

NIPPERS COMMITTEE MEMBERS 2009—2010

Position	Name	Email
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Registrars	Peggy House Paula Beach	pegster@live.com.au paulabeach@bigpond.com
Clothing	Lisa Settree	lisa.settree@bigpond.com
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Competition Mgr Beach	Jordi Skelton	jskelton@caroma.com.au
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Gear Steward	Peter Yeates Craig Blake	peter.yeates@alconlabs.com cblake@parnellpartners.com.au
BBQ Co-ord	Zulu	lisa.settree@bigpond.com
Newsletter Co-Ord	Lisa Settree	lisa.settree@bigpond.com
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SOUTH CURL CURL NIPPERS



2009 / 2010 SEASON HANDBOOK & CALENDAR

www.southcurlcurlslsc.org

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WELCOME TO SOUTH CURL CURL NIPPERS

South Curl Curl Surf Lifesaving Club is 90 years old and is still going strong!

Our Nippers have enjoyed wonderful growth over the past few years and we are enjoying around 400 blue, yellow & white caps running around our glorious beach each Sunday.

Like all surf clubs South Curly is very family oriented and the focus is primarily to ensure that our Nipper program is fun and educational, not only for the children but also for the Mums and Dads who join us on Sunday mornings. Socially we are very active—look out for our infamous BBQ's on the deck, Sippers on the Deck after each local carnival and other occasions to get together and have a chat.

SUNDAY ACTIVITIES

To give the little ones a chance to use the beach & pool without being "crashed" by the big kids, the **U6 & U7 age groups will start at 9am** with the **U8 onwards age groups starting at 9.30am**. On most Sunday's activities are finished by 10.30am. The younger age groups usually finish around 10am. Nippers assemble behind their age marker on the beach for roll call and must be wearing a nipper cap and have **sunscreen applied** before nippers starts. Each child has to be marked off the roll prior to leaving with parent. Nipper caps are to be removed once nippers has finished.

PLEASE NOTE: A PARENT OR GUARDIAN IS REQUIRED TO BE ON THE BEACH AT ALL TIMES DURING NIPPERS.

NIPPERS CALENDAR OF EVENTS 2009—2010

DATES

ACTIVITY

OCTOBER, 2009

Sunday 18th	First Nippers & CURLY SOUND WAVES
Saturday 24th	SNB SELECTION CARNIVAL (U12—Open) - Nth Curl Curl
Sunday 25th	Normal Nippers & Kick Off BBQ

NOVEMBER, 2009

Sunday 1st	Normal Nippers
Sunday 8th	Normal Nippers & BBQ
Sunday 15th	CARNIVAL—MANLY (See Age Mgrs) SIPPERS
Sunday 22nd	Normal Nippers
Sunday 29th	Normal Nippers

DECEMBER, 2009

Sunday 6th	CARNIVAL—QUEENSCLIFF (See Age Mgrs) SIPPERS
Sunday 13th	Normal Nippers
Sunday 20th	Xmas/Fun Nippers — BBQ

JANUARY, 2010

Sunday 3rd	Xmas/New Year Break—No Nippers
Sunday 10th	NIPPERS BACK
Sunday 17th	CARNIVAL— NARRABEEN (See Age Mgrs) SIPPERS
Sunday 24th	Normal Nippers—BBQ
Sunday 31st	Normal Nippers

FEBRUARY, 2010

Sunday 7th	BRANCH CARNIVAL—NTH STEYNE SIPPERS
Sunday 14th	Normal Nippers & BBQ
Fri 19th—Sun 21st	STATE CHAMPIONSHIPS—SWANSEA BELMONT
Sunday 27th	Normal Nippers

MARCH, 2010

Sunday 7th	Normal Nippers
Sunday 14th	FINAL NIPPERS & BBQ & AGM & PRESENTATION

PROFICIENCY TESTS

To enable a child to **participate in Nippers** in any water event where they will be in water out of their depth, they are required to take a Skills Evaluation check. For **participation at Carnivals**, an open water swim will need to be completed before competing at carnivals. Proficiency testing is usually held during Week 1 and Week 2 of the season. Please **bring goggles and/or wetsuits** if they are necessary for your child to complete their proficiency on these days.

Skills Evaluation (for Participation)

AGE	SWIM	SURVIVAL FLOAT
U/8	25m swim any stroke	1 minute
U/9	25m swim any stroke	1 minutes
U/10	25m swim freestyle	1.5 minutes
U/11	50m swim freestyle	2 minutes
U/12	100m swim freestyle	2 minutes
U/13	150m swim freestyle	3 minutes
U/14	200m swim freestyle (<5mins)	3 minutes

Competition Evaluation (for Carnivals)

AGE	DETAILS
U/8	Nil
U/9	150m open water swim
U/10	150m open water swim
U/11	288m open water swim
U/12	288m open water swim
U/13	288m open water swim
U/14	288m open water swim

SEASON START

The season commences at 9am on **SUNDAY 18th OCTOBER, 2009**.

PARENTS RUN NIPPERS!

The Club operates entirely on volunteer help. There are many jobs, and for most of these you don't need surf lifesaving experience!

It is our experience that the more YOU get involved, the more your child will enjoy Nippers.

At the beginning and during the season training is arranged for any parent interested in obtaining their Bronze Medallion. It is essential that as many parents as possible obtain their Bronze to meet water safety requirements for SLSA.

Your assistance on the beach will be required ONE SUNDAY PER MONTH. Your Age Manager will be organising a roster.

We will also be holding BBQ's after nippers in our great BBQ area. Each age group will have an allocated BBQ day. It is expected that the parents of these age groups will help run this BBQ. Each age group will need a parent to act as "liaison parent" and organise helpers for your BBQ ie. once a season.

AGE MANAGERS

If you would like to help run Sunday morning events, please let us know—we always need keen people. Any level of involvement is useful but parents who are able to regularly help out are much appreciated. If you have previous experience and/or Bronze Medallion this is an advantage but not essential.

EQUIPMENT USE

Nipper boards may be used under parent supervision by registered members after completion of Nippers up until 11.30am. Boards must be returned to the Nipper Room promptly by 11.30am.

CHILD PROTECTION

Any parent assisting on the beach should be registered as an associate member to cover insurance issues. Parent helpers **MUST** also sign the "Prohibited Employment Declaration" for child protection.

UNIFORM

For safety reasons ALL children MUST wear a competition cap during ALL Sunday activities. Children are also encouraged to wear club costumes and club swimsuits. Club caps are to be removed once Nippers has finished.

CARNIVALS

Sydney Northern Beaches Branch conducts Junior Carnivals during the season for age groups U/8 upwards. Carnival dates this season are:

- **Sunday 15th November - Manly**
- **Sunday 6th December – Queenscliff**
- **Sunday 17th January - Narrabeen**
- **Sunday 7th February - Nth Steyne BRANCH CHAMPIONSHIPS**
- **Fri 19—Sun 21 February - Swansea/Belmont STATE CHAMPIONSHIPS**

Occasionally Sunday activities clash with Carnivals and other events such as Branch and State Championships. There may be a need to merge age groups on such days. Please check with your Age Manager in advance of his/her availability on carnival days.

Please see our Nipper **Surf Sports Manual** for further information on carnival events, entries and team selection procedures. To ensure that this is a smooth process for all involved we all have roles and responsibilities so please read the manual to check what you (as a parent of a competitor) are required to do.

ADDITIONAL TRAINING

South Curl Curl offers additional training for interested members in the following areas:

Board Training Sprint & Flag SRC & Bronze

Training times and locations will be listed on the club website and will be advised at the start of the season.

ONLINE REGISTRATION

Nippers registration can now be completed online. You will need to register each club member at www.lifesavingonline.com.au and then you will be able to manage your contact details and pay your membership fees via the secure payment gateway link on that website or our website **www.southcurlcurlslsc.org**. Please note that if you are registering a new club member you will be required to bring proof of age (i.e. birth certificate) to the club. **ONLINE CREDIT CARD PAYMENTS WILL BE ACCEPTED AT THE CLUB ON REGISTRATION DAY.**

FEEES

1st child or family member	\$55
2nd child	\$45
3rd child	\$35
Associate (Nipper Parent) Member*	\$25
(* Covers insurance)	

If either parent is a Senior club member then for Juniors, begin with the 2nd child rate.
Max. per family \$150.00

CLOTHING

Girls One Piece	\$40
Girls Two Piece	\$35
Boys costume	\$25
Child's Rash Vest	\$35
Cap	\$15

BRONZE MEDALLION

The cost to complete your Surf Bronze Medallion Course is usually around \$100 incl. membership.