

# Nippers Season 2023 – 2024



## Overview

Welcome to the 2024 Nippers season. This update is to give everyone an overview of the season ahead. Thanks for being part of it, without the crew none of this would happen.

In the 2023-24 season we will continue to build on the successes of the past few years. We need to continue to support the development of the nippers over the season by creating a fun and supportive environment for everyone to enjoy.

North Avoca nippers is a good way to learn how to be safe at the beach, meet new friends, have fun and grow and develop possibly lifechanging skills. Surf Lifesaving offers many different pathways for growth, development and leadership.

## Membership

If you are looking to renew your membership or register your child in nippers for the upcoming season, it is a very simple process. Go to North Avoca SLSC website and scroll down and choose which membership you are renewing. This will take you to the members portal. Link below.

. <https://northavoca.com.au/member-services/>

If you have any issues you can contact the office.

email: [office@naslsc.com.au](mailto:office@naslsc.com.au)

Office opening hours: 10am-2pm Monday, Tuesdays, and Wednesday

## 2023-2024 Calendar

The link to the SLSCC calendar is below. This is a live document and will show you all the events SLSCC (branch) have organised. Including all carnivals, development days and social events.

<https://slscc.com.au/gwswp/2023-24-slscc-calendar/>



## **Junior Club Captains**

Junior club captains have been appointed for the season after a formal selection process.

Congratulations to this years Junior Club Captains.

Female Junior Club Captain – Remy Avis

Male Junior Club Captain – Harrison Evans

Assistant Junior Club Captain – Amy Woods

Junior club captains will have responsibility to represent NASLSC at events and presentations. Where one of the Junior Club Captains are not present the Assistant Junior Club Captain will step in.

Throughout the year they will be involved in nipper's activities to assist and develop the younger age groups coming through. Their role is also to communicate to the, "older folk" on the committee in their eyes, what works best for nippers.

## **Application process for Junior Club Captains**

Expression of interest for junior club captains will be sought through to December.

There will be two Junior club captains. Assistant Junior Captains may also be appointed. There will be an application and interview process in late January early February.

Applications will be accepted by email only and the closing date will be 14/1/24. The Junior Club Captains will be announced at presentation.

We would like as many as possible to apply that are eligible. The idea of the application and interview process is to gain real life experience in this area for future job applications. Coaching and feed back is provided to assist in any future interviews and job applications.

There will be an application questionnaire provided to applicants one week prior to interviews. All U13 and U14 rookies are eligible to apply.

Junior Club Captains can only serve one year. Vice or assistant Junior Club Captains can re-apply if within the age groups.

Please submit expressions of interest to:

[nippers@naslsc.com.au](mailto:nippers@naslsc.com.au)



### **Duties of the Junior Club Captains**

- Attend the raising of the flags
- Active participation in surf life saving
- Attend SLSC and NASLSC youth development days
- Assist at proficiency swims
- Be a role model for junior nippers
- Be available for Sunday nipper morning announcements
- Be available for Carnival presentations at the club.
- Support and represent nippers at carnivals
- Be at end of year presentation.
- Participate and provide feedback/ideas for the Junior activities committee.

### **Rookies:**

Rookies program is an introduction to being a lifesaver. All U13 and U14's are Rookies.

Rookies are integrated on a patrol and patrol under a roster. This is both a fun and educational experience where the rookies learn how to save lives both practically in the water and theoretically. They will learn rescue techniques, practice scenarios, learn first aid. This may also be put to the test in a real life situation under supervision from the patrol.

### **Carnivals and training.**

- **Carnivals:** Carnivals are events organised by Surf Lifesaving Central Coast (Branch). These carnivals will have different formats but the idea is that all Central Coast clubs enter and compete in Surf Lifesaving events against each other. These carnivals are from U8-U14 nippers. There will be 4 Carnivals for U8-U14 this season plus State and 5 for U12 – U14.  
There will also be iron events which is more suited to advanced nippers, if unsure ask the coaches if they think your nipper is suitable.
- The age managers will ask if you will be attending the carnivals and you must confirm 2 weeks prior to the event.
- The nippers use a wristband during carnivals for entry and results. Results are available on the Liveheats website /app.
- After the Carnivals we come back to the club for presentation. This is normally goes for about 1 hour and the bar will be open.



### **State Championships Carnival:**

NSW State Age Championships will be at Queenscliff & North Steyne SLSC on Wednesday 7th - Sunday 10th March 2024.

To enter the State Championships, you must talk to your age manager prior to booking accommodation and entry to see if your nipper is eligible.

We will have a State representative uniform this year that will be ordered when State entries are called. This is subsidised by the club.

NASLSC will be based at the NRMA Lakeside caravan park click the link to book.

[https://www.nrmaparksandresorts.com.au/sydney-lakeside/?gclid=CjwKCAjwpJWoBhA8EiwAHZFzfuNlrC7c93CuR7rYF9XHK-eC5ognfU0jMKzKRGt7pqj\\_wnYdgEfyDRoCXpoQAvD\\_BwE&gclsrc=aw.ds](https://www.nrmaparksandresorts.com.au/sydney-lakeside/?gclid=CjwKCAjwpJWoBhA8EiwAHZFzfuNlrC7c93CuR7rYF9XHK-eC5ognfU0jMKzKRGt7pqj_wnYdgEfyDRoCXpoQAvD_BwE&gclsrc=aw.ds)

### **Carnival and training levy:**

North Avoca SLSC offer a one off payment for all the carnivals and costs involved with training. North Avoca do not make profit on this levy.

The fee for the three interclub carnivals and one Branch Carnival for the U9-U14 is \$90 and U8's is \$70. This is payable at the start of the season. There is also an extra carnival this year for the U12 and up that would be an extra \$20 if you wanted to attend, see your age manager.

We encourage all nippers to enter carnivals. North Avoca have a unique team selection policy where we do not select performance teams at the interclub level. We encourage nippers to enter events and enjoy the team building atmosphere and have fun.

Team selection policy link: <https://northavoca.com.au/wp-content/uploads/2023/09/Carnival-Team-Selection-Policy.pdf>



### **Training:**

- We encourage all nippers to come to training. Training is both a great way to be introduced into gentle surf and also to push their limits. Our coaches are very involved with the development of the nippers and adjust their training to suit. The skill development and overcoming anxieties normally happens here.
- North Avoca nippers will be training on Tuesdays and Thursdays meeting at The Haven at 4:15 for a 4:30 start. This is for U9-U14 age groups that have boards. Training will consist of both board and swim training. All of our age groups have qualified SLS coaches.
- Training may be changed to North Avoca beach if conditions permit. This will be communicated by your age managers communication group and nippers facebook.
- This will happen more often into the new year as the nippers prepare for the major carnivals.
- There will also be a performance training for both beach and water 8am on nipper Sunday mornings. See your age manager and ask if your child is suitable for this training.

### **Must** for training:

- Pink rash vest (*no vest, no train*)
- Arrive 15 mins. prior to start time. Start time indicates, time in water
- Mark off name BEFORE and AFTER the child leaves the water
- Goggles are helpful and a swim cap may also assist when swimming
- Wetsuits are helpful if available for early season until the water warms up a little
- Water for drinking and sunscreen
- Good attitude
- Parents assistance is always welcome
- Bronze or SRC qualified parents needed. Under SLS risk assessment a ratio of water safety is required. If we do not meet this ratio we cannot conduct training.

### Training Caps:

We have a training cap system to assist the coaches recognise nippers abilities so they can offer assistance, support and care for your nipper. The cap colours are reviewed constantly and can be changed by both coach and JAC.

See below:

### NIPPER WATER TRAINING

Nippers are required to complete the competition proficiency open water swim to be eligible to participate in training and training activities. Nippers will be graded in the following groups based on their skill level. Any nipper that does not listen to coach's instructions will NOT advance.

#### **PINK CAPS: Starting out**

**Board:** learning basic board handling/paddling skills.

**Swim:** Can swim 150 m any stroke and pass the minimum proficiency swim requirement.

Consistently follows coaches directions and instructions.

#### **RED CAPS: Learning the ropes**

**Board:** Can paddle out around a set 300m course in 1-2ft surf conditions. Can demonstrate the ability to paddle out and back through the impact wave zone. Learning skills like rolling board, catching waves and board recovery.

**Swim:** Can swim a 150m ocean swim confidently in 1-2ft surf conditions around a set course using the correct technique. Learning techniques to dive under and catch waves. Consistently follows coaches directions and instructions.

#### **Blue CAPS: Getting good**

**Board:** Can paddle out around a set 300m course in 2-3ft surf conditions. Can demonstrate the ability to paddle out and back through the impact wave zone. Can demonstrate intermediate skills in rolling board, catching waves and is confident when losing board.

**Swim:** Can swim a 300m ocean swim confidently in 2-3ft surf conditions around a set course using the correct technique. Can demonstrate the correct technique to dive under and catch waves. Consistently follows coaches directions and instructions.

Can perform race distance iron event

**GREEN CAPS: I got this.**

**Board:** Can paddle out around a set 300m course in 2-4ft surf conditions. Can demonstrate the ability to paddle out and back through the impact wave zone confidently in varying conditions. Can demonstrate advanced skills in rolling board and catching waves.

**Swim:** Can swim 400m in confidently using correct technique in 3-4ft surf conditions. Demonstrating correct technique going in and out of the impact zone. Learning advanced competition skills.

Can perform an iron event confidently over race distance demonstrating correct technique.

**Nippers Sundays**

We will be running the same schedule as last year.

U6-U7: Meet 8:45 am for 9am start

U8-U14 Meet 9:15 for a 9:30

In the event of poor weather, the call to proceed will be done by 8am. Nippers may proceed in wet weather if surf conditions allow and the beach is considered safe. This will be communicated through your age manager and Facebook.

The Sundays carnivals are on there will be no nippers at North Avoca accept the U6 and U7's.

Nippers must bring their cap and their "Pinkie". A Pinkie is a requirement for all Surf Lifesaving events including nipper Sundays, training and carnivals. Any Pinkie is OK for nipper Sundays but only the below can be worn at the carnivals. These are available at the uniform shop. You will not be allowed to participate if you do not have one.

**Current - Junior  
Competition  
Safety Vest** →





## **Parent Involvement – Nipper Sundays**

To help run nippers we rely heavily on parent volunteers to assist with all aspects of the activity.

On a normal Sunday we will need:

- Water Safety - Must be SRC or Bronze Medallion current
- Beach helpers to assist with running beach activities
- BBQ helpers. There is a roster for age groups to rotate
- General help with your age groups. Get involved see your age manager. The younger age groups need a lot of assistance.
- Set-up and pack down help

### **Age Manager:**

Age managers play the lead role in the journey of nippers from U6's through to U14's.

Managers are required to manage all facets of their age group on the beach in conjunction with Age Manager Assistants. Usually, an Age Manager will commence in the U6's and stay with this group until they reach the U14's. Often their own child may be a participant in the age group they are managing.

There is an online theory course for NSW Age Managers which is available via Members Area eLearning and can also be offered face to face. The Age Manager course consists of three modules, following which a practical session on the beach will need to be completed to be signed off for the Age Manager Award. This will be organised by the club and involves putting your new skills into practice.

A prerequisite for the course is the Child Safe Awareness online course. This will take 20-45 minutes to complete.

All age managers will need to be proficient with both the online age managers course and the child safe awareness course prior to the commencement of the season. Those that have completed this previously will have to do a short update online.

Age managers will be required to wear a blue age managers shirt. This will be provided by the club.

Please refer to the SLSNSW Age Manager Process and Resources Factsheet.





## Child Safety

Age managers, coaches, parent helpers that provide high level of support and members of the nippers committee will need a valid and current working with children check. Some will have these checks for work or other club sports. For those that don't they are free for volunteers <https://ocg.nsw.gov.au/working-children-check>

Please send your WWCC to [nippers@naslsc.com.au](mailto:nippers@naslsc.com.au)

North Avoca have an appointed child protection officer: Evelyn Dwyer

You can email Evelyn: [childsafecoordinator@naslsc.com.au](mailto:childsafecoordinator@naslsc.com.au) if you have any concerns

## Parent Volunteers - Carnivals

We do require assistance and parents to volunteer to assist on carnival days. It's a fun way to get involved with the club and meet other parents.

All Clubs have to provide officials and water safety as a ratio to nippers entered. We can not compete without your assistance. The more volunteers that do this the more it can be rotated.

**Officials:** This is a short online course that will take about 1 hour. You will also learn all the rules about carnivals and can request to be assigned a position in your nippers area. See your age manager how to do this.

**Water Safety:** These must be qualified Bronze medallion holders or SRC holders. North Avoca will be running Bronze courses. This is a great way to get involved not just to support your nipper but with the community. As a bronze holder you can be a lifesaver and join a patrol on our beach. These are fun days that often involve the whole family.

## Board Hire:

North Avoca offer a board hire program. We want the nipper to learn to use the board and the concept is we want your nipper to attend training and carnivals to

**BOARD HIRE FEES – *Our board hire fees are non-refundable***

**U14** Fibreglass Mal Racing Board – \$130

**U11 – U13** Fibreglass Board – \$110

**U9 – U10** Foamie – \$55

You must use the board cover for the Fiberglass boards if one is supplied.  
Families with 3 children receive 50% off third board.



Please note all funds are used for NASLSC board maintenance and purchase of new equipment.

### **TERMS AND CONDITIONS OF HIRE**

Hire boards will be allocated to the U9 – U14 age groups by the surf club and preference will be given to those Nippers that attend regular training sessions and compete at carnivals.

#### **Conditions for nippers who hire a board are:**

- Attend at least 1 board training session per week in nipper season.
- Compete at 3 carnivals during the season
- Compete at Branch carnival.
- Bring the board to all training sessions and nipper sessions
- You must attend Sunday Nippers with board.

#### **Conditions for parents are:**

- To provide water safety or officiate at a minimum of 3 carnivals during the season (in 2021/22 if you do not have your bronze medallion by end Nov 2023, you will need to complete an official's course) Lead age managers are exempt from this.
- Educate nipper on the board care (see below)

#### **Board care expectations of the nipper and parent are:**

- Hired Boards are to be stored and transported inside a suitable board cover if provided.
- The hired board is to be maintained in good condition. It is to be washed after every use with fresh water, including the handles
- Hire boards should be carried and not dragged on the beach. Boards should not be thrown onto the sand. Boards should not be placed fin down on hard surfaces
- Hire boards should not be left lying in the sun for extended periods of time (to avoid bubbling of the board)
- The club must be notified of any damage to the board.
- Damaged hire boards must be repaired immediately using a club approved repairer.
- The hirer is responsible for all repairs.
- Cam lock style roof straps are to be used for strapping board to roof no ratchet straps. These will crush the edges of the board.



### **Boards are to be returned at the end of the season**

- Boards are to be returned at end of season (approx. 15th Mar 2024). We may re-allocate boards mid season (eg. around November, as nipper commitment, size and ability changes during the season!)
- If the board is not returned at the end of the season. (March 30 2024) there will be an additional fee of \$50 and there will be no board allocation in the following season.

*Boards will be recalled from the nipper and re-distributed to other nippers should the nipper not comply with the above conditions.*

### **Club Championships**

North Avoca have only one round of the Club Championship. This will be later in the season and will have some back up dates. There is also the possibility it could move to another beach to run it. This is like a mini carnival just for North Avoca Nippers. The nippers will need to go in all the events and gets allocated points for the position they come the nipper with the most points in their age group will be announced age champion. The trophies and other awards will be presented at the annual presentation. Date TBA.