



# Terrigal Surf Life Saving Club Nipper Information Booklet 2025-2026



# Welcome to Terrigal Nippers

Thank you for choosing our club to develop your child's lifesaving skills in our Nipper program.

Terrigal Surf Life Saving Club is committed to providing children with confidence, skills and an understanding of the beach and surf environment through our Nipper program.

We strive to provide a program that is fun, family friendly and focused 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.



# What is the Nipper program?

Nippers participate in a progressive Surf Life Saving Australia Education program, providing them with the skills and knowledge of beach safety, rescue techniques and basic first aid.

The Nipper program runs each Sunday morning from mid-October depending on weather, surf conditions and the availability of volunteers. Terrigal Surf Club generally has around 250 Nipper members spanning the Under 6 – 14 age groups.

Depending on the age group, activities may 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.

Nippers can start from 5 years old. The first year/s use 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.



# 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 an 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.

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](mailto: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.



# Age groups

Children can join Nippers from Under 6's through to Under 14s. A child may join Nippers once they turn 5 years old. We cannot take registrations from any child who is not 5 years old by 30 September 2025.

The first year/s use 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.

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.

The competition age for Nippers is determined by the age the child is on September 30 of the current season.

Proof of age must be sighted for new members under 14.

Age Groups	
Group	DOB Period
U6's	1 Oct 2019 to 30 Sept 2020
U7's	1 Oct 2018 to 30 Sept 2019
U8's	1 Oct 2017 to 30 Sept 2018
U9's	1 Oct 2016 to 30 Sept 2017
U10's	1 Oct 2015 to 30 Sept 2016
U11's	1 Oct 2014 to 30 Sept 2015
U12's	1 Oct 2013 to 30 Sept 2014
U13's	1 Oct 2012 to 30 Sept 2013
U14's	1 Oct 2011 to 30 Sept 2012

AGE GROUP	PRELIMINARY EVALUATION	COMPETITION EVALUATION
Under 6	From a standing position in waist-deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	
Under 7	From a standing position in waist-deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	
Under 8	25m swim (any recognised stroke) 1-minute survival float	Nil (no water competition, except for wade which takes place in waist-deep water)
Under 9	25m swim (any recognised stroke) 1 minute survival float	Minimum 150m open water swim (any recognised stroke)
Under 10	25m swim (any recognised stroke) 1.5 minute survival float	Minimum 150m open water swim (any recognised stroke)
Under 11	50m swim (any recognised stroke) 2 minute survival float	Minimum 200m open water swim (any recognised stroke)
Under 12	100m swim (any recognised stroke) 2 minute survival float	Minimum 200m open water swim (any recognised stroke)
Under 13	150m swim (any recognised stroke) 3 minute survival float	Minimum 200m open water swim (any recognised stroke)
Under 14	200m swim (any recognised stroke, in less than 5 minutes) 3 minute survival float	Minimum 200m open water swim (any recognised stroke)

# Preliminary and competition evaluation

It is the requirement of Surf Life Saving Australia that prior to participation in the Nippers program each season, that all Nippers must complete a preliminary skills evaluation.

For all Nippers from Under 8s to Under 14s who wish to participate in junior life saving carnivals, will also be required to complete a competition swim evaluation.

# 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.

Below are the volunteer Age Managers for each age group for this upcoming season. 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	TBA	TBA	
Under 7's	TBA	Gabrielle Nagy	
Under 8's	Claire & Paul Robertson	Tim Symonds	
Under 9's	Craig Young /Wayde Low	Aaron Hoffman	
Under 10's	Tennille McAdie	Liam Cox	
Under 11's	Julian Dent	John Robb	
Under 12's	Evan Griffiths	Mark McNair	
Under 13's	Laura Stone	Adam Montgomery	
Under 14's	Johnny DiMichael	Scott Roberts	



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## Day one

Our Sunday Nipper program starts on **Sunday 12 October 2025** for all age groups.

- **Under 6 and 7's: 8am start**
- **Under 8's to Under 14's: 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 activities up to the level they feel comfortable - there will be no pressure, only reassurance.

# Your role as a parent / carer

## YOU DO MAKE THE DIFFERENCE!

One thing we can tell you for certain, the more YOU get involved, the more you and your child will enjoy Nippers.

The main emphasis of Nippers is to have fun in an all-inclusive environment.

Our club relies on volunteer help. There are many jobs you can help with, and you do not need to have had surf life saving experience or be a lifesaver. The club values any and all contributions from parents – it makes our club. **BE PART OF THE FUN – GET INVOLVED**

## WAYS OF GETTING INVOLVED...

- ✓ Age Manager, Assistant Age Manager
- ✓ Water Safety, IRB crew/driver
- ✓ Official/Coach
- ✓ Assist coaches with training
- ✓ Setting up the beach and putting equipment away
- ✓ BBQ helper
- ✓ Fundraising, etc





# Parent / carer commitments

**Non-competitive Nippers** – Nippers who attend Sunday Nippers only.

The minimum parent commitment is **TWO** Sunday morning contributions or hold a Junior Activities Committee (JAC) position per Nipper.

**Competitive Nippers** – Nippers who compete at carnivals (Under 8 age group and above).

In addition to volunteering at TWO Sunday morning Nippers, the minimum 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 a Surf Rescue Certificate or a Bronze Medallion) or act as Official.

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 members are unpaid.

# Water safety and officials

## Officials

A 'Carnival Officials' course is available for parents who would like to get involved at our Competition Carnivals that we will attend each season. This is the chance to get a ringside seat at the action! Without Officials from our Club, we are not allowed to compete at carnivals.

For each 10 competitors, at a minimum we must supply an accredited Official from our Club.

You don't have to complete an Official's course to help at local carnivals.

## Water Safety

At the beginning and throughout the season training is available for any parent interested in obtaining their Bronze Medallion. Many parents who complete their Bronze will enjoy the learning experience whilst improving their fitness and getting a greater understanding of surf lifesaving.

Our club must meet the water safety requirements listed by Surf Life Saving Australia. It is therefore essential that as many parents as possible obtain their Bronze Medallion to assist with water safety. If we do not have the required number of water safety then surf events cannot be conducted, whether at a normal Nipper day, carnivals or club training sessions.

For more information on becoming an official, or obtaining your Bronze Medallion, please speak with your child's Age Manager.



# Nipper carnivals

Throughout the season, junior surf lifesaving carnivals are held at various locations around the Centra Coast. 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.

Nippers of all abilities will be encouraged to attend carnivals; however attendance is optional. They are a great stage for showcasing our athlete talent and spirit.

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

For carnival events to run, each surf club is required to provide volunteers in officiating and water safety duties. This can result, at times, where you may not see your child compete in all their races. However, without the volunteer support, simply, the carnivals cannot be held.

Carnivals can be long days and it's not always possible to compete in all events due to clashes within the timetables.





# Terrigal Club Championships

Terrigal Surf Club run Club Championships 3 times per year for under 8's to under 14's. Club Championships is an inter-club competition where Nippers are competing individually against other Nippers in their age group.

The results from all 3 Club Championship rounds are combined and will determine the age champion winners at the end of the year.

The results will also be used to form teams at carnivals.

Events for Club Championships are:

- Under 8's – Sprint, flags, wade
- Under 9's and under 10's – Sprint, flags, swim, board
- Under 11's to under 14's – Sprint, flags, swim, board, iron person, distance run (under 11's and 12's – 1km, Under 13's and Under 14's 2km)

# Junior Surf Life Saving NSW Age Championship

The Junior Surf Life Saving NSW Age Championship (the State Nipper Carnival) is the major Surf Life Saving competition for Nippers each season. The State Nipper Carnival attracts Nipper competitors from all over NSW and runs over 4 consecutive days (Thursday - Sunday). For the 2025-2026 season, it will be held at Swansea Belmont.

Nippers from U9's through to U14's can compete.

Fulfilling club volunteer requirements at the State Championships is always challenging, especially with multiple days of competition being conducted on weekdays and / or weekends. Areas at the State Championship requiring parent contributions include carnival officials, IRB drivers and crewpersons, first aid officers, water safety.

For Nippers who compete at the State Championships, parents or guardians must volunteer in one of the above roles if they do not hold another volunteering position with the club.



# Australian Surf Life Saving Championships 'Aussies'

The Aussies is an annual event where members from Australia's 314 Surf Clubs come together to compete in more than 480 beach and ocean events.

The 2025 Australian Surf Life Saving Championships will be held on the Gold Coast, Queensland at North Kirra SLSC and Tugun SLSC from 21 – 29 March

Aussies is open to Nippers from Under 13's and above. Nippers do not need to qualify for events to attend.



# 2025-26 Terrigal Nipper Calendar

Here you will find the [Terrigal Nipper 2025-26 calendar](#).

This document and will outline all Nippers events including regular Sunday Nippers, Club Championships, carnivals, and other Nipper activities.





# Coaching

Terrigal prides itself on our free in season and extensive club coaching program, with board, surf and beach training available, for Under 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 members and have completed the preliminary proficiency. This is an annual requirement for all Nippers, new and returning. Every child must complete their proficiency and competition swim as instructed.

**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.

# Nipper training

**Groups** - 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 Surf Life Saving Australia (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 coach at the first session for these details.





# Terrigal Surf Club boards

Our club has a selection of fibreglass and foamie boards for Nippers to borrow if they do not have their own.

Please note:

- Don't touch other athletes' boards.
- 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.
- 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.
- 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 cannot sign club boards out prior as craft is used for training. Boards must be returned after the carnival.

# What to wear

Nippers can wear any type of swimmers to Nippers. Some Nippers choose to wear Terrigal Surf Club swimmers which can be ordered through the club.

At regular Sunday Nippers, kids can wear a wetsuit will help to stay warm, especially at the start of the season. Unfortunately, wetsuits cannot be worn during Club Championships or at carnivals.

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 your child wants to compete at carnivals, all Nippers must wear the royal blue coloured Terrigal Club cap. This is to be purchased separately from the club.



# Other Nipper events

Throughout the year, Terrigal Surf Lifesaving Club organises a number of fun activities for our Nippers.

Some of these include our annual colour run, twilight Christmas Nippers, discos and rescue day.

Keep an eye out for events on our [Terrigal Nipper 2025-26 calendar.](#)





# Junior Activities Committee (JAC)

**Director of Junior Activities** - Scott Roberts

**Junior Activities Committee** - Mark Cameron, Craig Young, Mark McNair, Amber Cameron

**Junior Coaching Lead** - Ryan Quick

**BBQ Coordinator** - John & Russell Underwood

**Communications** - Amber Cameron

**Child Safe Coordinator** - Candice Mungovan

**Gear Steward** - Cam Louis

**Rookie Coordinator** - Amber Cameron

# Terrigal S.L.S.C 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.

<b>President</b>	Richard Green	<a href="mailto:president@terrighalsurfclub.com.au">president@terrighalsurfclub.com.au</a>
<b>Director of Life Saving</b>	Tim Pittolo	<a href="mailto:lifesaving@terrighalsurfclub.com.au">lifesaving@terrighalsurfclub.com.au</a>
<b>Director of Competition</b>	Vacant	<a href="mailto:competition@terrighalsurfclub.com.au">competition@terrighalsurfclub.com.au</a>
<b>Director of Education</b>	Cheryl Wallace	<a href="mailto:education@terrighalsurfclub.com.au">education@terrighalsurfclub.com.au</a>
<b>Director of Member Services</b>	Stuart Bennett	<a href="mailto:membership@terrighalsurfclub.com.au">membership@terrighalsurfclub.com.au</a>
<b>Director of Junior Activities</b>	Scott Roberts	<a href="mailto:nippers@terrighalsurfclub.com.au">nippers@terrighalsurfclub.com.au</a>
<b>Director of Sponsorship</b>	Ben Hibberd	<a href="mailto:sponsorship@terrighalsurfclub.com.au">sponsorship@terrighalsurfclub.com.au</a>
<b>Director of Finance</b>	Beris Meldrum	<a href="mailto:finance@terrighalsurfclub.com.au">finance@terrighalsurfclub.com.au</a>
<b>Director of Administration</b>	Dwayne Robertson	<a href="mailto:admin@terrighalsurfclub.com.au">admin@terrighalsurfclub.com.au</a>



# Club contact information and news

**Phone:** 02 4385 6933

**Email:** [office@terrighalsurfclub.com.au](mailto:office@terrighalsurfclub.com.au)

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

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

**Socials:** “Terrigal Surf Life Saving Club” | “Terrigal Nippers” | @terrighalslsc

**Blues News Email:** Keep an eye out for ‘**Blues News**’, our primary member email bulletin.

**Surfguard SMS:** At times important info will be sent via mobile SMS.



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