



Long Reef Surf Life Saving Club Inc

INC.# Y07311-44

ABN 78 012 537 376

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Nippers Information Guide 2008 - 2009

Welcome to Long Reef Surf Life Saving Club!

Long Reef is a family club with the aim to provide opportunities for juniors 5 – 13 years of age to participate in and enjoy lifesaving and competition in an aquatic environment. We offer a wide variety of activities suited to the skill and maturation levels of all juniors.

We are continually working to make Long Reef Nippers a program where all children feel proud to be a member, where they learn individual and team skills on the beach and in the surf and above all where they have a great time each weekend. All children are encouraged to perform within their capacity and no attempt is made to pressure them.

As a voluntary organization we need help from you, the parents and guardians, to be able to make this happen. Each year we require qualified Age Managers and Age Manager Assistants, Water Safety Officers (must have BM and be proficient), Carnival Officials, Trainers, Coaches and help with setup/packup, BBQs and social activities. Please indicate on the Parent Helper Form where you can help and submit with your application for membership.

This season we aim to enhance our weekly activities to develop all children in a range of surf skills and surf education. We encourage attending local carnivals, the Sydney Northern Beaches Branch carnival and the Surf Life Saving NSW carnival. We will again involve our neighbours at Dee Why Surf Club in a friendly interclub day in January, develop the skills of our competitors with board, flags and sprint/relay training and encourage family participation with a parents and children Gala Day and loads of social interaction.

Many thanks to everyone for your support and assistance. As members this is your club so please don't hesitate to ask any questions or to volunteer your much needed time and skills and we look forward to another successful season at Longy.

Objectives

- ✓ To provide a safe and fun environment for children to learn all aspects of the surf safety education programs
 - ✓ To encourage children to participate in all aspects of the skills learnt
 - ✓ To foster friendships, team spirit and fair play
 - ✓ To promote family involvement

LONG REEF SLSC NIPPERS COMMITTEE 2008 / 2009

Position	Name	Mobile
Nippers Coordinator	Trish Chaney	0402 376 660
Deputy Coordinators	Kelly Fulcher Ann Stewart	0416 428 188 0418 115 885
Nippers Secretary	Dail Neville	0414 872 534
Nippers Registrar	Kim Lutze	0412 362 377
Water Safety and Beach Set-Up Coordinator	Richard Neville	0400 438 203
Proficiency Coordinator	Bernadette McAlinden	0403 840 991
Carnival Coordinator	Tracey Vorillas	0416 287 068
Pointscore & Awards	Lisa Curulli	0404 444 202
Uniform Coordinator	Sandra Schmidt	0410 405 390
Nippers Gear Steward	Adam Kent	0409 900 545
Surf Education	Lindy Hardcastle	0414 452 913
Fundrais80ing & Social Coordinators	Danni Pearson	nippers@longreef.com
	Dave Woollett	
	Donna Ferreira	
	Janelle Lyons	
	Jules Squires	

LONG REEF SLSC CLUB COMMITTEE 2008 / 2009

Position	Name	Mobile	Email
President	Doug Lucas	0410 517 076	president@longreef.com
Secretary	Kristie Thomas	0407 780 078	secretary@longreef.com
Treasurer	Ann Stewart	0418 115 885	treasurer@longreef.com
Club Captain	Shane Stewart	0417 890 016	club.captain@longreef.com
Chief Instructor	Nick Warby	0422 060 142	chief.instructor@longreef.com

LONG REEF SLSC AGE MANAGERS 2008 / 2009

Age Group	Age Manager
Under 6	Richard Tombs/Ashley Lutze
Under 7	Dave Woollett/ Jules Squire/Ben English/Gary Smith
Under 8	Adam Kent/Menno Veeneklaas/Aaron Whyte
Under 9	Ross Curulli/David Hoefnagels/Lisa Veitch
Under 10	Wade Oldham
Under 11	Alan McCredie/Margaret Olson
Under 12	Rick Childs
Under 13	Bernadette McAlinden

NB Age managers must be financial members. BM is encouraged.

MEMBERSHIP & FEES

Registration days for 2008/2009 are Sunday 14th & 21st September 2008 10:00 am – 12:00 pm.
Applications for nipper membership will **not** be accepted after the last registration day on 21st September.

FEES 2008 / 2009

U6-U18	\$65	Family	\$200
Senior Active	\$95	Joining Fee (per person)	\$15
Associate	\$95	Building Fund Levy (per category)	\$20

This season a \$20.00 building levy will apply to each membership category. These funds will be set aside to ensure the future redevelopment of the clubhouse for the benefit of all nippers.

CHILD MEMBERSHIP

Junior Membership (Nippers) is granted to a child aged 5 – 13 years. Age group is determined by the child's age at midnight 30th September. *The child's birth certificate must be sighted at time of registration for all new members.*

Under 6 and Under 7

For the Under 6's and 7's the emphasis is on fun and education, not competition. No point score/championship days are held for these age groups, they do not compete in carnivals but participate in modified beach and water activities each Sunday. A participation award will be given for their achievements throughout the season.

Under 8 - Under 14

For older children experience is gained by participating in club events every Sunday (Club Pointscore – handicapped) and 4 Club Championship Days. They may also represent Long Reef in surf carnivals. In order to participate in water activities children must achieve a minimum proficiency level as per Surf Life Saving Australia regulations - known as Preliminary Evaluation. A Competition Evaluation is also mandatory if nippers wish to compete in surf carnivals which must be completed before 31st December of each year. Please see the section on surf carnivals for more information about competing.

ADULT MEMBERSHIP

Associate membership is granted to those adults who are not active (patrolling) members of the club but to those who desire active association with the club. Associate members have voting rights at club General Meetings, may use clubhouse facilities (gym excluded), are covered by insurance and do not do patrols.

Senior Active membership is granted to members who have the Bronze Medallion award, do patrols and a yearly proficiency. Active members have voting rights at club General Meetings, may use all club facilities including the gym and are covered by insurance.

It is vitally important that there is always ample supervision from Water Safety Officers at all times to encourage and assist the younger age groups. Training is provided for those members who wish to become Active members and Water Safety Officers.

FAMILY MEMBERSHIP

Family membership is encouraged and is granted to any family group deemed to consist of two parents/guardians and two or more children under 18. Adults may be active or associate members.

PRELIMINARY EVALUATION AND COMPETITION PROFICIENCY

PRELIMINARY EVALUATION

Preliminary Evaluation is compulsory for age groups U8 and above prior to commencing **any** junior club activity. These are the minimum requirements for participation in Nippers as per Surf Life Saving Australia regulations.

Age Group	Preliminary Evaluation Requirements
Under 8	25m swim (any stroke) 1 minute survival float
Under 9	25m swim (any stroke) 1 minute survival float
Under 10	25m swim (freestyle) 1.5 minutes survival float
Under 11	50m swim (freestyle) 2 minutes survival float
Under 12	100m swim (freestyle) 2 minutes survival float
Under 13	150m swim (freestyle) 3 minutes survival float

COMPETITION EVALUATION

The pool swim section of the Proficiency Test must be completed before the start of the season.

Age Group	Proficiency Requirements
Under 8	Swim 25m any stroke 1 minute float
Under 9	Run – Swim – Run 50m 50m 50m 200m pool swim within 6 minutes
Under 10	Run – Swim – Run 50m 50m 50m 200m pool swim within 6 minutes
Under 11	Run – Swim – Run 50m 100m 50m 200m pool swim within 5 minutes
Under 12	Run – Swim – Run 50m 100m 50m 200m pool swim within 5 minutes
Under 13	Run – Swim – Run 100m 100m 100m 200m pool swim within 5 minutes

Under 6's and Under 7's are not required to complete a proficiency swim. The dates and venue for the proficiency swim and preliminary evaluations are as follows:

Dates: 22nd, 23th, 25th September, 2008
 Where: Pittwater House Pool
 Parkes Road, Collaroy NSW
 Time: 5:30 pm – 6:15 pm

Please note Pittwater House pool charge \$3.00 per person swimming, payable to the Proficiency Officer before the swim. Please assemble on grass beside the pool to avoid disrupting swim squads in progress.

If your child participates in a recognized swim squad a letter may be provided from their swim coach to attest to their proficiency. When the child is 'proficient' they may compete in Club competition and surf carnivals. If you have any questions regarding the preliminary evaluation or proficiency swims please contact Bernadette McAlinden on 0403 840 991.

CLUB EVENTS

The season starts **Sunday October 12th 2008** and runs until **March 1st, 2009**. Presentation Day is Saturday March 7th at 4:00 pm at the Long Reef clubhouse. Please see the calendar at the back of this guide.

Assembly in Courtyard

U8 – U13 start at 9:00 am
U6 – U7 start at 9:30 am

Please have your child lined up behind their age group sign with their Age Manager. Important information is announced and attendance is checked in the courtyard prior to moving down to the beach.

As the safety of our nippers is our first concern, wade, swim and board event locations will be decided on the day by the Water Safety Coordinator in conjunction with the Lifeguard and the Patrol Captain on duty according to the water conditions. When the children are in the water there is a mandatory Surf Life Saving Australia minimum ratio of Water Safety Officers to children (5:1). If this is not achieved water events cannot continue so please consider joining the Bronze group if you do not have your Bronze Medallion.

One of the aims of the program is to educate the children about the fundamentals of surf awareness and surf safety. As it is not a 'learn to swim' program all children are expected to be able to confidently swim the required distance for their age group. Please see the section on Preliminary Evaluation.

It is also expected that parents never leave their child/children unattended at nippers. Your child may need your assistance. Children will only be released to their parent or guardian at the conclusion of events after the roll has been marked.

Events Summary

Age Group	Beach Events	Water Events
U6 - U8	10m Flags 50m Beach Sprint	Wade (rope held by Water Safety Officers)
U9 - U10	10m Flags 50m Beach Sprint	80m Surf Swim 120m Board Race
U11- U13	15m Flags 70m Beach Sprint	80m Surf Swim 120m Board Race

Point Scoring

(U8 – U14 only)

Attendance each Sunday:	1 point
Wearing of Competition Cap (compulsory):	1 point
Starting in an event:	1 point
Placing in an event:	1 st 5 points
	2 nd 4 points
	3 rd 3 points
	4 th 2 points
	5 th 1 point

Note: Pointscore will not be awarded on surf carnival days.

A Nipper must be a financial member of Long Reef Surf Club and have a minimum attendance of five (5) normal Nipper sessions to attain an award on Presentation Day.

Handicapping

(U8 – U14 only)

Handicapping will be established in the first few weeks on the season. Pointscore will not be awarded during these weeks.

JUNIOR CLUB CHAMPIONSHIPS

Junior Club Championships will be conducted over 4 rounds (see calendar for dates).

U8	Sprint, Flags and Wade
U9 - U13	Sprint, Flags, Swim and Board

Points will be awarded as follows for each age group.

Finishing in an event:	1 point
Placing in an event:	1 st 5 points
	2 nd 4 points
	3 rd 3 points
	4 th 2 points
	5 th 1 point

At the end of the season the boy and girl in each group with the most points after tallying all championship points shall be Age Champions.

NOTE: Nippers must be financial members and have minimum attendance of five (5) normal Nipper sessions to attain an award for Club Championships on Presentation Day.

PRESENTATION DAY AWARDS

Presentation Day is Saturday March 7th 2009 at 4:00 pm and is the final official event of the season. This is what the children have been looking forward to all season and every child should win a trophy or an award. This is accompanied by a BBQ and social afternoon in the courtyard.

Club Awards

U6 and U7: A special award will be given to children in the U6 and U7 age groups for their achievements throughout the season.

NB: These children do not receive awards for competition.

Competition Awards

U8 – U13

Handicap Pointscore: An award will be given to the child with the most handicap points at the end of the season in each age group from Under 8 to Under 13.

Club Championship: Ribbons will be awarded to the first, second and third place getters in each age group from Under 8 to Under 13, for each event and round of the Junior Club Championship. An award will be given at the end of the season to the boy and girl with the most points in each age group after tallying all Club Championship points. They will be deemed the 'Age Champion'.

Encouragement: An Encouragement award will also be given in each age group to the most outstanding boy and girl based on things such as sportsmanship, effort and performance. This award will be elected and decided upon by the Age Managers.

SURF EDUCATION AWARDS

All children are instructed in surf safety and surf awareness and will receive the necessary instruction to achieve their award throughout the season. This is called Surf Education and is required by Surf Life Saving NSW to be completed by 31st December 2008.

U8	Surf Awareness 1
U9	Surf Awareness 2
U10	Surf Safety 1
U11	Surf Safety 2
U12	Surf Smart 1
U13	Surf Smart 2
U14	Surf Rescue Certificate

A certificate will be awarded at Nippers Presentation Day to all nippers who successfully complete their award.

Surf Rescue Certificate

As soon as children turn 13 years of age they may train and be examined for their Surf Rescue Certificate. Once obtained this award enables the 'fledgling lifesaver' to be allocated to a Surf Patrol under the supervision of more senior members. At age 15 these cadets will train for the Bronze Medallion.

Training for the Surf Rescue Certificate will commence early in the season and will cost \$50.00. This includes a training manual, workbook, patrol cap and certificate. All members who gain their SRC are encouraged to attend the club's Annual Presentation Night held in May every year to receive their award. Please direct any enquiries to the Chief Instructor Nick Warby (chief.instructor@longreef.com).

It is compulsory for children in U14 and some U13 to have completed their Surf Rescue Certificate before December 31st if competing in Branch & State Carnivals.

Further Junior Award Options

Resuscitation Certificate – minimum age 10

Basic Emergency Care Certificate – minimum age 11

SURF CARNIVALS

Carnivals are an important part of Junior Activities to promote friendly competition and social inter-club relations. They also encourage fitness, improvement in surf skills and working as a team. Carnival entry is open to all age groups except U6 & U7s.

- 1 Children wishing to compete in carnivals need to have passed a **COMPULSORY COMPETITION EVALUATION PROFICIENCY TEST**. Entries will not be taken from children who are not proficient and who are not registered members of Long Reef SLSC. Please see the section on Proficiency Test in this booklet for dates and times.
- 2 Carnival entries are organised by the carnival coordinator approximately 3 weeks beforehand. Announcements will be made in the courtyard and in the newsletter as reminders. If you wish to enter a carnival that has closed the competitor must pay the late fee.
- 3 The club pays for all carnival entries. If your child is entered in a surf carnival it is expected that they will attend. If for some reason you are unable to attend **PLEASE NOTIFY THE CARNIVAL ORGANISER** Tracey Vorillas on 9982 7271 as a matter of courtesy. If notice is not given you will be requested to pay the entry fee back to the Club.
- 4 Children participating in carnivals are to select either beach **or** water events when submitting carnival entries, **NOT BOTH** as these events often overlap on the day. U8s are the only exceptions as flags, sprint and wade are conducted as a group.
- 5 Long Reef club colours **must** be worn if competing in surf carnivals. A Long Reef competition cap and Long Reef swimming costume are **COMPULSORY**.
- 6 **Competitors must have attended 2 local carnivals and the Sydney Northern Beaches Branch carnival to attend the SLS NSW State carnival.**

If you have any queries relating to competition matters or are considering becoming a Level 1 Official, please contact the Carnival Coordinator Tracey Vorillas.

SOCIAL EVENTS/FUNDRAISING

Social BBQs

The dates for these are shown on the calendar. The BBQs are a great way to get to know the other nipper parents and we have arranged several of these throughout the season.

Twilight Nippers

A number of 'Twilight Nippers' have been organized for Saturday afternoons due to other club activities on the Sunday. Please see the calendar for the dates. These are followed by a social BBQ.

Fundraising

Funds are always needed to keep our equipment in first class order.

Throughout the season the Club will be running fundraising events. **WE NEED YOU!!** These events can only be a success if we have your attendance and support.

OTHER GENERAL INFORMATION

Volunteers

Please remember we are all volunteers and your help is always needed to ensure that events run smoothly and safely on the beach. Assistance is required from parents to fill positions like Age Managers, Trainers, Officials, Water Safety Officers, Coaches, plus all the behind-the-scenes positions. Don't let lack of knowledge of these positions keep you from volunteering. There are lots of people who can show you the ropes. If you would like to help please contact the Nipper Supervisor, the Deputy Supervisors or your Age Manager.

Water Safety

Water Safety Officers wear orange caps and are responsible for children participating in water events. A WSO must be a club member, have the Bronze Medallion and be proficient. As water safety is of paramount importance for the safety and security of the children new volunteers are always needed. All parents are encouraged to take part in Water Safety to assist the children in becoming comfortable and competent in the surf. The qualification required to become a 'Water Safety Officer' is the Surf Rescue Certificate or Bronze Medallion. In obtaining your award you will be updating your own resuscitation, first aid and lifesaving skills. If you would like to train for an award please speak with the Nipper Supervisor, Deputy Supervisors or the Chief Instructor.

Sponsors

The Club also requires financial sponsors and support in many other ways. If you know of a company or someone who can help please contact the Nipper Supervisors.

Uniforms

Uniforms are obtained by placing an order. Forms are available from the website or from the club via the Uniform Coordinator, who will be available on Registration Days and the first Sunday of each month from 9:00 – 9:30 am. Please note that the uniform shop will not be available if the first Sunday of the month is a Nipper carnival. Please ensure all your gear is labeled.

Please expect a minimum of 5 – 6 weeks for delivery of uniforms if they are not currently in stock.

Long Reef competition caps are compulsory and must be worn for safety reasons. This identifies the children as Long Reef Nippers and makes it easier to see children in the water if they are wearing a cap. As an extra incentive, one (1) point will be awarded to those nippers who wear their competition caps.

Wet Weather

In the event of rain, nippers will still be held with surf awareness and surf education in the clubhouse taking the place of normal activities. If the beach is closed there will be no water events, however beach and/or fun events may still be held. In the case of club championships if the conditions are unsuitable the championships may be held over to another date on the calendar and will take the place of a normal pointscore day. This will be notified at the courtyard announcements.

Clubhouse Information

Hall Hire

The club hall is available to club members to hire at a reduced cost for parties, events and meetings. If you would like to hire the hall please see the website www.longreef.com or contact hallhire@longreef.com.

Club Rules

1. Please wash sand off feet before entering the Clubhouse.
2. Please have short 3 minute showers. This ensures hot water for all!
3. Sun safety – always wear block out and hat when on the beach or in the sun.
4. No children U14 in the gym, unless supervised by a responsible adult.
5. No children to play on the stairs or upper deck due to safety regulations.
6. No children are to be unsupervised in the gear shed.

Gear Information

All gear is stored in the gear shed. Nipper Boards are stored on board racks and “flags” in the buckets provided.

Gear Rules

1. **Look after all gear!!**
2. Tidy up after events on the beach.
3. Hose sand off and put it back clean.
4. Put it back in its proper place.
5. Boards set aside for competition are to be used for competition **only**.
6. Report any breakages immediately to Nippers Gear Steward (Adam Kent) or your Age Manager.
7. Children are to be supervised at all times whilst in the gear shed.

Use of nipper boards outside of normal training times is encouraged. It is a requirement that all gear borrowed be returned to its designated storage area, fully cleaned before the end of patrol at 5:00 pm when the club and gear shed will be locked up. This is only available to **members** of Long Reef SLSC and you will need to identify yourself to the Patrol Captain on duty. The use of foam boards outside of normal nippers is restricted to Nippers under 13 years of age only. Cadets and older members must use the club fiberglass boards.

If this privilege is abused the borrowing of club gear will need to be reassessed.

Web Sites

Please see the following websites for all information regarding surf life saving plus all education and training resources.

Long Reef SLSC - www.longreef.com

As a Long Reef member you can log onto the site with the username longreef and password telstra. Uniform order forms, the Nipper Information booklet and hall hire information are all available and we will endeavour to update the site throughout the season with news and notice of upcoming events.

Surf Life Saving Sydney Northern Beaches – www.surflifesaving.net.au

Surf Life Saving NSW – www.surflifesaving.com.au

Surf Life Saving Australia – www.slsa.com.au

Newsletters

Regular newsletters “The Reef Weekly” and “The Reef Recorder” will be distributed to inform you about what’s happening in each age group as well as carnival results, training dates, fundraising events and club happenings. Any items can be forwarded through your age manager or to nippers@longreef.com.

We hope you and your children enjoy your involvement with Long Reef Nippers and we look forward to seeing you on the beach. If you have any questions regarding the nipper program please speak to the Nipper Supervisors or email us at nippers@longreef.com

NIPPERS CALENDAR 2008

DATE	DAY	TIME	EVENT
22.09.08 23.09.08 25.09.08	Monday Tuesday Thursday	5.15pm – 6.15pm	Proficiency & Preliminary Evaluation U8-U14 Pittwater House School Pool \$3.00 entry/person Assemble on grass beside pool.
12.10.08	Sunday	9.00am	Nippers season commences. Run-Swim-Run – No Pointscore Meet your Age Group Managers & parents in your age group. Welcome BBQ following.
19.10.08	Sunday	9.00am	Nippers
26.10.08	Sunday	9.00am	Nippers – Handicap Pointscore
02.11.08	Sunday	9.00am	Nippers - Club Championships – Round 1
09.11.08	Sunday	9.00 am	Nippers – Handicap Pointscore
16.11.08	Sunday	7.30am 9.30am	Junior Carnival – Manly U8's – U13's U6's & U7's – Nippers at Long Reef
23.11.08	Sunday	9.00am	Nippers – Club Championships – Round 2
30.11.08	Sunday	9.00am	Nippers – Handicap Pointscore
07.12.08	Sunday	7.30am 9.30am	Junior Carnival – Queenscliff U8's - U13's U6's & U7's – Nippers at Long Reef
13.12.08	Saturday	3.00 pm	Twilight Nippers
20.12.08	Saturday	3.00pm	Twilight Nippers – Xmas Party BBQ
28.12.08	Sunday		NO NIPPERS – Xmas break

NIPPERS CALENDAR 2009

DATE	DAY	TIME	EVENT
04.01.09	Sunday		NO NIPPERS – Xmas break
11.01.09	Sunday	9.00am	Nippers with Dee Why SLSC at Long Reef BBQ afterwards. All age groups start at 9am
18.01.09	Sunday	7.30am 9.30am	Junior Carnival - Narrabeen U8's – U13's U6's & U7's – Nippers at Long Reef
25.01.09	Sunday	9.00 am	Nippers – Handicap Pointscore
01.02.09	Sunday	9.00am	Nippers - Club Championships - Round 3
08.02.09	Sunday	7.30am 9.30am	Junior Branch Championships – Palm Beach U8's – U13's U6's & U7's – Nippers at Long Reef
15.02.09	Sunday	9.00 am	Nippers Club Championships – Round 4
20.02.09 22.02.09	Friday - Sunday		State Championships – Swansea-Belmont
22.02.09	Sunday	9.00am	Nippers – Handicap Pointscore
01.03.09	Sunday	9.00 am	Nippers - Parents vs Kids Gala Day
07.03.09	Saturday	4.00pm	Nippers Presentation & Awards day - BBQ