



TERRIGAL NIPPERS

“Skills for life in a fun, friendly and inclusive environment”

CLUB CONTACT INFORMATION

Phone:	02 4385 6933
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Address:	Terrigal Surf Life Saving Club, PO Box 57, Terrigal NSW 2260
Blues News:	Our primary communication tool for members supplemented with periodic emails and text messages via surfguard

Follow us on Socials - “Terrigal Surf Life Saving Club” + “Terrigal Nippers” @terrighalslc

BOARD MEMBERS 2023 - 2024

President	Richard Green	president@terrighalsurfclub.com.au
Director of Life Saving	Tim Pittolo	lifesaving@terrighalsurfclub.com.au
Director of Competition	Richard Green	competition@terrighalsurfclub.com.au
Director of Education	Phil Clegg	education@terrighalsurfclub.com.au
Director of Member Services	Mandy Eyles	membership@terrighalsurfclub.com.au
Director of Junior Activities	Simone Robertson	nippers@terrighalsurfclub.com.au
Director of Sponsorship	Ben Hibberd	sponsorship@terrighalsurfclub.com.au
Director of Finance	Beris Meldrum	finance@terrighalsurfclub.com.au
Director of Administration	Julie Redfern	admin@terrighalsurfclub.com.au

REGISTRATION

- Our registrar is Beris Meldrum and can be contacted via registrar@terrighalsurfclub.com.au
- Membership is available online via the Surf Life Saving Australia Members portal <https://members.sls.com.au>
- All members are required to log in and/or create an account to process their membership
- All members must have an individual account and login
- If there are any problems with your account, access the helpdesk <https://support.sls.com.au/open.php> or call 1300 724 006
- For a Nipper or Nippers to be registered at least one parent/carer must also register with Terrigal Surf Club
- Registration will not be finalised until payment is made and/or identification for new members is provided/sighted and a parent/carer is registered

Terrigal Nippers 2023 – 2024 season

Terrigal is a medium sized club with around 250 nipper members ranging in ages from Under 6 – Under 14.

Our Sunday Nipper program starts on Sunday 8 October 2023 for all age groups.

Day one at Nippers:

If you are new to Nippers and or Terrigal Surf Club, we recommend you turn up about 15- 30 minutes before your start time so that you can find a park, grab a coffee, pop on sun-cream on and get your child ready to go!

- **Under 6 and 7's: 8am start**
- **All other age groups: 8:30am start**

Especially for the new Under 6's – there can be lots of nerves especially about getting into the water. Reassure your kids and let them know that they will be playing games like tug of war, rob the nest all of which will most likely take place on the sand. Depending on their confidence and the conditions they might get into the water up to the level they feel comfortable - but there will be no pressure, only reassurance.

What to wear:

- All new to club nippers will receive a Nippers Cap on day 1 – this will be a dedicated colour so that Nippers can find their age group easily on the beach.
- Any cossies or a wetsuit (it can be a little cold at the start of nippers)
- New nippers in the younger age groups will also receive a rash vest.
- Returning Nippers if you cannot find your cap – you can purchase a new cap from the Club
- **If you choose to compete for Terrigal at carnivals, you will need to purchase a royal blue cap for \$10**

What's expected of new parents?

- If you are new to the club and would like to volunteer, speak to one of the volunteers wearing a blue Age Manager shirt and they will point you in the right direction
- The key is not to stress – and remember that some kids will be very confident whilst others will not – reassure your kids and encourage them to do what they feel comfortable with

Sunday Nippers:

- Nippers begins at 8:00am for all under 6 & 7 finishing before 9am, with the remaining age groups to start at 8:30am and likely be finished at or around 11am
- We ask all nippers to be lined up ready for mark off at their Age Group Flags
- Please note that a parent or guardian must always be on the beach while their child is participating in Sunday nippers, training, and Carnivals.
- Terrigal Nippers relies heavily on parents volunteering their time to help with the running of Terrigal Nippers and operates under the banner of T.E.A.M. Terrigal - Together Everyone Achieves More.
- Our Terrigal Nipper Program could not run without contributions from parents and this season we are continuing our "*Parent Commitment*" requirement for all families who join Terrigal Nippers to ensure the workload required to deliver a high-quality nipper program is shared more equally. Details regarding the "*Parent Commitment*" are on the following pages
- We understand that it is difficult for some families to contribute but need to share the workload amongst all families. The parent commitment requirement does vary depending upon your child's involvement. There is a lesser parent commitment required from Under 6 & 7 families and a greater parent commitment required from families where their nipper competes in carnivals
- Attached to this document is a Nippers Calendar. The calendar contains dates for regular Sunday Nippers, Club Championships rounds, Carnivals and Nipper special events. We hope that the season is an enjoyable one for you and your family and look forward to seeing everyone on the beach when the season commences

Parent Commitments:

Non-competitive Nippers – Nippers who attend Sunday Nippers only

- The minimum parent commitment is **TWO** Sunday morning contributions or holds a JAC Committee position per nipper.

Competitive Nippers – Nippers who compete at Carnivals (Under 8 age group and above)

The minimum parent commitment is that parents are willing and able to support the age manager and their child.

- We would ask that each parent whose child competes at a carnival be prepared to be water safety (must hold an SRC or a Bronze medallion) or complete an official's course (online) and act as official at a local carnival.
- You don't have to complete an official's course to help at Carnivals
- **1 Sunday Nipper contributions + TWO carnival contributions or holds a JAC Committee position per nipper.**

If each parent commits and takes on a role – we share responsibility and do not see the same volunteers doing all roles week in week out. As mentioned, this is a volunteer organisation – age managers, parent coaches and JAC committee members are unpaid.

State Championship Parent Commitments (Under 9 age group and above)

Fulfilling club requirements at the State Championships is always challenging, especially with two days of competition being conducted on a weekday (Thursday and Friday).

Areas at the State Championship requiring parent contributions include:

- **Carnival Official.** *(Terrigal must supply officials for 3 -4 days)*
- **IRB Driver or Crewperson.** *(Terrigal must supply a driver & crewperson for 4 x 4-hour shifts)*
- **1st Aid Officer.** *(Terrigal must supply 2 Qualified 1st Aid Officers for 1 x 5-hour shift)*
- **Water Safety.** *(Terrigal must supply 4 -8 Water Safety personnel for 3 x 4 hour shifts)*

NIPPERS (JUNIOR ACTIVITIES)

- Nippers at Terrigal is all about providing children with confidence, skills and an understanding of the beach and surf environment. We are focussed on providing an environment that is fun, family friendly and focussed on developing each of our nippers throughout the season. Our aim is to give our nippers the skills, training, and environment to become excellent lifesavers of the future
- Nippers can start when the child is 5 years old (although the competition age for Nippers is judged by the age the child is on September 30 of the current season). The first two years of Nippers are spent in the Under 7's, the focus here is on fun and games on the beach which teach children basic skills and awareness of where to swim and what help is available from lifesavers
- At times kids will want to join age groups above or below their "official group" this might be based on friends or skill levels. We would encourage kids to join their actual group and try and make some new friends – your age manager will assist you with this
- Nippers from U8's to U14's can compete in local carnivals several times during the season, and we encourage children to do so (to test their skills in a new beach environment and enjoy representing their team) but it is not compulsory
- Nippers run each Sunday depending on weather, conditions, program, helpers etc. Nipper events include a wade, board paddling, swimming, beach, sprinting and beach flags as well as lots of fun activities and games designed to teach and improve all surf skills.
- Our Nippers participate in a progressive SLSA Surf Education program providing them with the skills and knowledge of beach safety rules and basic first aid
- Please chat with your age manager to understand how they will communicate with your age group. Some information is below – but each age manager may select a different way to inform you of what is happening.

Age Managers for 2023/2024– use the QR code to join your Age Groups WhatsApp page.

	Girls	Boys	Join WhatsApp Age Groups using QR codes
Under 6's	Beris Meldrum	TBC	
Under 7's	Craig Young Candice Mungovan Lisa Standish		
Under 8's	TBC	TBC	
Under 9's	Jess Meek	Chris Donnelly Sam Rawlings	
Under 10's	Evan Griffiths	Ben Osborne	
Under 11's	Laura Stone	Adam Montgomery	
Under 12's	TBC	Scott Roberts	
Under 13's	Alanna Tyrell	Lisa Metcalfe Simone Robertson	
Under 14's	Ryan Quick	TBC	

Terrigal Nippers - Coaching 2023 - 2024

Terrigal prides itself on our free and extensive club coaching program, with board, surf and beach training available on weekday afternoons, for beginner 9's through to the senior club. Our qualified and experienced coaches will develop your child's skills in these areas.

We will need some parents to support Beginner Foamie this year and Beginner Fibreglass – if you are interested please let me know.

NOTE: The coaches are not swim instructors and are unable to focus one on one and provide basic swim skills to Nippers. If your child is not a confident swimmer it is recommended that they attend swim classes or squads to build their skills.

Coaching Co-coordinator: Simone Robertson

Type	Age/Level	Days	Time	Coach
Board	U14's (Mals)	Tues and Thurs	4:30pm – 5:30pm	Davey
Beach	All welcome	Tuesday	5:30pm – 6:30pm	Emmy
Fibreglass	U11/12/13	Tuesday and Friday	4:30pm – 5:30pm	Jett
Foamie	U9/U10 and new to board	Tuesday and Friday	4:30pm – 5:30pm	Zoe

Coaching Program

- The coaching program is open to **every** Terrigal Nipper regardless of experience. Coaching sessions are targeted at developing skills and fitness in preparation for carnivals
- To participate in coaching sessions nippers **MUST** be financial and have completed the preliminary proficiency – this is required annually regardless of Nipper. Each year every child **MUST** recomplete their proficiency float and competition swim where required
- Nippers new to Terrigal wishing to be involved in Water Coaching are required to attend the **Beginners Foam/Water Sessions** for assessment prior to attending any other coaching session
- Nippers might not be with friends their own age until they reach a **minimum level of competency** – the focus is on safety and ensuring that training is able to be managed for all kids at the right level
- Once training is finished parents must be on the beach to **assume responsibility** for their kids – especially should they choose to remain in the water. Training sessions will run to time as many of the coaches have training sessions to attend themselves after supporting your kids
- Nippers **MUST** wear their high visibility singlet or **rashie** during training sessions. This is a SLSA safety requirement and nippers will not be allowed to train if they do not have a high visibility singlet
- We will require **water safety** at training especially for Beginner Board. If you are not prepared to get in the water or are unable – let your coach know. Kids at this age often require one on one support especially from their parents as they can be very nervous in the water
- All correspondence in relation to coaching will be via Facebook/WhatsApp groups – check with the Trainer at the first session for these details
- **Board etiquette:** We do have some fibreglass and foamie boards for those children that do not have their own craft both for training and for carnivals
 - **Rule 1:** Don't touch other competitor's boards! They are expensive and the last thing you want to do is damage their craft and be accountable for repairs
 - **Rule 2:** If the board has a Terrigal Sticker on it, it is a club board. These boards should **ONLY** be taken out in the water by members of Terrigal Surf Club. Please don't get boards out of the shed and give to friends. They are not covered by insurance.
 - **Rule 3:** If you take a board out of cage for training at the end of the session promptly wash the board off and put back in cage. Do not leave on the beach for someone else to do.
 - **Rule 4:** If you need a board for a carnival, you can attend training on a Friday afternoon and sign a board out for the weekend. We will collect details of those taking the boards. If you

child is not attending training on the Friday someone will need to come and collect the board – we cannot sign these boards out prior as craft is used for training. You must then return the board after the carnival from 5pm (before SIPS)

- **Take board out: After 5:30 Friday afternoon**
- **Return all craft: After 5pm Saturday or Sunday following carnival**

[Information](#)

See the Terrigal SLSA portal for the competition policy

Click [here](#) for up-to-date Surf Life Saving Central Coast surf information including the events calendar

Click [here](#) for Terrigal Surf Lifesaving Club Nippers calendar 2023 - 2024

2023- 2024 TERRIGAL NIPPERS AGE GROUP DUTY Commitments

Each parent to hand this back to Age Manager at start of season

Name of Nipper				
Age Group				
Name(s) of Volunteer				
Duty Roster	Set up (BBQ Set up 6:30 – 8am)	Pack up (BBQ Clean up 10:30 – 11:30)	BBQ Shift 1 (8 – 9:15am)	BBQ Shift 2 (9:15am – 10:30am)
Duties 1:				
Duties 2:				
Date	Terrigal Carnival work party			
29/10/2023	Set up from 5am:		Pack up from 2pm	
Date	Event	Official	Water Safety	IRB or First Aid
21/10/2023	SLSCC Individual Event Carnival U12 to Open (Full Day Carnival)			
29/10/2023	SLSCC Traditional Carnival 8-14's			
11/11/2023 – 12/11/2023	Newcastle Permanent Iron person weekend			
26/11/2023	SLSCC Nipper Carnival: 8 – 14's Team events			
14/1/2024	SLSCC Traditional Carnival 8-14's			
3/2/2024 - 4/2/2024	SLSCC Branch Championships			
7/3/2024-10/3/2024	Age State Titles (Manly) – Queenscliff			

Please write your name in as many spots as you can – volunteering is necessary to ensure we have a successful season.

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END Document