

Hi U11 parents,

Please find the following information for the upcoming nipper season. We understand there is quite a bit of information, but please take the time to read so you are aware of what is happening in the 2017/18 season.

To all the new members, welcome to BMD Northcliffe!! Hopefully this email helps you settle into "clubby life" as easily as possible. To all our returning members, welcome back and I hope you had a great winter

The majority of our information is provided to you via an emailed newsletter such as the one attached with this email. The newsletters will continue weekly providing upcoming event information.

My name is Tiarne and I'm the Junior Activities Co-Ordinator. If you have any questions, I'm the person to contact. I'm generally at the club most weekdays between 9am-3pm plus at Sunday nippers.

For U11s, our Junior Activities Program mainly involves the Sunday Nipper Days. There is also the School Holiday Program and extra mid-week training sessions they can attend.

### **Sunday Nippers - First Day this Sunday, 17th Sept**

**8.15am** - club debrief, beachside of the club - information on events that day and upcoming events

**8.30am** - line up behind Age Flag on beach for roll call, complete with age cap

**8.30am** - nippers will start activities - some may be split into groups and rotate through different activities depending on group size

**10-10.30am** - nippers will need to sign off the roll, and pack down the area if needed.

We understand families are busy and may not be able to attend some Sundays. That is fine, but we do recommend participating as much as possible to gain the most out of the Junior Activities Program.

### **A few simple rules to be aware of at nippers**

\* Nipper Age Caps (star caps) and high visibility rash shirts (hot pink) are required to be worn at roll call, and during activities. Caps need to be removed at the end of nippers.

\* Children must stay with their Age group at all times, unless coaches take over for a specific activity.

\* All U11s nippers must have a parent/guardian on the beach or surrounds. Your child remains your responsibility.

Medication, trips to the toilet and the individual general welfare of each child on Northcliffe beach is the responsibility of the parent / guardian.

\* If children must leave their group, toilet etc, the Age Manager must be told prior to them leaving and they must leave with an adult.

\* No child is to enter the water unless authorised by the Age Manager.

\* No club equipment to be used before or after nippers (body boards, hoops etc)

### **In the case of an Emergency**

*As part of our Water Safety Guidelines, the club has an emergency contingency plan in place if an incident occurs. If there has been an incident in the water, an air horn will be sounded. This is the signal for all children to return from the water and line up behind their Age flag on the beach. We ask that all parents stay clear of the area as the roll call is conducted, after which the Age Manager will advise when your child can be collected. All water safety will report to the area where the alarm was raised.*

### **Beach Evaluation** - 50m run, 100m swim, 50m run

At the first few weeks of our Sunday program, nippers will participate in their beach evaluation.

For the U11s, this involves a constant effort of 50 run, 100m open water swim (continuous freestyle swimming), 50m run. Once they have completed this they are allowed to participate in all beach and water activities. If they cannot complete this, they will be restricted to knee-depth activities at the discretion of the Age Manager until they complete the evaluation.

In these age groups, nippers gain knowledge about the ocean and beach safety whilst gaining surf skills and practising the events available to U11 members. I have attached a summary of skills that the nippers will be instructed on to gain their Age Award.

U11s events are as follows - beach sprint, beach relays, beach flags, ironman, surf swim, surf teams, board race, board relay, board rescue, cameron relay (board, run, swim, run), 1km beach run.

Nippers also participate in activities such as wave catching, body surfing, bull rush etc as well as coming together as a group for more formal theory education.

In the U11s, the nippers start to negotiate the breaking waves with the aim of heading beyond the surf break. Nippers are encouraged to test their skills and abilities with the main aim to increase their confidence in the ocean.

**Your U11 Age Managers** –Richard Turnbull & Bec Armour- please feel free to introduce yourself to them – they will be identified by orange long sleeve shirts.

As you may note, to run these events requires parent participation which also means sometimes getting a little wet. We notice that the children really respond well when their parent is involved. If you wish to be involved in either Water Safety, officialing, or helping out at Nipper days, please approach your Age Manager.

All courses are included in your Junior Associate (JA) Membership.

Being a JA also gives you membership to our Supporters club which entitles you a 10% discount on all bistro and bar purchases and enters you into 2 weekly membership draws.

*Please pick your membership card up at reception.*

### **Last minute cancellations or changes?**

Unfortunately some nipper days may need to be cancelled due to cyclonic conditions and beach erosion. If this occurs again this season and nipper days or training sessions are needed to be cancelled, a text will be sent by our Surfguard system. We try to make an early decision so those travelling from Brisbane haven't started their journey. You will not be able to reply to this number and will include the tag NCLIFFE NO REPLY

### **Competition**

In the U11s, nippers can test their abilities against their own club mates and also against other clubs.

**Club Champs** - The club holds 3 Championship days where nippers compete against each other (separate genders) in beach sprint, beach flags and wade. The best 2 Championship days totals are tallied to establish the Age Champion, 2nd and 3rd place which are given out at the presentation day (last day of nippers) along with several other awards and certificates.

**Carnivals** - Throughout the season, there are several carnivals that the U11s can compete at as below. Nippers must complete their Competition evaluation which involves competently swimming a 288m ocean swim course. Details and the link to enter is advised via the newsletter – all competitors must have paid their competition levy to enter.

### **High Visibility Singlet**

To participate at any nipper activity, all members must wear a hot pink high visibility rash shirt or singlet. These can be purchased from the club or you can wear your own. Apparel can be purchased from the club from 7.30am.

### **Kiosk**

There is a kiosk open from 7.30am Sundays, selling coffee, cold drinks, BBQ items (eg bacon and egg rolls), lollies, icecreams etc.

### **Dates to be aware of**

First nipper day - Sunday 17th Sept 2017

Fun day for U11-14s – Sunday 3<sup>rd</sup> Dec 2017

Xmas breakup - Sunday 10th Dec 2017

Nippers Resume - Sunday 7th Jan 2018

Nipper Breakup – Sunday 25th Feb 2018

If you have any further questions regarding nippers, please do not hesitate to contact me.

Please see the next page for more Sunday nipper day information.

Who to know?



**Tiarne Smith**  
Junior Activities Co-ordinator /  
Junior Coach  
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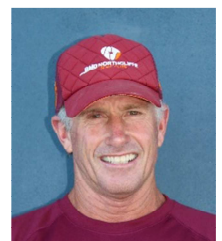
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**Lee Vrolyks**  
Office Manager  
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**Chris Redler**  
Head Junior Coach  
(up to U13s)



**Gavin Hill**  
Development Coach  
(U14-U17s)

TIME	Activity	Comments
7.30-11am	Kiosk open	Selling hot and cold drinks, BBQ items, icecreams, lollies etc
8.15am	Nipper Debrief	Meet beachside of club ready for debrief.
8.30am	Lineup for Roll Call	Line up behind your Age flag, near the main walkway, on the beach. Ready to go with compulsory age cap and high visibility rash shirt on. Towel, water and goggles can be placed in the age group bin.  <p>Compulsory high vis rashie &amp; age cap</p>
8.30-8.35am	Roll Call	Age Managers will call a roll and mark off an attendance sheet.
8.35-8.45am	Warm up jog and stretch	
	U11s Beach proficiency	<b>50m run, 100m open water swim, 50m run</b> This is performed in the first few weeks of nippers or when required. If members can't complete this competency, they will be restricted to inshore activities until they are confident to do so.
8.45-10.30am	Beach, surf & educational activities	Activities will vary between age groups and will depend on the surf conditions on the day.
	Activities expected for U11s	As U11's they have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help and Ecosurf gets into energy conservation. There is a strong focus on recognising 'at risk' people and recognizing and managing patients suffering from a range of basic first aid cases. As a 10 year old participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. There is also a strong section on communication both interpersonal and through beach signage. There is a significant percentage of surf sports skills which focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts and ironman/ironwoman & cameron relay transitions. <ul style="list-style-type: none"> <li>• <b>KEY OBJECTIVES</b> - skill development, enjoyment, fun, group interaction, self confidence</li> <li>• Begin to concentrate on a specific area (beach/water) but still train at both</li> <li>• Catch broken waves while swimming, swimming with head down, swim to back break</li> <li>• Board starts with skim, sit/pop, eskimo roll, catching unbroken wave, correct board position, making quick decisions</li> <li>• Work on skills, tactics &amp; have reasonable knowledge of rules in events</li> <li>• Begin moderate endurance training to help with Iron &amp; extra events avail</li> <li>• Increase confidence in surf and surf awareness</li> <li>• Promote good training ethics and desire to train to improve</li> </ul>
	Safety Measures to be undertaken to ensure child's safety at all times	Children must stay with their Age Manager at all times unless coaches take over for a specific activity. All children must have a parent/guardian on the beach / surrounds. Medication, trips to the toilet and the individual general welfare of each child on Northcliffe beach is the responsibility of the parent or guardian. If children must leave their group, the Age Manager must be told prior to them leaving. No child is to enter the water unless authorised by the Age Manager
10-10.30am	Roll Call	Mark off name with an Age Manager before leaving beach. If you are leaving early, please ensure you have marked off.
Encouraged activities beyond Sunday	Looking to compete?	<b>U11s</b> 4-6 sessions / week Eg 2 x swim sessions, 1 x board session, 1 x iron session