

Hi U8 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 U8s, our Junior Activities Program mainly involves the Sunday Nipper Days.

### **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 (red) and high visibility rash shirts (hot pink) are compulsory. They are to be worn at roll call and during activities and caps are to be removed at the end of nippers after you have been marked off the roll by your Age Manager.

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

\* All U8s 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 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 a 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.*

### **Beach Evaluation** - 25m run, 25m wade, 25m run

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

For the U8s, this involves a constant effort of 25 run, 25m wade (running and dolphin diving in knee-waist high water), 25m run. Once they have completed this they are allowed to participate in all water activities and compete at carnivals if they wish.

\*If an U8 member wishes to participate in our School Holiday Program or mid-week training, they will need to complete the U9 beach evaluation which involves a 50m run, 50m open water swim, 50m run.

In this age group, nippers is about having fun, gaining surf skills and knowledge and practising the events available to U8 members. I have attached a summary of skills that the nippers will be instructed on to gain their Age Award.

U8s events are as follows - beach sprint, beach relays, beach flags, wades and wade relays but also the nippers participate in fun games and activities such as wave catching, body boarding, dodge ball etc.

The children generally do not go past 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.

**Your U8 Age Managers** – We will have four Managers rotating each week – Paul Wotherspoon, Glenn MacDonald, Lauren Dean & Scott Gray - please feel free to introduce yourself to them.

### 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, 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 unsafe 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 NO REPLY VIA SURFGUARD.

### Competition

In the U8s, 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 U8s can compete at. To enter these carnivals, an online registration form will be sent out with the weekly newsletter approximately 3 weeks prior. Nippers must complete a run-wade-run to enter a carnival. 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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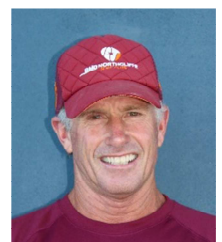
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**Lee Vrolyks**  
Office Manager  
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**Chris Redler**  
Head Junior Coach  
(up to U13s)



**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	<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.</p> <p>Towel, water and goggles can be placed in the age group bin.</p>  <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	
	U8s Beach proficiency	<p><b>25m run, 25m wade, 25m run</b></p> <p>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.</p>
8.45-10.30am	Beach, surf & educational activities	<p>Activities will vary between age groups and will depend on the surf conditions on the day.</p>
	Activities expected for U8s	<p>The focus is on understanding, identifying and demonstrating sunsmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. They learn to recognize whether they are, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on; bodyboarding, wading, dolphin-diving, beach sprint starts and beach flags starts.</p> <p><b>KEY OBJECTIVES</b> - skill development, enjoyment, fun, group interaction, participation</p> <ul style="list-style-type: none"> <li>• Equal attention to water &amp; beach events</li> <li>• Develop basic skills in events &amp; have basic knowledge of rules</li> <li>• Improve confidence in surf</li> <li>• Ability to train in a group situation and develop "road rules" of squad training</li> <li>• Understanding training terminology</li> <li>• Has completed beach evaluation</li> <li>• Wading, duckdiving, diving under waves, swim to behind shorebreak</li> <li>• Boogie board paddling, catching broken waves, correct position on board, able to change direction</li> <li>• Understand rules, demonstrate sprint, flags, wade and relay</li> </ul>
	Safety Measures to be undertaken to ensure child's safety at all times	<p>Children must stay with their Age Manager at all times unless coaches take over for a specific activity.</p> <p>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.</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>
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	Increase your abilities	<b>U8</b> Start at 2 sessions / week & increase if needed (learn to swim squad)