

Junior Activities 2016-2017 Season Guide



CELEBRATING 50 YEARS

Tweed Heads & Coolangatta Surf Lifesaving Club

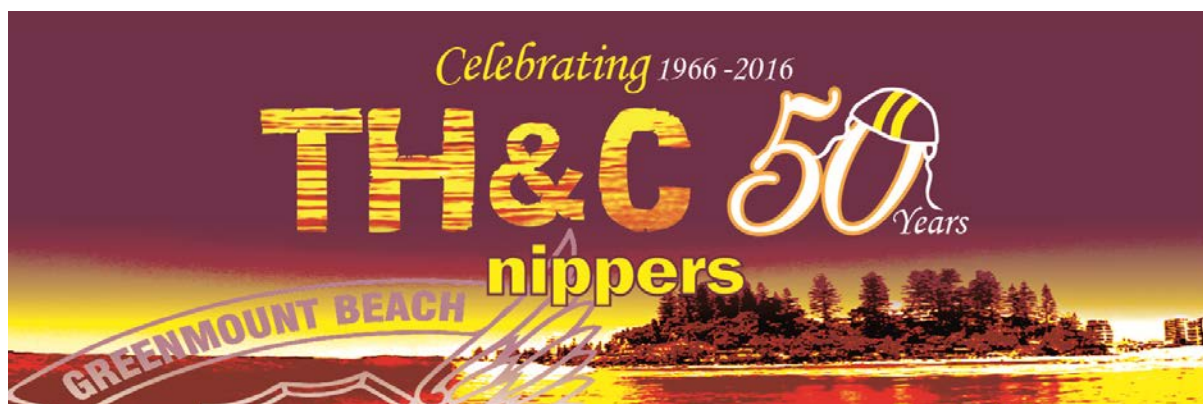
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Welcome

On behalf of the Junior Activities Committee, I would like to welcome you to the 2016/17 season to all our new and continuing members. It's a really exciting year with the Tweed Heads and Coolangatta Nippers turning 50 years old. Members of the club met on November 13 1966 and founded our Nipper club. TH&C is the 3rd oldest Nipper club in the state.

I am in my 5th year of presidency and 7th year as age manager of Nippers mostly born 2003. My children have been safe at the beach for a long time due to great nipper activities and training and have a real sense of belonging around the club. I'm proud of the way they have always trained and competed hard for themselves, their relay teams and their club. We have obviously put a lot into the club, but the investment is worth it for all of the above rewards.

This season we have assembled a great group of major sponsors in Twin Towns Services Club, Depth Industries, DJ Stringer Real estate, Amplimesh and The Strand Shopping Centre. They have ensured we have all of the essentials to start the season, but we are short sponsors to provide the extra items we wanted to provide the Nippers. We will do the best we can, when we can.









Please read through this guide as it contains most of the information you will need to know as a parent of a Nipper, to make this a successful and most importantly happy season. Your Age Manager or other Committee Members will be happy to help you should you require any further information. I hope to get to know all of you through the season, so please introduce yourself and I'll help you get the most out of TH&C Nippers.

Thanks for Joining

Vaughn "Thomo" Thomas
Nipper President / Chairman

Junior Activities Committee

The Junior Activities Committee is a sub committee of TH&C SLSC with the responsibility of conducting the Nipper program. Membership is comprised of current financial members endorsed by the Club's board of Management Committee. Anyone is welcome to attend meetings and contribute to the monthly and annual meetings, however only members of the Junior Activities Committee can vote at these meetings. To be eligible to become an endorsed voting member is simple, you need to be financial, attend a meeting and sign the attendance book. The committee always welcomes new faces and ideas.

President Vaughn "Thomo" Thomas 0413 59 44 11		
Vice President Glenn Turner		
Secretary Glenice Langridge		
Treasurer James Sullivan		
Gear Stewart Darren "Dazza" Boucher		
Uniform Convenor Tara "the real boss" Thomas		
Uniform Convenor Sam "The safety officer" O'Rourke		
Marketing Wayne "Weekend Warrior" Maxted		
Marketing Kellie O'Donnell		
Marketing Mel Andrews		

NIPPER COORDINATION TEAM

Water Safety Coordinator David Fuller	Water Safety Ben Matusch Geoff Carlin Kane Haley Ryan Haley David Fuller Nicky Fuller Glenn Turner Iain Rogers Kate Rogers Karl Muggerridge Brad O'Rourke Kate Miller Mel Andrews Neale Walsh Robe Cusbert Steve Mavor Craig McCloskey Ben Lee Tony Ferruccio Richie Warrs Darren Henderson Darren Free Russel Kapeechkie Ben Langridge Adam Marini Bret McShane Morrison Poore Smith Rowan Egan
Officials Coordinator Nicky Fuller	Officials Chris Grey Carl Jones Darren Boucher Kate Miller Crystal Walkenden Darren Henderson Yancy Norris
BBQ Coordinators Kylie Jones Carl Jones Sarah Miller	
200 Club Coordinator Lara Hickling Craig Hickling	
Carnival Registrar Crystal Walkenden	
Facebook Coordinator Christie Bellenger	
Attendance / Club Points Coordinator Issabelle Muggerridge	
Presentation Day Managers Kelly O'Donnell Kristy Driessens Cheryl Thompson Julie Covell	

Age Managers/Assistant Age Managers

TADPOLES

Age Manager

Bronte Smith

Available position

Assistant Age Manager

Sue Marini

Available position

UNDER 8

Age Manager

Greg Cusick

Assistant Age Manager

Kerri Turner

UNDER 9

Age Manager

Carmen Sullivan

Assistant Age Manager

Rob Gainer

Kelly Free

UNDER 10

Age Manager

Michael Wallace

Assistant Age Manager

Yancey Norris

UNDER 11

Age Manager

Iain Rogers

Assistant Age Manager

Ryan Hayley

Kane Haley

UNDER 12

Age Manager

Craig Hickling

Assistant Age Manager

James Sullivan

UNDER 13

Age Manager

Darren Boucher

Assistant Age Manager

Tracey Norris

UNDER 14

Age Manager

Vaughn Thomas

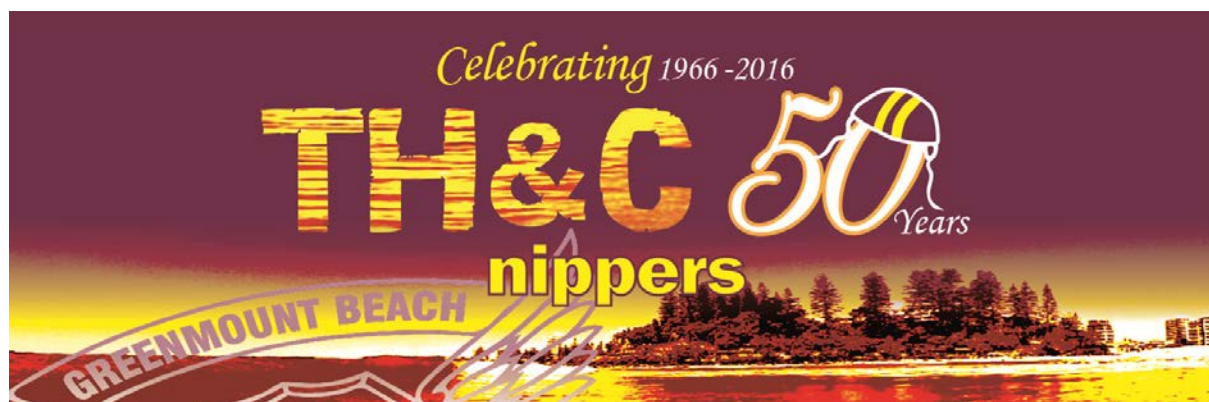
Assistant Age Manager

David Fuller

General Information

NIPPER SUNDAYS

- Nippers are held on **Sunday mornings**. All Nippers assemble at their age flag on the beach in front of the club at **7:50am**. We have a quick start up meeting and get into the fun activities. Nippers finishes at about 10am.
- Please note that children have to be taken by a parent to report to their Age Manager and at least one parent or nominated Guardian **MUST remain at the beach** with your child/children. All Nippers must be **signed on and off** for their safety.
- Under 8-14's should be in their pink rashie and club cap. Under 6 & 7's should be in the club supplied rashie and cap. All Nippers must be well **sun screened**, with **no jewellery**, and have their **water bottle**.
- **Special groups** such as Beach Relays, R&R, March Past and Board Riding may have earlier training times. Check with the relevant Manager for times.
- It is rare, but carnivals and Nipper Sundays may need to be cancelled. This will only be notified on **Facebook**. All parents unable to be on Facebook need to advise their age manager so a message can get to them regarding changes.
- Parents are encouraged to take an **active interest** in Junior Lifesaving and we would ask you to please consider becoming a **water safety officer** or **carnival official** (see Carnivals). Courses for Carnival Officials are run during the season and the participation in Carnivals to become accredited. Parents are required to set an example for all Nippers. **Zero tolerance** to swearing, fighting, arguing, smoking or drinking alcohol out of designated zones and dealings with any child other than their own is enforced, with those breaching rules asked to leave.



JUNIOR PRELIMINARY SKILLS EVALUATION

To participate in all surf activities there are two preliminary evaluations. First is the Pool evaluation and second is the beach evaluation or Run-Swim-Run.

POOL EVALUATION

In the pool evaluation the children **MUST** be able to swim unaided for:-

Age	Swim	Survival Float
Under 6	Kick off wall with face in the water	30 second float
Under 7	Torpedo (push off wall) with face in the water	30 second float
Under 8	25m swim (any stroke)	1 minute survival float
Under 9	50m swim (any stroke)	1 minute survival float
Under 10	50m swim (any stroke)	1.5 minute survival float
Under 11	100m swim (freestyle)	2 minute survival float
Under 12	100m swim (freestyle)	2 minute survival float
Under 13	150m swim (freestyle)	3 minute survival float
Under 14	200m swim (freestyle, in less than 5 minutes)	3 minute survival float

Junior activity guide 2016/17 - minimum requirement from Surf Life Saving Queensland.

A Club Assessor or Pool Coach must certify that children are able to swim the prescribed distance within the allocated time (where applicable) and perform the required float before commencing Nipper Training. This year the pool qualifying swim will be held on Sign on Day at the Banora Point Pool. **ALL Nippers must do the qualifying swim.** It is the qualifying swim that permits your Nipper to participate in the Junior Activities.

All pool swim paperwork is to be handed into the office along with a copy of the pool coach's current certificate.

BEACH EVALUATION

To maintain safety in the surf, children wishing to be freely involved in junior activities in the surf must complete a Run Swim Run test with a continuous effort of running and freestyle swimming. These will be conducted during the first Nipper training days.

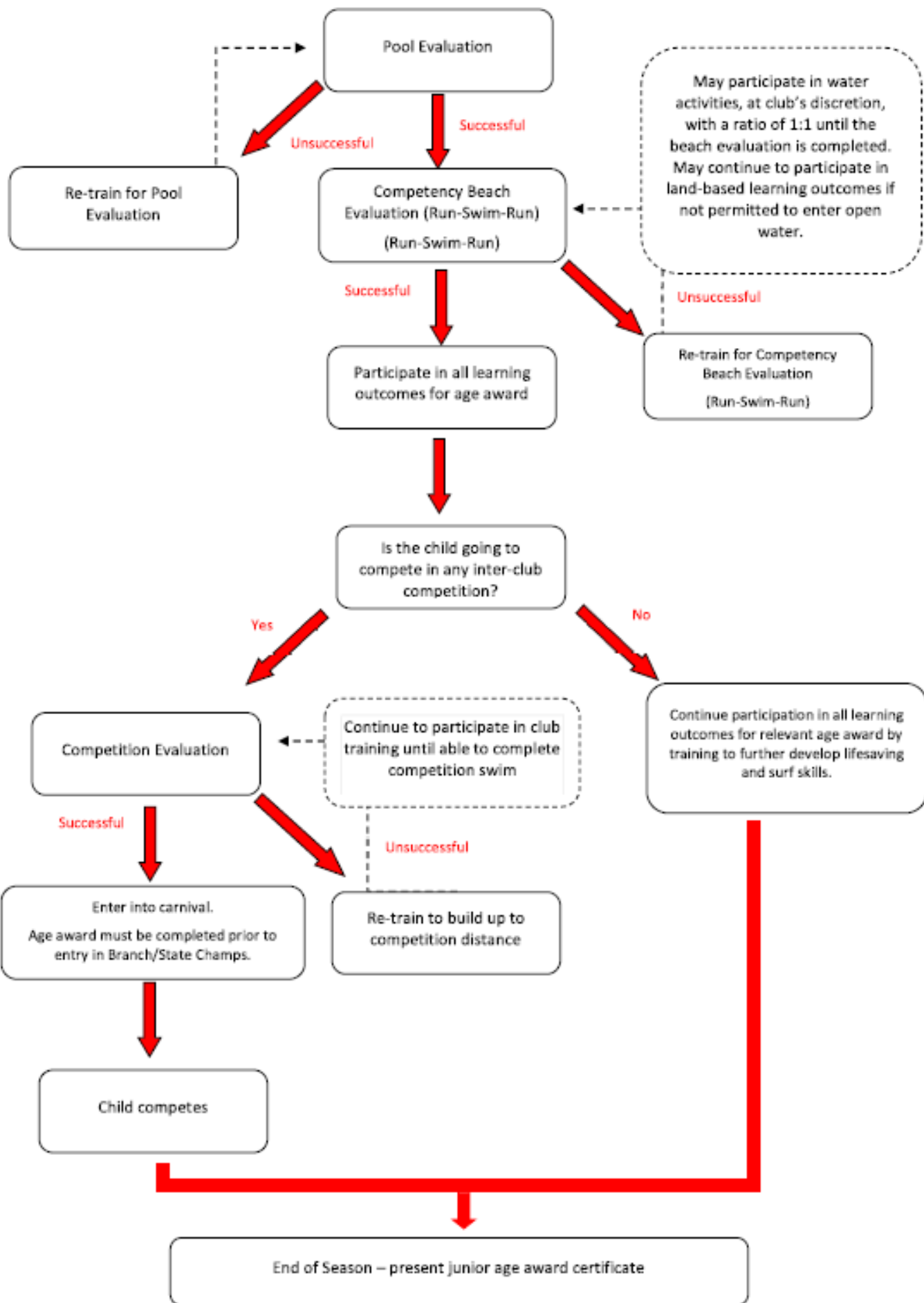
In the beach evaluation the children **MUST** be able to swim unaided for:-

Age	Competency Test
Under 8	Run-Wade-Run 25m-25m-25m*
Under 9	Run-Swim-Run 50m-50m-50m
Under 10	Run-Swim-Run 50m-50m-50m
Under 11	Run-Swim-Run 50m-100m-50m
Under 12	Run-Swim-Run 50m-100m-50m
Under 13	Run-Swim-Run 100m-100m-100m
Under 14	Run-Swim-Run 100m-100m-100m

- Under 8's must complete lessons 6 & 7 from the Surf Awareness 1 Certificate prior to completing their Run-Wade-Run requirements.

Junior activity guide 2016/17 - minimum requirement from Surf Life Saving Queensland.

NIPPERS FLOW CHART



COMPETITION EVALUATION

All Nippers are encouraged to compete in carnivals. The Nipper calendar details all the carnivals available for the Nippers to attend. To compete in Carnivals, Surf Life Saving Queensland detail the Nippers minimum competition standards. Prior to entries to the first carnival, competition evaluations will be held. The following are the minimum requirements:

Age	Competency Test
Under 8	Run-Wade-Run 25m-25m-25m*
Under 9	150m open water swim
Under 10	150m open water swim
Under 11	288m open water swim
Under 12	288m open water swim
Under 13	288m open water swim
Under 14	288m open water swim

- Under 8's must complete lessons 6 & 7 from the Surf Awareness 1 Certificate prior to completing their Run-Wade-Run requirements.

Junior activity guide 2016/17 - minimum requirement from Surf Life Saving Queensland.

Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, but for some children participation can be an enjoyable and rewarding experience.

All Nippers can continue to participate in Nipper activities on Carnival days. Under 8's-10's and Under 11's-14's do not compete on the same weekends, so activities will proceed on club Sundays in a modified form.

Awards

Each Age group has a Life Saving Award to achieve during the season. All awards need to be completed by the 31st December. The Surf Education program is conducted during the season:

Under 6	Surf Play 1
Under 7	Surf Play 2
Under 8	Surf Aware 1
Under 9	Surf Aware 2
Under 10	Surf Safe 1
Under 11	Surf Safe 2
Under 12	Surf Smart 1
Under 13	Surf Smart 2 (includes Resuscitation Award)
Under 14	Surf Rescue Certificate (SRC)



Carnivals

- Please refer also to the **Carnival Handbook**
- Children who wish to compete need to nominate with the Age and Team Managers **three weeks before** the event.
- **Committee approved swimwear** only is to be worn at carnivals and normal nippers.
- All competitors must wear our **high visibility rashie**. These are generously donated by our sponsors. It is **compulsory** to wear the rashie when in the water.
- On the day, arrive at the carnival **30 minutes** before the first event and report to your **Age Manager**. Members are expected to stay in the Club area during the Carnival. Children must tell their Age Manager if they are to leave the club area for **ANY reason**. Age managers won't chase kids that aren't in their correct areas.
- There is a requirement that the club supply carnival **officials** and **water safety** officers for carnivals. If in the event there are insufficient officials, our club may be withdrawn from the carnival. Parents of Nippers competing at carnivals are expected to help with water safety or officiating. It is **your responsibility** to find a replacement if you cannot attend as an official or water safety.

Carnival Nominations

The surf club is required to pay for the carnival entries. Parents wanting their children to compete in Carnivals do not have to pay the carnival entry fee. Nominations, however, are the **parents' responsibility** and your child won't be entered into a carnival until they are nominated. If a Nipper fails to compete once nominated, parents will be requested to reimburse entry fees, as it would already have been paid out to the host branch. Failure to reimburse will disqualify the child from future carnivals.

State Titles

Accommodation

The state titles this year are in **Harvey Bay**. The Nipper committee has secured varied accommodation in the region and placed deposits for the same. All families planning to attend state need to secure accommodation and can book the accommodation that is booked by confirming their intentions with the Nipper secretary. The club will assist in the cost of accommodation. It will be 'first in best dressed' for what the committee has secured. A commitment fee will be required to be paid to allocate accommodation.

State Titles Selection

All nippers to compete at state level must have completed their pool swim, surf proficiency (run swim run), competition swim, surf award, 50% attendance and must have competed at branch level. Under 11's need to qualify for their events. Under 10's can compete up in team events only.

If the club is lucky enough to have a strong age group with more able athletes than relay positions, the Age Manager, Nipper president and Coach of that discipline will meet and select the best relay team for the club.

A \$60 commitment fee per competitor will apply. A state pack must be purchased at a cost of \$150 if your child wishes to compete at the state titles and does not meet the criteria in the below three points marked with an (*). Kids who do make the criteria will have the state titles entry fee paid for by the club. Those who don't, will also have to pay the state titles entry fee. Under 10's who compete up will be the only exemption.

State Titles pack

A state titles pack will be issued to kids who:

* **Board train** - (must sign log book) at club training a minimum of 15 times (excluding Nipper Sundays) OR

* **Pool swim minimum** twice a week with a signed letter and phone number from a pool coach.

* Must make a final at **branch level**.



Carnival Dates 2015/16

Calendar attached - see website for latest details

<http://www.slsqpointdanger.com.au/nippers-carnival>

Boards & Gear

Any use of Junior Activities gear must be arranged through the Nipper committee. This means **ALL gear** from tent pegs to rescue boards. Boards are not allowed out before training. Foam boards are for Under 9's and 10's. Fibreglass Nipper boards are for Under 11's, 12's and 13's. Under 14's use full size Malibu paddleboards. These boards are hired for the season for a cost of \$60 which is not refundable. Nippers and their parents are responsible for any damage that is not normal wear and tear. Parents can get the boards repaired or agree to pay the amount of the repair once organised by the club. The Parents must carefully assess the board assigned at the start of the season, as it will be required to be in the same condition at the end of the season, less some normal wear and tear. The Nipper shall be responsible for locking up and controlling the use of their board. If the board gets damaged it is the Hirer who is responsible. Accidents happen and it is a risk the hirer takes when hiring a board. Only damage that occurs accidentally at carnivals will be paid for by the club. If there is any confusion with these hire conditions please take the time to discuss them with the Nipper President or gear steward.

Children must have completed a pool swim and surf proficiency swim before being allowed on boards. Boards are not to be dragged on the beach. If a member is too small to carry a board, two should carry it together. Boards are not to be thrown down on the sand. When you have finished using a board, wash off all sand and put it away.

Note:

1. Members who mistreat boards will not be allowed to use them until they can demonstrate appropriate conduct and will pay for the cost of repairs.
2. Nippers are welcome to bring their own boards to training, but are not allowed to let any other Nipper use their board. The Club cannot be held responsible for any damage to private boards.

Club Championship Day & Points System

During the season, there is a points system which we feel is conducive to promoting the values of Surf Lifesaving.

The aim of the points system is as follows:

- To develop and foster Surf Lifesaving skills.
- To reward participation
- To increase the retention rate of Lifesavers as they pass from juniors through to the senior ranks.

The points system is detailed as follows:

Award	Points
Attendance	1 per Nipper Day present
Championship Day (Under 8, 9, 10, 11, 12, 13 & 14 only) Four events per age group (Swim, Board, Flags, Beach Sprint) Except 8's which the swim and board are both a wade to equal points available and 9's where the board is replaced with a wade	Points per Event 1 st Place – 6 points 2 nd Place – 5 points 3 rd Place – 4 points 4 th Place – 3 points 5 th Place – 2 points 6 th Place – 1 point
Carnival Participation	3 points for participation per carnival. Limited to 3 carnivals. For the 11-14's there are GCCT, Branch, State and Young guns as options. 8-10's need to attend Branch, Branch teams and GCCT for maximum points.
Within the points system, there is a facility for points to be deducted for unsportsmanlike behaviour. This would be applied after consultation with the Nipper's parents and the Team Manager.	1 point for attendance is awarded per Nipper Sunday from the official start of the season.

NB: If a Nipper attends on Championship day but does not compete, an attendance point only will be awarded.

2016 /17 has 2 Club Championship days planned. These days are subject to change and cancellation. Bad weather can have the championships moved to the boat harbour.

BBQ

The BBQ is the primary fund raising facility for Nippers. **Each family** is required to complete their roster to serve the BBQ. A roster will be formed at sign on. If you cannot attend your roster it is **your responsibility** to arrange for someone to take your place.

Clothing

Nipper clothing packs are issued through the generosity of our sponsors. Adequate sponsors are not available at this stage to supply these packs. The committee will not stop working hard to ensure that we can provide long sleeve club shirts and drawstring bags for all Nippers.

Nipper caps and swimwear are available for purchase from the Pool during Sign on Day and on Sundays during Nippers from the office. Please label your gear clearly and immediately.

Suitability Cards (Blue Card)

Under the new regulations, parents must have a Suitability Card (Blue Card) or they will not be permitted to participate in Nipper activities or be allowed on the beach during Nipper activities. As Nippers must be accompanied by at least one parent during Nipper activities failure to produce a blue card would mean that their child would be unable to participate in these activities. Suitability Card forms will be circulated with Nipper registration forms and must be filled out and returned with the Nipper registration forms to your Age Manager.

PHOTOGRAPHY - If you **do not wish** to have your child photographed at any stage by our designated club photographers, please let the president and the club administrators know.

Cost

In joining Nippers at TH&C, parents must become Associate Members if they are not already an Active Member. An Associate Membership does not include access to Active Members facilities such as the gym, shower and toilets. Associate Membership does, however, provide the following:

- Insurance when partaking in official Nipper activities. This is a limited insurance. Contact the Club for details.
- Access to Nipper facilities.
- Ability to participate in some Club activities such as team travel and accommodation at State Titles. Activities such as this may be subsidised by money raised during the season.
- TH&C Supporters Club membership upon filling out their membership form.

Family Fee Structure

Check office and newsletters for current prices.



Coaching

Nipper Training Days (Sunday mornings) are provided for Nippers to develop their skills in Surf Lifesaving. These sessions are not intended as fitness training days (although they will help). Nipper training for fitness and skill development is provided by Club Members (voluntary) and by various professional coaches on the Tweed. Dates and times for the various coaching opportunities will be provided on a separate newsletter throughout the season.

Please discuss the coaching/training opportunities with the Age Manager to determine the best combination for your Nipper.

Nipper Coaching Program – Boards/Iron person

This season Nipper beach, board and iron person training will again be free for all TH&C Nippers. The major objective of this season's training program for Nippers at the advanced level is to create a fun training environment that will help to improve the confidence and skill levels of all Nippers and allow them to perform to the best of their ability. Hopefully, this will allow the more advance Nippers to be confident enough to negotiate the more open beaches. This will also be aided by holding frequent training sessions at the Surf Club/Boat Harbour.

The objective for this seasons training for the beginners is to simply improve their basic surf skills to the point where they can feel confident in the surf, while enjoying themselves at the same time.

Nipper Calendar

Date	Events	Location	CC points
Saturday, 23 July 2016	U14 training commence	Greenmount	0
Sunday, 11 September 2016	Sign on	Banora Point Pool	0
Tuesday, 13 September 2016	Nipper training commence	Greenmount	0
Sunday, 18 September 2016	Unofficial Nippers / Nipper run swim runs	Greenmount	0
Sunday, 25 September 2016	U13 SRC, U15 Bronze Course	Greenmount	0
Monday, 26 September 2016	U13 SRC, U15 Bronze Course	Greenmount	0
Tuesday, 27 September 2016	U13 SRC, U15 Bronze Course	Greenmount	0
Wednesday, 28 September 2016	U13 SRC, U15 Bronze Course	Greenmount	0
Thursday, 29 September 2016	U13 SRC, U15 Bronze Course	Greenmount	0
Friday, 30 September 2016	U13 SRC, U15 Bronze Course	Greenmount	0
Saturday, 1 October 2016	Queensland Endurance Championships	Mermaid Beach	0
Sunday, 2 October 2016	Unofficial Nippers	Greenmount	0
Saturday, 8 October 2016	GCCT U11 - 15	North Burleigh	3
Sunday, 9 October 2016	GCCT U11 - 15	North Burleigh	
Sunday, 9 October 2016	Official Nippers	Greenmount	1
Sunday, 16 October 2016	Official Nippers	Greenmount	1
Saturday, 22 October 2016	TH&C Nippers Parents Social	TH&C Club House	0
Sunday, 23 October 2016	Official Nippers / Club Championships	Greenmount	1 + pts
Saturday, 29 October 2016	Door knock appeal	S.E Queensland	3

Nipper Calendar (continued)

Date	Events	Location	CC points
Sunday, 30 October 2016	Official Nippers	Greenmount	1
Sunday, 30 October 2016	Fastest man on sand	Kurrawa	1
Sunday, 30 October 2016	PDB U8 - 10 Teams Carnival	Pacific	3
Sunday, 6 November 2016	Official Nippers	Greenmount	1
Friday, 11 November 2016	TH&C Nippers 50 years' lunch (if club renovations complete)	TH&C Club House	0
Sunday, 13 November 2016	Official Nippers	Greenmount	1
Sunday, 13 November 2016	Official 50-year celebration	Greenmount	
Sunday, 20 November 2016	Official Nippers	Greenmount	1
Sunday, 27 November 2016	Official Nippers	Greenmount	1
Sunday, 27 November 2016	Young Guns Individuals U11-15	Kurrawa	3
Saturday, 3 December 2016	Little Squirts U8 - 10	North Burleigh	3
Saturday, 3 December 2016	Fastest man on sand	Coolangatta	1
Sunday, 4 December 2016	Official Nippers	Greenmount	1
Sunday, 11 December 2016	Official Nippers / Christmas Break up	Greenmount	1
Saturday, 17 December 2016	PDB Board Riding Championship	Palm Beach	0
Sunday, 18 December 2016	PDB Board Riding Championship	Palm Beach	
Sunday, 18 December 2016	Unofficial Nippers	Greenmount	0
Sunday, 25 December 2016	Break	Greenmount	0
Sunday, 1 January 2017	Break	Greenmount	0
Sunday, 8 January 2017	Break	Greenmount	0
Friday, 13 January 2017	Queensland Board Riding Championships	Greenmount	0
Saturday, 14 January 2017	Queensland Board Riding Championships	Greenmount	0
Sunday, 15 January 2017	Queensland Board Riding Championships	Greenmount	0
Sunday, 15 January 2017	Unofficial Nippers	Greenmount	0
Sunday, 22 January 2017	Unofficial Nippers / Branch Practice	Greenmount	0
Saturday, 28 January 2017	PDB U11 - 14 Branch Championship	North Kirra	3
Sunday, 29 January 2017	PDB U11 - 14 Branch Championship	North Kirra	
Sunday, 29 January 2017	Official Nippers / U6 - 10 Club Champs	Greenmount	1 + pts
Saturday, 4 February 2017	Young guns teams U11-15	Miami	3
Sunday, 5 February 2017	Official Nippers / U11 - 14 Club Champs	Greenmount	1 + pts
Sunday, 5 February 2017	PDB U8-10 Carnival	Bilinga	3
Saturday, 11 February 2017	PDB Senior Championships	Coolangatta	0
Sunday, 12 February 2017	Official Nippers / Break up (Alternate Club Champs Date)	Greenmount	1
Sunday, 12 February 2017	200 club Raffle	TH&C Club House	0
Friday, 17 February 2017	Queensland Youth Championship	Hervey Bay	3 all others 1 pt
Saturday, 18 February 2017	Queensland Youth Championship	Hervey Bay	
Sunday, 19 February 2017	Queensland Youth Championship	Hervey Bay	
Sunday, 26 February 2017	Nipper Gear Return	Greenmount	0
Sunday, 5 March 2017	Nipper Presentation	TH&C Club House	0

Celebrating 1966 -2016

50 *Years*
TH & C nippers



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