

Hi U6 & U7 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.

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 U6s & U7s, our Junior Activities Program involves the Sunday Nipper Days as below.

Sunday Nippers - First Day of nippers 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, with age cap and high visibility rash shirt (hot pink)

8.30-10am - nippers will be split into groups and rotate through activities (approx 15-20min per activity)

10am - nippers will need to sign off the roll and pack down 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 (fluoro green) and high visibility rash shirts (hot pink) are compulsory. They are to be worn at roll call, and during activities. Caps need to be removed at the end of nippers once you have been marked off the roll by your Age Manager.

* Children must stay with their Age group at all times

*** All U6 & U7s must have a parent/guardian stay with group at all times.** 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 or guardian.

* If children must leave their group, toilet etc, the Age Manager must be told prior to them leaving and they must leave with their parent/guardian.

* 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.

Activities

In these age groups, nippers is about having fun, learning about the ocean and gaining basic surf skills like learning to dive under waves. I have attached a summary of skills that the nippers will be instructed on. U6 & U7s do not attend carnivals or participate in Championship Days as this is a non-competitive age group.

Activities can range from life saving orientated events such beach relays, beach flags, wades, dolphin diving, body boards, body surfing, to more fun related activities such as sponge bobs (filling up buckets with of water using sponges), water ducks, dodge ball, bullrush, obstacle races etc. We even have sand castle

competitions and a tug-o-war rope for the hotly contested parents vs nippers event.

The children generally do not go past knee-waist depth but as the season goes on and their confidence develops, we try to encourage them to go out further where they feel comfortable.

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. One parent must be with the group at all times during the activities. 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 last season, some nipper days had 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

High Visibility Singlet

To participate at any nipper activity (excluding pool), all members must wear a hot pink high visibility rash shirt or singlet and club cap or hi-vis cap. 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 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?



Tiarne Smith

Junior Activities Co-ordinator /
Junior Coach

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Emma Rynne

Junior Beach Coach



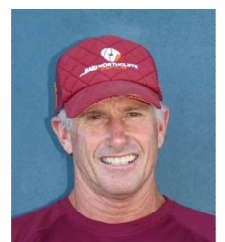
Lee Vrolyks

Office Manager
info@northcliffesurfclub.com.au




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	<p>Line up behind your Age flag, near the main walkway, on the beach.</p> <p>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>  <p>Compulsory high vis rashie & 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	
	U6 & U7s Beach proficiency	There is no beach proficiency for U6s & U7s
8.45-10.00am	Beach, surf & educational activities	Activities will vary between age groups and will depend on the surf conditions on the day.
	Activities expected for U6 & U7s	<p>These age groups are designed as an educational program that gives nippers a non-competitive understanding of Surf Life Saving through fun and games along with instructions on surf safety and surf awareness.</p> <ul style="list-style-type: none"> • KEY OBJECTIVES - Enjoyment, fun, group interaction, participation • Equal attention to water and beach events • Beach activities to emphasise games and group participation • Water activities are limited to shallow water near the water's edge (wading, learning to dive over / under whitewash, body board etc) • No competition other than that involved in fun games • Learn beach awareness (Slip, Slop, Slap, Slurp, Wrap) & surf safety • Learn event rules by the time they are in U8s (Sprint, flags, wade)
	Safety Measures to be undertaken to ensure child's safety at all times	<p>Children must stay with their Age Manager at all times</p> <p>U6 & U7s must have a parent/guardian remain with Age group at all times. Medication, trips to the toilet and the individual general welfare of each child on Northcliffe beach is the responsibility of the parent or guardian.</p> <p>If children must leave their group, the Age Manager must be told prior to them leaving.</p> <p>No child is to enter the water unless authorised by the Age Manager.</p>
10am	Roll Call	Mark off name with an Age Manager before leaving beach. If you are leaving early, please ensure you have marked off. Remove Age cap.
Encouraged activities beyond Sunday		<p>Encouraged activities outside Sunday nippers</p> <p>U6 & U7 1 - 2 sessions / week (learn to swim squad)</p>