



TERRIGAL NIPPERS

Skills for life in a fun, friendly and inclusive environment 😊

Last Update: 10 Sep 2024

WELCOME TO NIPPERS @ TERRIGAL

Terrigal Surf Life Saving Club is committed to providing children with confidence, skills and an understanding of the beach and surf environment through our Junior Activities - Nipper Program. We strive to provide a program 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.

- The nipper program runs each Sunday morning depending on weather, surf conditions and the availability of helpers. Activities include a wade, board paddling, swimming, beach sprinting, long distance runs and beach flags, as well as lots of fun activities and games designed to develop surf and rescue skills.
- At times kids may want to join age groups above or below their birth date designated age group to be with friends or seeking different skill levels. We encourage kids to join their actual age group to meet and make new friends, assisted by the age manager.
- Nippers can start from 5 years old with the first two years, Under 6's & 7's. spent doing fun and games on the beach to introduce children to basic skills and awareness of where to swim and what help is available from lifesavers.
- The competition age for nippers is determined by the age the child is on September 30 of the current season.
- From the U8's age group, nippers begin the surf sports activities and can compete in carnivals (inter club competition) during the season. We encourage all children that are keen to participate, where they get to test their skills at different beaches and represent Terrigal Surf Life Saving Club. Attending carnivals is optional.
- Nippers participate in progressive Surf Life Saving Australia Education programs, providing them with the skills and knowledge of beach safety, rescue techniques and basic first aid.

CLUB CONTACT INFORMATION

Phone: 02 4385 6933

Email: office@terrighalsurfclub.com.au

Website: <https://terrighalsurfclub.com.au/>

Address: Terrigal Surf Life Saving Club, PO Box 57, Terrigal NSW 2260

NEWS, INFO AND COMMUNICATION

WhatsApp Groups	All parents / carers are expected to join the Age WhatsApp group. Refer to point 3 in the Season Information section below.
Blues News Email	Keep an eye out for ' Blues News ', our primary club member email bulletin.
Surfguard SMS	At times important info will be sent via mobile SMS.
Socials	"Terrigal Surf Life Saving Club" "Terrigal Nippers" @terrighalslsc

TERRIGAL SLSC BOARD OF DIRECTORS

As a registered nipper, and the registered parent / carer, you are members of Terrigal Surf Life Saving Club. Within the membership, are several director roles, which are responsible for the functions as detailed below.

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	Cheryl Wallace	education@terrighalsurfclub.com.au
Director of Member Services	Danielle Quick	membership@terrighalsurfclub.com.au
Director of Junior Activities	Scott Roberts	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

JUNIOR ACTIVITIES COMMITTEE

Director of Junior Activities	Scott Roberts
Deputy	Mark Cameron
Junior Coaching Lead	Hayden Cowan
BBQ Coordinator	Simone Robertson
Comms & Parent Liaison	Craig Young
Child Safe Coordinator	Candice Mungovan
Gear Steward	Cam Louis
Rookie Coordinator	Kirsty Herring
Social Events / Fund Raising	Amber Cameron / Kate Roberts / Kate Wall
Age Managers	Refer to section 3

REGISTRATION

To participate in nippers, registration and payment must be completed prior to attending. Membership is managed in conjunction with Surf Life Saving Australia, through and online members portal. For a nipper/s to be registered, at least one parent/carer must also register as a member with Terrigal Surf Life Saving Club.

Please note the following additional details:

- Access the Surf Life Saving Australia Members portal at <https://members.sls.com.au>
- All registrations, **new** and **renewing** for another season, must be processed through the portal.
- All members require an individual login, and following, can be grouped into a family to administer as a group.
- If you encounter a problem with your account, request help through the support desk at <https://support.sls.com.au/open.php> or call 1300 724 006.
- Our local club registrar is Beris Meldrum and can be contacted via registrar@terrighalsurfclub.com.au
- Registration will not be finalised until payment is made and/or identification for new members is provided/sighted and a parent/carer is registered.

SEASON INFORMATION

The nipper program balances fun activities to develop skills, education of beach safety and lifesaving skills, and the participation in surf sports competition. Terrigal Surf Club generally has around 250 nipper members spanning the Under 6 – 14 age groups.

Attached is a Nippers Calendar for the season. The calendar contains dates for regular Sunday Nippers, Club Championships rounds, Carnivals and special events.

The following information we hope provides an understanding about the program and expectations, to make the season more enjoyable. We look forward to seeing everyone on the beach when the season commences.

1 Day one at Nippers

Our Sunday Nipper program starts on [Sunday 13 October 2024](#) for all age groups.

If you are new to Nippers or Terrigal Surf Club, we recommend you arrive 25 minutes before 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**

For new members and especially for the new Under 6's, there can be lots of nerves including getting into the water. Reassure your kids letting them know that they will be playing games and doing activities most of which will take place on the sand. Depending on their confidence and the conditions, we'll include water based activated up to the level they feel comfortable - there will be no pressure, only reassurance.

2 What to wear

- Any cossies are ok. A wetsuit will help to stay warm, especially at the start of the season.
- All new nippers will receive a coloured nippers cap at the first attendance. The colour is specific to their age group and will be their age colour as the group progresses each year. New nippers in the younger age groups will also receive a rash vest.
- Any returning nippers that need a new cap can purchase a new one from the club.

- If you choose to compete at carnivals, all nippers must wear the royal blue coloured Terrigal Club cap. This is to be purchased separately for \$10.

3 Age Managers

The age manager of your child's group will be your primary liaison point for all things nipper related. They play an important role in the running of the nipper program and will be actively involved with their group's activities. Please introduce yourself, they are visible in their blue long sleeved age manager shirt and can assist you with any concern or query.

For the current system, below are the volunteer age managers for each age group. In the last column is the QR code to join the groups WhatsApp chat. Please join the group early and be sure to post saying Hi, including who your child is.

Age Group	Girls	Boys	WhatsApp QR codes
Under 6's			
Under 7's			
Under 8's	Craig Young		
Under 9's	Tennille McAdie / Stacey Bremner / Campbell Lemmon		
Under 10's	Julian Dent	Sam Rawlings	
Under 11's	Evan Griffiths / Jemma Hall	Mark McNair	
Under 12's	Laura Stone	Adam Montgomery	
Under 13's	Johnny DiMichael	Scott Roberts	
Under 14's	Alana Tyrrell	Lisa Metcalfe	

4 Sunday Nippers

Both regular nipper and club championship rounds on Sunday mornings run between:

- **Under 6 and 7's:** 8am start | ~9am end
- **All other age groups:** 8:30am start | ~11am end

All nippers to be lined up ready for mark off at their age group flags prior to the start time.

We endeavour to adhere to the nipper calendar as closely as possible, however, at times the surf and weather conditions might require changes at short notice. Such circumstances will be communicated through your age WhatsApp groups and our social media accounts.

5 Carnivals

Throughout the season a series of carnivals are held for surf sports competition. Using the skills learned and developed through the regular Sunday mornings and mid-week coaching, our nipper athletes can participate and test their abilities against other surf life saving clubs.

Carnivals can be long days and it's not always possible to compete in all events due to clashes within the timetables. They are a great stage for showcasing our athlete talent and spirit. Nippers of all abilities will be encouraged to attend.

For carnival events to run, each Surf Club is required to provide volunteers in officiating and water safety duties. This can result in times that you may not see your child compete in all their races. However, without the volunteer support, simply, the carnivals cannot be held. Expectations of parent contributions are detailed later in the booklet.

All Terrigal nippers are required to wear the royal blue club cap at competitions as noted prior.

[Teams](#)

Carnivals comprise of individual and team events. Team selections are made in accordance with the competition policy on the Terrigal Surf Club website.

6 Special Events

A number of special events are held throughout the season.

- **Fundraising** – Colour Run, Cake Stall
- **Social** – Christmas Nippers
- **Inaugural Races** – Richard Bridge parent / child board rescue

7 What's expected of parents / carers?

Surf Life Saving is a volunteer organisation, and the season program is delivered by a fantastic group of club members within the nipper and wider club community. In addition to the designated junior activity committee roles, we require additional parent assistance each week to provide the best experience. Regardless of ability or background, we will love seeing you come forward to help and support our team.

Some things to note:

- To find out how you can help, speak to one of our Age Managers, visible in their blue long sleeved age manager shirt and they will point you in the right direction.

- Please remember that skills and confidence will vary considerably. Some nippers will be very confident while others will need more time to develop. Calmly reassure your kids and encourage them to do what they feel comfortable with.
- A parent or carer must remain on the beach for the duration of any session, including regular Sunday sessions, training and carnivals.
- **Have some fun with the kids!** Perhaps you were a nipper yourself or never got the chance. The nipper program is the perfect place for you to get involved and learn and develop the skills at the same time as the kids by jumping in and lending a hand.

Our Terrigal Nipper Program cannot run without contributions from carers/parents. We require 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.

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.
- **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 Championships – Special Commitment Requirements (U9's and up)

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

Areas at the State Championship requiring parent contributions include:

- **Carnival Official.** *(Terrigal must supply officials for 3 -4 days)*
- **IRB Driver and 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)*

8 Coaching

Terrigal prides itself on our free in season 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.

The coaching program is open to **every** Terrigal Nipper regardless of experience. Sessions are targeted at developing skills and fitness in preparation for carnival competition. To participate, nippers must be financial and have completed the preliminary proficiency. This is an annual requirement for all nippers, new and returning. Every child must complete their proficiency float and competition swim as instructed.

⚠ NOTE ⚠

The coaches are not swim instructors and are unable to focus one on one to 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 and competency.

Coaching Coordinator

Ryan Quick / Hayden Cowan

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

Some other important things to know about coaching:

- **Assessment** - New nippers are required to attend the **Beginners Foam/Water Sessions** for assessment prior to attending any other coaching session.
- **Group Assignment** - Nippers might not be with friends their own age until they reach a **minimum level of competency**. Safety is paramount and coaches require participants of similar capability to ensure training can be safely and effectively delivered.
- **Timing** - At the conclusion of training, parents must be ready 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 are surf sports competitors with their own training sessions to attend.
- **Safety** - A **high visibility singlet or rashie** must be worn during training sessions. This is a mandatory SLSA safety requirement. Nippers will not be allowed to train if they do not have a high visibility singlet.
- **Parent Assistance** - In addition to the coaching staff, **parent water safety** is required, especially for Beginner Board. Kids at this age often require one on one support, especially from their parents as they can be very nervous in the water. If you are not prepared to get in the water or are unable let your coach know prior to the session.
- **Communication** - All correspondence in relation to coaching will be via Facebook/WhatsApp groups – check with the Trainer at the first session for these details
- **Club Boards & Equipment Etiquette** – The club has a selection of fibreglass and foamie boards for those children that do not have their own craft. Please also note:
 - **1:** Don't touch other athletes boards. They are expensive craft and if you damage another's property, it's expected you will be accountable for the repair.

- **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. Members are not permitted to provide craft to non-members. Only our members are covered by insurance.
- **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.
- **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 your child is not attending training on the Friday, someone will need to come and collect the board on your behalf. We cannot sign club boards out prior as craft is used for training. Boards must be returned after the carnival from 5pm (before SIPS)

[Further 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 2024 – 2025.

TERRIGAL NIPPERS – PARENT / CARER DUTIES COMMITMENT

😊 Running a successful surf life saving nipper program needs contribution from our parent and carer members. Get involved, have some fun and please write your name in as many spots as you can. Hand this form to your age manager. Thank you. 🙏

Name of Nipper/s	
Age Group/s	
Name(s) of Volunteer/s	

Requirement

Non-competitive Nippers (Those attending Sunday nippers only)

- 2 Sunday morning Nipper contributions

Competitive Nippers (Those U8's + who compete at carnivals)

- 1 Sunday morning Nipper contributions + **TWO carnival contributions** or **holds a JAC Committee position** per nipper.

Date	Event	Official	Water Safety	IRB or First Aid
26/10/2024	SLSCC U9-11 Mini Carnival TOOWOON BAY			
3/11/2024	SLSCC Nipper Carnival KILCARE			
9 & 10/11/2024	Newcastle Permanent Iron person weekend			
8/12/2024	World Nipper Champs Swansea Belmont			
15/12/2024	SLSCC Nipper Carnival: 8-14's TERRIGAL			
12/01/2025	SLSCC Nipper Carnival 8-14's			
8 & 9/02/2025	SLSCC Branch Championships AVOCA			
6/3/2025 to 9/3/2025	Age State Titles Queenscliff / Northern Beaches			