. Please take a few moments to read about the sponsors of Sandon Point SLSC. It may be your life saved due to their support.

Our Vision

Sandon Point Surf Life Saving Club will provide and promote a Surf Life Saving service in a fun, safe and positive environment which will enhance the recreation life styles of the community and its members.

Our Core Values and Principles

- Preserve and safeguard life in the aquatic environment.
- Provide a positive environment for all members to enjoy.
- Inclusive not exclusive club by encouraging involvement and participation.
- One club policy: not to discriminate against any group within the club.
- Develop & educate today's youth to increase active participation in the club's future.
- Encourage a mutual respect between members.
- Create a sense of belonging and family.
- Constantly strive for new concepts, improvement and development.
- Maintain and develop a positive relationship with the Sandon Point Board Riders.

Fair Play Expectation

Participants will be held to a high standard of conduct. Any unacceptable behaviour will be referred to the Junior Committee for disciplinary action.

The Nipper Programme

"Nippers" is an activity-based program run to educate young children about surf safety and awareness when visiting a beach or aquatic environment.

Participation in board paddling, surfing, swimming, running, wading and other fun activities and games are also provided.

For those Nippers interested, the program also introduces the competitive side of surf lifesaving. Children will be encouraged to compete in both Regional and State Carnivals representing their club.

While competition is an important element, it is not compulsory. The surf awareness and education program is our primary aim.

The Nipper program is held during the summer period on Sunday mornings, however we do try to have one twilight Nippers (3pm start) once in the season. The season usually starts in October after school holidays and finishes in early March, with a break over the Christmas period.

It is club policy that one adult per enrolling family must become a member of the club.

Please refer to the Club Calendar for dates of Proficiency Testing, Club Activities, Club Championships and Carnivals.

Age Groups for 2011-2012 Season

| Age Group | Date of Birth |
|-----------|------------------------------------|
| Under 6 | 1 October 2005 – 30 September 2006 |
| Under 7 | 1 October 2004 – 30 September 2005 |
| Under 8 | 1 October 2003 – 30 September 2004 |
| Under 9 | 1 October 2002 – 30 September 2003 |
| Under 10 | 1 October 2001 – 30 September 2002 |
| Under 11 | 1 October 2000 – 30 September 2001 |
| Under 12 | 1 October 1999 – 30 September 2000 |
| Under 13 | 1 October 1998 – 30 September 1999 |
| Under 14 | 1 October 1997 – 30 September 1998 |

A child may join Nippers as soon as he/she turns 5 years of age, but **not before**. They must turn 5 before 31 December 2011 and cannot participate until age 5.

Age grouping is determined as at midnight on 30th September of each year. e.g. If a child is 10 years of age on or before 30th September, they will be in the Under 11 age group for the entire season.

Participation outside your own age group is not possible as this is against SLSA regulations and makes point scoring difficult for both your child and the Age Manager involved.

Nipper Days

- Nippers commence at 10:00am with assembly at 9:45 am unless it is a twilight Nippers (check times on calendar).
- Children are required to be assembled behind their Age Group flags with sunscreen applied by 9:45am, enabling the Age Managers to mark the roll.
- Children must wear their green & white Sandon Point Nipper cap to participate [ie NO cap, NO participation]
- Sandon Point swimmers are not mandatory.
- Parent participation is often required [ie flags, judging etc]. NOTE: Parent helpers must be financial
- Collect your child promptly at the end of Nippers.
- Nippers caps are to be removed at the completion of Nippers.
- Assistance on the BBQ when your child's age is required (check dates with calendar and let your Age Manager know if you can assist).
- Check the website for your child's attendance, the latest point scores. As well as news of any upcoming social events and all the latest in competition information

Depending on the age group, Nipper activities include:

- Surf Safety Education or S.R.C. for U14's
- Beach Sprint and Relays
- Beach Flags
- Surf Races & Surf Team Races
- Board Races & Board Team Races
- Lots of fun

Age Managers

Age Managers are allocated to each age group and are responsible for organizing and conducting various Nipper activities.

The main responsibilities of an Age Manager are to:

- Encourage children to participate, enjoy, co-operate and compete in all activities of the club
- Keep weekly records of attendance and championship points
- Instruct the children in Surf Education
- Organise their age group at carnivals including attendance, team selection & marshalling for events
- Provide instruction on the correct techniques of the events children may participate in at carnivals & club championships
- Keep the children & parents informed of the requirements of the age group & of club information
- Encourage sun protection

Parents are encouraged to make themselves known to their child's Age Manager and offer assistance where required.

Parents are reminded that this is not a child minding service. Parents are required to be on the beach AT ALL TIMES while their child participates in the Nipper Program and resume responsibility of their child at the conclusion of the day's events.

Please inform your Age Manager BEFORE taking your child from the beach.

AGE MANAGER'S COORDINATOR

Shane HODGES

AGE MANAGERS

U6's

U7's Vanessa Marks

U8's

U9's Danny MADDOCKS

U10's Matthew BELL

U11's

U12's Wayne McDOUGALL

U13's

U14's Jerry ONGERTH

AGE MANAGER ASSISTANTS

U6's

U7's

U8's Bridie DOESBURG (TBC)

U9's John CHAMBERLAIN (TBC)

U10's Lisa VAN DUIN (TBC)

U11's

U12's Stephen VAN DUIN, Dom LEAHY (TBC)

U13's

U14's

Parent Involvement

The club runs entirely from volunteer help. There are many jobs to be filled and parent involvement is a vital part of the running of the Nipper program.

At the beginning of each season, training is arranged for any parent interested in obtaining their Bronze Medallion. It is essential that as many parents as possible obtain their Bronze to meet the minimum water safety requirements for SLSA. Many parents have then gone on to obtain their ARC (Advanced Resuscitation Certificate), IRB License and IRB Crewman's Certificate.

The club relies on volunteer help for the following positions:

- Committee members
- Age Manager & Age Manager Assistants
- Beach set up
- Water Safety - ONLY specified water safety officers may be in the water during activities
- Education & training
- Carnival assistance
- Judging
- BBQ

Without the help of all these people, your child cannot enjoy the benefits of this wonderful beach culture.

Member Privacy

If any members do not wish to have the names or photos of either themselves or their children placed on the website or in club documents please contact Owen Davies (President) or Terry Hagan (Chair of Junior Activities). All matters will be treated as private & confidential.

Safety

Safety is our first priority in all activities conducted by the Sandon Point SLSC. Safety extends to safety on the beach, in the water and protection of all children. The Committee will liaise with the Patrol Captain and Water Safety Officer on Nipper days to decide whether conditions are suitable to conduct activities. Guidelines for water safety are laid down by the Surf Life Saving Association and must be adhered to. The IRB must be present during all water events and it is imperative that as many accredited water safety personnel as possible are in the water to accompany children in surf races. No race or activity will commence unless there is the correct number of water safety personnel.

Water Safety Officers must wear orange caps during water activities. Water Safety Officers must have their Surf Rescue Certificate, Bronze Medallion or higher.

As a parent or guardian you are required to be at the beach at all times during Nippers. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on the beach is the responsibility of the parent or guardian. Nippers is NOT a child minding service.

Child Protection

Every assistant of the club over the age of 18 years, who is in direct contact with children, is required to complete a Prohibited Persons Declaration Form. This is a mandatory requirement that is legislated by NSW law to ensure the protection of all children. Should there be a concern regarding this matter, or about an individual, immediately contact the Child Protection Officer at either the club or privately.

Contact numbers can be obtained under Committee Office Bearers.

Surf Education

The Surf Ed Program is an integral part of our Junior Activity Program. The program is based on a clearly defined structure to aid the children's life saving development.

All Nippers are able to gain their respective 'Surf Ed' award for their age group provided attendance is regular throughout the season.

Following is the award listing per age group:

- Under 8 - Surf Awareness One
- Under 9 - Surf Awareness Two
- Under 10 - Surf Safety One
- Under 11 - Surf Safety Two
- Under 12 - Surf Smart One
- Under 13 - Surf Smart Two
- Under 14 - Surf Rescue Certificate

Surf Education is to be completed by 31 December.

Proficiency

U6's & U7's are exempt from proficiency testing. All Nippers from U8's to U14's are required to complete water proficiency testing in order to take part in the fortnightly Nipper sessions, carnivals or board training. The Nippers program will, at times, conduct events according to the guidelines specified in the SLSA Surf Sports Manual. This means the Under 9's & 10's age groups will be endeavouring to do ocean swims that takes them 70 metres offshore and board races that takes them 110 metres offshore. These distances increase for the Under 11's – 14's age groups. Whilst all events will be conducted with adequate Water Safety Officers, unforeseeable events can occur. The Sandon Point Surf Life Saving Club Junior Committee views child safety as the most important aspect of the Nippers program. It is for this reason that the Committee has a policy that every child in the Under 9's to Under 14's age groups must competently perform an untimed 200 metre pool swim before we will permit them to attempt the swim and board races on Nipper days.

| Age | SLSA Preliminary Skills Evaluation | Competition Evaluation (Open Water Swim) |
|----------|---|--|
| Under 8 | 25 metre swim (any stroke) 1 minute survival float | nil |
| Under 9 | 200 metre swim (any stroke) 1. minute survival float | Minimum 150m |
| Under 10 | 200 metre swim (freestyle) 1.5 minute survival float | Minimum 150m |
| Under 11 | 200 metre swim (freestyle) 1.5 minute survival float | Minimum 288m |
| Under 12 | 200 metre swim (freestyle) 2 minute survival float | Minimum 288m |
| Under 13 | 200 metre swim (freestyle) 3 minute survival float | Minimum 288m |
| Under 14 | 200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float | Minimum 288m |

Refer to the calendar for proficiency swim dates.

For more details refer to Shireen Hodges, Proficiency Coordinator (jnrproficiency@sandonpointsurfclub.org.au).

Board Training

Board Training sessions are held several times a week during the season. The days and times of these sessions will be advertised during the season.

Due to the lower number of qualified Water Safety Volunteers available during training sessions, and in the interests of safety, all children who wish to attend board training must have successfully completed the Competition Skills Evaluation.

SLSA rules stipulate the minimum ratio of Nippers to Water Safety Officials for all water activities, including board training. If the appropriate number of water Safety Volunteers are not present and in the water during all board training sessions, then the training session will not proceed.

Water Safety Officers **MUST** have their Surf Rescue Certificate, Bronze Medallion or higher.

For more details refer to Scott Lunney – Board Coach

Carnivals

Illawarra Branch conducts Junior carnivals during the season for age groups U8 to U14. Carnivals are held as competition between Nippers at different surf clubs. There are four Sydney Water Carnivals, one McDonalds Carnival, one Branch Carnival and one NSW Junior State Carnival within the Illawarra calendar. Please see the club calendar for dates for these events.

Competition Events for carnivals include:

- U8: Sprint, Flags, Wade Sprint Relay & Wade Relay
- U9 & U10: Sprint, Flags, Sprint Relay, Surf Swim, Board Race, Swim Team, Board Relay
- U11 & U14: Sprint, Flags, Sprint Relay, Surf Swim, Board Race, Swim Teams, Board Relay, Cameron Relay, Board Rescue & Iron Man/Woman & Surf Board Riding.

Children must have completed their full Junior Competition Skill Evaluation Proficiency BEFORE they can attend a carnival.

Parents are also required to assist at carnivals, failure to do so will result in the club being disqualified. The Carnival Coordinator will have a roster for ALL parents of carnival competitors.

A child wishing to compete must see the Carnival Coordinator before any carnival as entry forms and fees need to be submitted. All carnivals attract fees which the club may subsidise.

For more details refer to Narelle Smith - Carnival Coordinator.

Junior Committee 2011-2012

| | |
|---|-------------------------|
| Chair of Junior Activities chairperson@sandonpointsurfclub.org.au | Terry Hagan |
| Vice Chairperson vicechair@sandonpointsurfclub.org.au | Kath Meades |
| Junior Secretary jnrsecretary@sandonpointsurfclub.org.au | Craig Penning |
| Registrar clubregistrar@sandonpointsurfclub.org.au | Primrose Hutton |
| Webmaster publicity@sandonpointsurfclub.org.au | Tracy Davies |
| Publicity Officer publicity@sandonpointsurfclub.org.au | Kay Walker |
| Carnival Coordinator | Narelle Smith |
| Proficiency Officer jnrproficiency@sandonpointsurfclub.org.au | Shireen Hodges |
| Age Manager Coordinator scorpion@sandonpointsurfclub.org.au | Shane Hodges |
| Uniform Coordinator uniforms@sandonpointsurfclub.org.au | Andrew Christie |
| Uniforms Sales Coordinator | Sam Corbin |
| Catering Officer | Kath Perry (TBC) |
| Beach Coach | Craig Penning |
| Board Coach | Scott Lunney (TBC) |
| Water Safety Co-Ordinator | Baz Simmons |
| Water Safety Assistants | As Required on the day. |

Club Honours

OUTSTANDING CARNIVAL COMPETITOR

- Must have excelled and improved considerably at carnivals throughout the season

Winner 2010/11 – Jayme Millard

NIPPER OF THE YEAR

- U10's and Up
- Must show good attitude towards their peers and elders
- Must be a good role model to other Nippers
- Must show regular carnival attendance

Winner 2010/11 – Henry Ongerth

JUNIOR CLUB-PERSON OF THE YEAR

- U10's and Up
- Must show good attitude towards their peers and elders
- Must be a good role model to other Nippers

Winner 2010/11 – Rosie Simmons

LONG TERM CLUB MEMBER

- Must have been an active member from U6 to U14

**Winners 2010/11 -
Joshua Marks, Mimi Dawson, Lawrie Meades-Wombey, Tahlia
McDougall, Veronica Leahy, Niamh Frappell**

Awards

PARTICIPATION AWARD

- All children receive a Participation Award

AGE ENCOURAGEMENT AWARD

- Must have a good positive attitude
- One male and female per age group

AGE CHAMPION AWARD

- Points awarded for sprint, flags, swim/wade, board, iron man
- One male and female per age group
- Places for 1st, 2nd and 3rd

Calendar 2011-2012

| <i>Date</i> | <i>Nippers and Carnivals</i> |
|------------------------------|--|
| <u>SEPTEMBER 2011</u> | |
| Sat 10 Sept | Registration @ Bulli Bowling Club 10am to 2 pm |
| Wed 14 Sept | Registration @ Bulli Bowling Club 4pm to 6pm |
| Sat 17 Sept | Proficiency @ Corrimal Pool 10am to 4pm |
| Sat 17 & Sun 18 Sept | Officials Training Course |
| <u>OCTOBER 2011</u> | |
| Sat, 22 Oct | Sydney Water Series Round 1 - Corrimal |
| Sun, 23 Oct | Nippers #1, @ 9:30am [BBQ: Under 14's] |
| <u>NOVEMBER 2011</u> | |
| Sun, 6 Nov | Nippers #2, @ 9.30am [BBQ: Under 13's] |
| Sat 12 Nov | Sydney Water Series Round 2 - Shellharbour |
| Sat 19 Nov | Cronulla Carnival |
| Sun, 20 Nov | Nippers #3, @ 9.30am [BBQ: Under 12's] |
| Sat 26 Nov | Sydney Water Series Round 3 - North Wollongong |
| <u>DECEMBER 2011</u> | |
| Sat 3 Dec | Sydney Water Series Round 4 - Warilla-Barrack Point |
| Sun 4 Dec | Nippers #4, @ 9.30am [BBQ: Under 11's] |
| Sun 18 Dec | Nippers #5, @ 9.30am - <i>Xmas Party</i> [BBQ: Under 10's] |
| <u>JANUARY 2012</u> | |
| Sun 22 Jan | Nippers #6, <i>Twilight</i> @3pm [BBQ: Under 9's] |
| Sun 30 Jan | McDonalds Junior Carnival - location TBA |
| <u>FEBRUARY 2011</u> | |
| Sun 5 Feb | Nippers #7, @ 9.30am [BBQ: Under 6's] |
| Sat 18 Feb | Illawarra Junior Branch Championships - location TBA |
| Sun 19 Feb | Illawarra Senior Branch Championships - location TBA |
| Sun 19 Feb | Nippers #8, Twilight @3pm [BBQ: Under 8's] |
| <u>MARCH 2011</u> | |
| Fri 2 - Sun 4 Mar | NSW Age Championships - Kingscliff |
| Thurs 8 Mar | NSW Masters Championships - Kingscliff |
| Fri 9 Sun 11 Mar | NSW State Opens Championships - Kingscliff |
| Sun11 Mar | Nippers #9, @ 9.30am [BBQ: Under 7's] U6's & U7's Presentation - location TBC |
| Sat 24 Mar - Sun 1 Apr | Australian Surf Life Saving Championships @ Kurrawa |
| <u>APRIL 2011</u> | |
| TBC | U8's to U14's Presentation @ Woonona Bulli RSL |

Sponsors

