

Hi Everyone

Welcome to the start of a new Nippers season at Mermaid Beach. A special welcome to all our new members and children joining our Nippers program for the first time this year.

I hope the information contained in this note will answer questions you may have about the 2011/2012 season.



OBJECTIVES OF OUR ACTIVITIES PROGRAM

At Mermaid our junior activities program aims to provide an environment where our junior members learn essential surf safety and awareness skills with a focus on fun, encouraging participation and a healthy and safe beach lifestyle.

Throughout the season our junior members will learn surf safety skills (including how to identify rips), surf sports skills, such as body surfing and negotiating the surf on a Nippers board. Activity days also include the beach disciplines of flags, beach sprints etc. At Mermaid our primary focus is to make the Nippers experience fun and enjoyable for all participants and their families.

Our objective is to promote personal development, leadership skills and improve the self confidence of our junior members by setting realistic and obtainable goals and challenges. We encourage competition but recognise that not all junior members are disposed to the rigors of competition. We aim to strike a balance between nurturing and encouraging the competitive urges in our junior members and at the same time providing a welcoming environment and a full program for those members who are less inclined to participate in the competitive side of surf lifesaving.

SEASON COMMENCEMENT

The first day of Nippers will be Sunday 2 October 2011. Our aim will be to have the children assembled in their age groups and on the beach for a 9.00am activities start.

As usual parking is at a premium this year as the Council has placed a number of parking restrictions in the park adjacent to the surf club.

The children usually assemble in their age groups in the park on the beachfront across from the surf club.

Age managers will be identified by their coloured rash shirts. Set out below are the first names of some (but not all) of the age managers and their respective age groups and the coloured rash shirts that they will wear for identification purposes.

| | | |
|------------|-----------|-----------------------------------|
| Under 6's | Green | |
| Under 7's | Green | Matt Slee |
| Under 8's | White | Jed Moore |
| Under 9's | Dark Blue | Greg Moreton & Mel Del |
| Under 10's | Aqua | Michael Dalton |
| Under 11's | Red | Tanya Irwin and Camilla Gallagher |
| Under 12's | Yellow | Andy and Andrea Baker |
| Under 13's | Pink | Cameron Fraser and Mark Hermann |
| Under 14's | Purple | Michele Gray |

This year we are have coloured caps to distinguish the under 6 and 7 age group members. As our youngest members it is important that they are easily identified particularly in and around the water. All other age groups will wear a club cap on Nipper days.

The colour code is:-

Under 6 – Yellow

Under 7 - Green

All caps can be purchased from the uniform shop at a cost of \$15.00.

We may need some more volunteers to assist the under 6's – under 7's. Could anyone interested please contact Jane Lacy (janelacy@hotmail.com) to volunteer their services? To act as an age manager you need to have a current blue card and have completed an Age Managers Accreditation course. Any parent interested in assisting as an age manager for any age group is welcome and encouraged to do so. Please ensure that your child checks in with their age manager each morning and signs off when they leave. We have no problem with children leaving early for any reason but please ensure their age manager is notified.

Children participating in the under 6/under 7 age group must have a parent/guardian accompanying them at all times.

FEE STRUCTURE

The fees include all insurance costs, specialist coaching and training, access to equipment, age group awards, supporters club membership and all Sunday Nipper activities.

MEMBERSHIP FEES

| | 2011/12 | Deposit | Total |
|-----------------------|----------------|----------------|--------------|
| SENIOR | | | |
| Active senior | \$85 | \$50 | \$135 |
| Active Reserve | \$85 | \$50 | \$135 |
| Long service | \$85 | \$50 | \$135 |
| Award | \$95 | \$50 | \$145 |
| Probationary | \$95 | \$50 | \$145 |
| Associate | \$110 | \$50 | \$160 |
| Active Junior with BM | \$50 | \$50 | \$100 |
| Active Cadet | \$40 | \$50 | \$90 |
| Gym Key | \$60 | | |

NIPPERS

| | | | |
|-------------------------------|-------|------|-------|
| Family with 1 Nipper | \$165 | \$50 | \$215 |
| Family with 2 Nippers | \$180 | \$50 | \$230 |
| Family with 3 or more Nippers | \$195 | \$50 | \$245 |

Nipper Family is for the Nipper's and their parents . If any of the parent's children fall into a Senior category those children need to be joined into the Senior category not the Nipper Family category.

Parents of Nippers who fall into Senior category can join as Nipper family

Deposit

Refundable if they collect at the Annual collection -

if they do not collect it will be treated as a tax deductible donation included in our collection .

AGE GROUPS

Listed below are the age groups for the 2011/2012 season if born between the following dates:-

| Born between | Age Group | Cap colour |
|------------------------------------|-----------|------------|
| 1 October 2005 – 30 September 2006 | Under 6 | Yellow |
| 1 October 2004 – 30 September 2005 | Under 7 | Green |
| 1 October 2003 – 30 September 2004 | Under 8 | Club cap |
| 1 October 2002 – 30 September 2003 | Under 9 | Club cap |
| 1 October 2001 – 30 September 2002 | Under 10 | Club cap |
| 1 October 2000 – 30 September 2001 | Under 11 | Club cap |
| 1 October 1999 - 30 September 2000 | Under 12 | Club cap |
| 1 October 1998 - 30 September 1999 | Under 13 | Club cap |
| 1 October 1997 – 30 September 1998 | Under 14 | Club cap |

Please note proof of age/birth certificate must be shown for all new children joining up. Please ensure that you bring along your child's birth certificate on sign up day.

ACTIVITIES

During the season the age managers will run the children through a range of activities promoting:

- Surf safety/awareness
- Surf skills
- Surf craft skills
- Beach events e.g. sprints and flags
- Resuscitation skills (under 13's)
- Surf Rescue Certificate (SRC) for under 14's

Children are encouraged to participate in all events. Surf swimming is part of the requirements of being a Nipper. Proficiencies are first assessed in the pool prior to the children being allowed to participate in water based activities (refer below). Nippers are also required to learn board skills. Depending on their age and conditions on the day Nippers will be required to paddle out around a buoy positioned at a set distance. All ages (excluding under 6's and under 7's) are required to participate. Under 8's, 9's and 10's use foam boards. Under 11's to 14's use fibreglass boards.

WHAT TO BRING

One of our aims at Mermaid is to teach the children about all aspects of surf/beach safety. Accordingly it is important that the children are well prepared for a morning at the beach and some essentials include:

- Nippers cap (essential)
- Plenty of sunscreen liberally applied before the children commence activities

- Water bottle
- Swimming goggles (optional of course)
- A rash shirt as extra protection from the sun

Togs, caps and rash shirts in club colours can be purchased from the uniform shop on most Sundays after the commencement of the season.

POOL PROFICIENCIES

It is essential that the children have completed their pool proficiencies before they participate in any water based activities. Please ensure that all of the junior members have completed their pool proficiencies and those details are recorded with the chief instructor Jason Argent (arg_37@hotmail.com)

The criteria for the proficiencies are as follows:

| | |
|------------|--|
| Under 6's | Kick on wall with face in water and 30 second float |
| Under 7's | Torpedo (push off wall) with face in water and 30 second float |
| Under 8's | 50 metre swim (Freestyle) and 1 minute float/tread water |
| Under 9's | 50 metre swim (freestyle) and 1 minute float |
| Under 10's | 100 metre freestyle swim and 1.5 minute float |
| Under 11's | 100 metre freestyle swim and 2 minute float |
| Under 12's | 200 metre freestyle swim and 2 minute float |
| Under 13's | 300 metre freestyle swim and 3 minute float |
| Under 14's | 400 metre freestyle swim (in less than 9 minutes) and 3 minute float |

Under 14's who wish to complete their SRC award must complete the first 200 metres of their pool swim in under 5 minutes.

The children must complete their pool proficiencies prior to registration being processed. We will have coaches/assessors available at the Miami High School Pool between 9.00am and 11.00am on Saturday 28th August and on Sunday 29th August. For those who are unable to attend Miami High School at these times (and this may include members who live in Brisbane) proficiencies can be assessed by any level one coach. The coach must fill out the attached form. We will only accept pool proficiencies done outside the club on this form.

We will update the website with additional times and opportunities to complete the swim proficiency. I reiterate that the proficiency must be completed before registration can be processed.

There are additional competency tests required to be conducted on the beach and these will take place throughout the season. The requirements are set out in the table below. For children to be eligible to compete at carnivals they must have completed the beach competency assessment set out below by an eligible assessor (which the club will provide). We will try to complete the proficiency assessments within the first two weeks of the start of the season.

AGE GROUP & SURF EDUCATION plus COMPETENCY TEST

Under 8 - Surf Aware 1

Run-Wade-Run - 25m-25m-25m

Under 9 - Surf Aware 2

Run-Swim-Run- 50m-50m-50m

Under 10 - Surf Safe 1

Run-Swim-Run – 50m-50m-50m

Under 11 - Surf Safe 2

Run-Swim-Run – 50m-100m-50m

Under 12 - Surf Smart 1

Run-Swim-Run – 50m-100m-50m

Under 13 - Surf Smart 2 & Basic Resuscitation

Run-Swim-Run – 100m-100m-100m

Under 14 - Surf Rescue Certificate

Run-Swim-Run – 100m-100m-100m

AGE GROUP & COMPETITION EVALUATION

Under 8

Run-Wade-Run - 25m-25m-25m

Under 9

Minimum 150m open water swim (competition course as per competition manual)

Under 10

Minimum 150m open water swim (competition course as per competition manual)

Under 11

Minimum 288m open water swim (competition course as per competition manual)

Under 12

Minimum 288m open water swim (competition course as per competition manual)

Under 13

Minimum 288m open water swim (competition course as per competition manual)

Under 14

Minimum 288m open water swim (competition course as per competition manual)

Notes Competency Test must be achieved before being eligible to compete. Under 8's must complete lessons 6 & 7 from the Surf Awareness 1 Certificate prior to completing their Competency Test (Run, Wade, Run) requirements. Refer to pages 19-22 in Surf Education Instructors Guide for lesson plans.

WHAT IS REQUIRED OF ME AS A PARENT?

At least one parent for each junior member must remain on the beach each Sunday while the children are participating in junior activities. Parents should introduce themselves to the child's age manager.

Feel free to approach your age manager to obtain their contact details so that you can more easily communicate with them on issues relevant to your child's age group.

Like any voluntary association the club relies heavily on the active involvement of parents. The club cannot function without people volunteering their precious time. There are a number of ways you can assist such as in water safety (for those with SRC or Bronze Medallion qualifications), morning set up on the beach, BBQ set up and manning the BBQ stall, raffle sales and other fundraising initiatives etc.

As is often the case year after year a lot of the work is left to the same few individuals who devote their time tirelessly to keep the junior activities program functioning. Many hands make light work and it would be of tremendous assistance if you could contact your age manager with an expression of interest to assist in one of the numerous roles essential for the ongoing operation of the junior program.

If you have any queries as to how you can lend any assistance please contact your age managers who I am sure will be able to give polite direction.

WATER SAFETY/OFFICIALS COURSES

To qualify as a water safety official on Nippers day, carnivals and at training times you must have completed as a “minimum” qualification the SRC course. This is a shorter version of the Bronze Medallion. For those interested in completing a Bronze Medallion or SRC course please contact the clubs chief instructor, Marty Avent – chiefinstructor@mermaidspsc.org.au, or your age manager. It is important that as many interested parents as possible complete either the SRC course or Bronze Medallion so they can assist as water safety during training, Nippers days and particularly at carnivals.

The South Coast Branch of Surf Life Saving has put out a firm edict that clubs nominating competitors at carnivals must supply one water safety officer for each ten competitors. If we do not supply the requisite number of water safety officers per competitors the club will not be allowed to compete.

Those who hold SRC and Bronze Medallion must complete a proficiency to ensure their qualification is current. Please contact Andrew Cotis or check the website for details.

CARNIVAL OFFICIALS

It is also necessary for our club to supply one official for every ten competitors at carnivals. We need as many mums and dads as possible to complete the officials course to ensure our kids will be able to compete at carnivals.

The courses are usually conducted at Branch Headquarters at Mermaid Beach. The club will pay the relevant course fees. Could anyone interested please contact me (or Jo in the admin office) by return email and I will provide further particulars.

Course dates: Wed 19th Oct, 16th Nov and 14th Dec at South Coast Branch (Next Door to the club) - 6pm -9pm.

CARNIVAL CALENDAR

TBC

Your age managers will have full details of the carnivals and entry requirements. Please contact your respective age managers for further details. For some carnivals, numbers of children who are able to participate may be restricted based on, among other things, the ability of the club to provide the requisite number of water safety and carnival officials. If the club faces these restrictions selections will be based on, among other things, the water safety and officials an age group is able to apply, attendance at training, attendance at Sunday Nippers and performance and proficiency. If your child wishes to compete at carnivals it is imperative that at least one parent volunteers in one of these capacities (i.e. water safety, officials, BBQ duties, etc).

MNM CARNIVAL

In addition to the above program Mermaid participates in a three way carnival with Nobby's and Miami. It is a fun day and usually run like any other Nippers program with some friendly competition between our neighbouring clubs. Date is still to be confirmed

CLUB CHAMPIONSHIPS

We have also set the dates for club points days. These are days where the children will compete against each other for points to determine age champions (first, second and third places) amongst each relevant age group. The tentative dates (subject to favourable weather and surf conditions) are as follows:

- First points day TBC
- Second points day TBC
- Third points day TBC

We will also set aside some back up dates which will revolve around the carnival calendar and weather conditions.

Under 6's and under 7's do not compete for points or places. They will all receive recognition for their participation.

TRAINING

TBC

BOARD ALLOCATION

For those children who wish to participate in regular organised training activity, a Nipper board may be allocated. You must also ensure that your name, contact details and board identification is provided to one of the Club craft captains (Greg Morton or Michael Dalton). A levy has been introduced for allocation of Under 14 "Long" boards. If a board is damaged in your child's care or custody, it is club policy that the board is repaired at your cost.

CHANGE OF ADDRESS OR PHONE NUMBER

Could you please notify the secretary of the club (email address secretary@mermaidslsc.org.au) or Jo Briody (admin@mermaidslsc.org.au) or by a note delivered or posted to the club (PO Box 367 Mermaid Beach QLD 4218) of any change of address, email or phone contact details so that we may keep you up to date with all relevant information.

MORE INFORMATION

"Nipper News" is a weekly email newsletter sent to all U6 to U14 nippers. Please ensure your email address is correct as this newsletter will contain the most current and up to date information.

Also we will be posting communications like this one on our website www.mermaidslsc.org.au and by posting relevant details on the notice board which on most Nippers Sundays is located in the park near the BBQ facility.

Please let me know if there is specific information you would like provided on a more regular basis.

If you require any further information on any of the issues canvassed in this memorandum do not hesitate to contact me by return email or alternatively contact your age manager.

Wishing you a fun, safe and enjoyable Nippers season.

Kind regards

Matt Slee

sleemattthew@yahoo.com.au

Administrator – Jo Briody

Office Hours – Tue - 9am till 5pm

Thur – 9am till 5pm

Sun – 8am till 12pm

Ph: 5575 3668.

Fax: 5575 2489

Email: admin@mermaidslsc.org.au

TEAM MANAGER CONTACT DETAILS

Under 8's - 10's: Andrew(Jed) Moore – 07 5572 9118 - aardvark2006@aapt.net.au

Under 11's – 14's: Michael Dalton – 0411 864 133 - mdalton@bigpond.net.au