

Hi U14 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 2018/19 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 U14s, our Junior Activities Program can involve the Sunday Nipper Days, but can also incorporate the School Holiday Program, extra mid-week training sessions and when you have completed your Surf Rescue Certificate, you can be placed on a patrol and also help as water safety at our nipper days.

Sunday Nippers - First Day this Sunday, 23rd 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. Some may be directed to help with other age groups as water safety.

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 U14s 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. Your Age Manager will advise when it is ok for your child to leave.

Beach Evaluation - 100m run, 100m swim, 100m run

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

For the U14s, this involves a constant effort of 100 run, 100m open water swim (continuous freestyle swimming), 100m 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.

U14s 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), 2km run

Nippers also participate in fun 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 U14s, 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.

Surf Rescue Certificate (SRC)

As a nipper turns 13, they are eligible to gain their SRC. This award is a requirement for the U14 age group and is normally a three day long course involving the following learning outcomes:

Safety and well being, surf awareness and skills, the human body, resuscitation, first aid, communications, rescue techniques and patrols.

We have the following courses available in the school holidays. Please advise if you are available to attend Monday, 1st – Tuesday 2nd Oct 2018, 8am – 4pm or Monday 7th – 8th Jan 2019, 8am - 4pm

Your U14 Age Managers – David Lunardelli & Chris Hawley- please feel free to introduce yourself – they will be identified by orange long sleeve shirts.

Parent Involvement

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, officiating, 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 U14s, 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 U14s can compete at as below. They must have completed their Competition evaluation which involves competently swimming a 288m ocean swim course. To compete at Branch they must complete their Surf Rescue Certificate which means they can start on patrols or help with water safety. 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 (excluding pool), 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's a kiosk open from 7.30am, selling coffee, cold drinks, BBQ items (eg bacon & egg rolls), lollies, icecreams etc.

Dates to be aware of

First nipper day - Sunday 23rd Sept 2018

Xmas breakup - Sunday 16th Dec 2018

Nippers Resume - Sunday 13th Jan 2019

Nipper Breakup - Sunday 3rd Mar 2019

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

Who to know?



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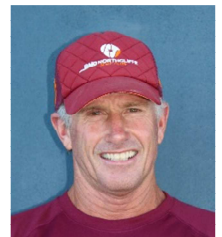
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