



Soldiers

Beach SLSC

MEMBERS HANDBOOK

2009/2010 Season



Soldiers Beach Surf Club Handbook

Introduction

Welcome to Soldiers Beach Surf Life Saving Club and the Nipper movement. We hope you will enjoy your time with us and look forward to your participation, as you watch and become involved in your child/children learn about Surf Life Saving. Children who join Nippers can look forward to learning water and beach skills as well as basic first-aid skills that will enable them to become competent Surf Life Savers, a famous Australian icon, known world wide for their bravery and tireless community service.

This guide is to inform you of the way Soldiers Beach Nippers is run. It contains information that is important to the safety of your child and explains the way our beach days are organised. It also contains a brief explanation of Nipper events, these events are run according to the same rules for all Nipper competition throughout Australia.

Junior activities for Nippers are held at Soldiers Beach on:
Sunday mornings at 9.30am
commencing on **Sunday the 18th October 2009.**

Important Dates

- **Pool Proficiency Day - Saturday 17th October 2009 – between 9am and 1pm @** Toukley Swimming Pool
- **Age Manager Info Night** Thursday 22nd October 5.30pm followed by-
- **Parent Induction Night** (Parents only) Thursday 22nd October 6.30pm. Bar facilities available. It is important at least one parent attends this evening (NEW and OLD members).

Carnivals

This year we will be holding Nippers on our Beach even when a carnival is on. The exception to this will be Branch and State Carnivals as well as the last carnival in November when only RED and GREEN Caps will attend Nippers for an Environmental Education Day, Branch and State. Refer below.

- Nov 2nd– U8-U14 Carnival @ Copacabana (Sunday Nippers will still be held @ Soldiers for all nippers not competing at carnival) some limit to activities may be experienced on this day.
- November 15th U8-U14 Carnival @ Terrigal LIMITED PARTICIPANTS (Sunday Nippers will still be held @ Soldiers for all nippers not competing at carnival)
- November 29th U8-U14 Carnival @ Wamberal (Sunday Nippers will still be held @ Soldiers for RED & GREEN Caps **ONLY**, enviro day)
- January 17th - U8-U14 Carnival @ Toowoona Bay (Sunday Nippers will still be held @ Soldiers for all nippers not competing at carnival) some limit to activities may be experienced on this day.
- February 7th – Branch Junior Championships –@ Shelley Beach (No Nippers this Sunday)

- February 20th-21st – State Junior Championships @ Swansea-Belmont (No Nippers This Sunday)

Championship Days (There will be two Championships Days)

- Sunday 22nd November 2009
- Sunday 31st January 2010

Christmas/School Holidays Break

- Saturday 19th December Twilight Nippers @ Soldiers (Starting 3pm followed by Xmas Party)
- Sunday 17th January 2009: Nippers Resumes OR Carnival @ Toowoomb Bay

***For all the latest information
go to our new website at***

www.soldiersbeachslsc.com.au

Membership

Registration fees: cover insurance and affiliation to state and branch bodies. Parents are required by Soldiers Beach SLSC to also join (at least one parent) when registering Nippers. Registration lasts for 12 months. Or perhaps you may consider becoming a more active member as many of our other Nipper parents have done.

Associate Member: Associates are non-patrolling members of the Surf Club. They have access to all club facilities and are a valued part of our membership. Associate Members fill many of the Club's essential and executive positions.

Active Member: Active members hold current Surf Lifesaving Awards such as the Bronze Medallion and the Advanced Resuscitation Certificate and participate in Patrols on the beach each weekend and public holiday throughout the season. These members must re-qualify in their award each year to remain Active.

Red Caps – Under 6's/Green Caps – Under 7's:— These age groups (known as Red and Green Caps) participate in fun activities including runs, flags, wades and games. The emphasis is on learning to safely enjoy the beach and having fun. There is no competition within these age groups, but each child does receive an award at the end of the year. The Age Managers for these Age groups will require help from parents to keep these children safe and to teach them about the surf for around an hour on Sunday mornings. They will be required to wear a red/green cap for the duration they are on the beach, so that they are easily distinguishable on the beach, especially when there are crowds on the beach during the summer holidays.

Nippers — Under 8 to 14 years:— Our aims are to foster nippers in the ideals of the Surf Life Saving Association of Australia. This involves teaching the children awareness of the surf and its dangers, learning to swim, basic rescue methods, resuscitation and first aid. In doing so, we hope they will eventually go on into the Senior movement and become Active members, gaining their Bronze Medallion, patrolling the beach and having fun with their new and old friends. These

children will be participating in Sunday events and at Carnivals throughout the season. (please see sections on “Sunday Events” and “Carnivals”).

Uniforms: Our club colours are Bottle Green and White. Swimmers may be purchased through the club throughout the season, **on Sunday mornings between 8.30am & 9am** in the office which is upstairs in the Club House. These are not compulsory, **but if the child wishes to compete at Carnivals, the correct Club costume must be worn.** The club has swimwear for sale at minimal cost. T-shirts are also available and it is advised that if you do not have a club shirt, that you make sure your child has any shirt and hat on when not competing, as well as sunscreen, and to keep a water bottle with you, especially at carnivals. **Competition Caps are compulsory for ALL events** at our beach as well as Carnivals.

Youth Development Committee Members

Director of Youth Development – Alan Barrie

Vice Director of Youth Development – VACANT

Director of Junior Training – Dave Waddell

Rookie Co-ordinator / Junior Club Captain – Taylor Marks

Carnival Co-ordinator- VACANT

Age Manager Co-Ordinator and Surf Education – Christie Mascord

Administration – Deb Marks

Committee – Colleen Fleming, Paul Dessmann, Deb Komorr,

Sunday Nippers

Weekly events are designed to accommodate nippers of all levels of ability and those of competitive and not so competitive nature. Nippers are held each Sunday unless there is a Junior Carnival. During the season, Nippers will have the opportunity to participate in surf education, first aid and rescue training, training for competition, controlled competition, practicing survival skills and techniques, and generally meet new friends and have fun. Nipper’s Days are generally held each Sunday morning with nippers mustering in their age groups at 9.30am.

Only those Nippers who have paid their Registration fee and are therefore insured are able to participate in activities.

A rotating roster has been developed for setting up and packing up the beach each Nipper day. Please refer to the calendar for your turn to assist. Many hands make light work and if we get 5 to 10 volunteers each week it should only take about 15 minutes to complete.

Parent participation is always encouraged and eagerly sought, so please do ask questions, and offer your help in whatever area you feel comfortable. We cannot succeed without your assistance. Remember that Surf Lifesaving is a voluntary organization and Coaches, Age Managers and the Committee are not paid and provide a service to assist in educating your children in the surf. **Parents are requested to remain with their children and support their Age Manager.**

At the beginning of each Nipper Sunday all Nippers need to line up with their Age Groups to have their name marked off. They are then expected to stay with their Age group until the end of Nipper activities. Age managers should use the time in between events to develop surf lifesaving skills and do other activities.

PLEASE NOTE: Attendance points will only be given when members attend the beach, have their name marked off & remain for the duration of the session (must participate in a minimum of three activities)

Nipper Caps need to be worn by all competitors for the duration of Nippers. This is a safety measure so that Nippers are easily identifiable on the beach and in the water. Nippers may wear board shorts, rash shirts, t-shirts or wet suits during events at Soldiers Beach. However, at Carnivals they must wear their Soldiers Beach swimmers and caps.

At carnivals, the events listed on the following page are available to compete in, though it is sometimes necessary for Nippers to choose either beach events (sprint, flags, etc.); or water events (swim, board, etc.), as the carnival structure does not always accommodate being able to compete in both.

It is reminded that events at Soldiers Beach are not compulsory, especially the water events, and no child should be forced to complete the water events by age managers or parents although every effort will be made to encourage them to become proficient.

On the following page is a brief summary of Nipper events held at our beach and at carnivals. The rules under which we run weekly events are those set down by Surf Lifesaving Australia and are the same rules enforced during Carnival competition.

Surf Education is one of the main areas of Nippers aimed at developing surf skills and knowledge of the surf and surf life saving. During the season all Nippers should attempt to complete their age surf education award. **Surf Education this season will be completed on the first wet weather day. If no wet day is experienced by the 06 December 2009 this will be the clubs day to completed the relevant surf education. If the child is not present for surf education there will be no catch up days on offer.** At the end of the season all successful Nippers will receive a surf education certificate. Parent assistance in this area is again required.

The Under 14's complete a Surf Life Saving Certificate. It is compulsory for all under 14's to complete this award if they wish to compete in any carnivals after 1st January 2010. This is their first step in obtaining their Bronze medallion in future years. They will learn the basics of doing a surf rescue and resuscitation.

Nipper Events

Water Events

- **Swim Race:** Competitors shall commence from the start line on the beach, swim around the buoys and return to shore and finish between designated flags.
- **Board Event:** for ages U9's to U14's. Under 9's & 10's must use 'foam boards', older ages are to use the 'fibreglass boards'. **The board event may only be entered upon completion of the preceding swim event.** This applies to club days. Competitors must start & finish at designated points, & paddle around specific buoys that will be identified before the start of event. The finish is judged on the chest of the competitor crossing the judging line on his feet whilst holding the board.
- **Ironperson Events:** The order of the event is swim-board-sprint. Competitors will swim around buoys, return to beach, run around flags, pick up board on start-change over line and enter the water for the board section. Competitors will complete the board leg & proceed to the finish line. Boards may be left at the waters edge. The race will conclude when the competitor has rounded the flag and has finished between the two finish flags.
- **Wading Race:** is for the U8's age group and is run through knee to waist high surf. The competitors may wade, dive and/or swim their way around the water section of the course.
- **Wade Relay:** involves the same course with teams of 4 members. Each member completes the course and must tag the next competitor, until all have completed the course.
- **Swim Relay:** involves 4 members swimming the same course as the swim events. Each finishing member of the team is given a place number and the team with the lowest score when the results are calculated is the winner.
- **Board Relay:** This event uses the board course and involves a team of 3 competitors. Competitors must wear uniformed coloured tops and each team member is to be identified by a number; 1, 2 or 3, on each top front & back. Where a club enters two or more teams, a different coloured uniform must be worn. Tags release the next relay competitor.
- **Cameron Relay:** for ages U9 to U14. Team consists of 4 competitors, a swimmer, 2 sprinters & a board paddler. Sequence is usually: swim-sprint-board-sprint.
- **Board Rescue:** for ages U11 to U14. Teams comprise of a patient & a rescuer. The patients shall swim to their allotted buoy and shall signify their arrival by touching the buoy with one hand & raising the other arm in a vertical position. The patient should then retire to the seaward side of the buoy. On receiving the signal the Rescuer shall paddle to the allotted buoy. The patient shall then be positioned on the front of the board. Competitors return to shore passing through the Rescue competition line, both in contact with the board.

Beach Events

- **Beach Sprint:** Competitors take up their positions on the words of the starter, followed by a whistle blast.
- **Beach Relay:** The team shall consist of 4 members.
- **All Age Relay:** A team shall consist of 7 members, each one from a different age group. Competitors shall run in order from youngest to oldest.
- **Beach Flags:** Batons are positioned in line parallel to the start line, and shall be approximately in the centre of the space between of competitors. Competitors shall lie face down, with their toes on the start line, heels together, hands on top of each other with finger tips to wrist and the head up. Elbows must be extended forward so that the chest lies flat on the sand. No scooping of sand or digging in of the feet is permitted. On the command "Heads Down" the competitors will stretch their chins forward and place the chin on their hands & await the start. At the starter's whistle blast the competitor shall get to his feet as quickly as possible & attempt to obtain a baton.

Parent Participation

The Senior and Junior bodies of Soldiers Beach are united as one club — a fact of which we are very proud. The Youth Development Committee helps the seniors and vice versa. Many parents are active in both Senior and junior movements of the club.

The weekly program can only be run if parents assist. If you think this sounds difficult, it really isn't, and there are members who will give you all the help possible. **Each family is asked to make one member available to help out with the events.** You will definitely have fun and meet some really nice people as well. You are encouraged to join in, whenever and wherever possible.

The senior club has various awards that you may be interested in doing. You may like to get your **Bronze Medallion** — it's never too late. Many parents of junior members have achieved various awards. Soldiers has always been known for its friendly atmosphere, — a club that encourages the family to participate in many of the surf club activities, i.e. education and competition.

Parents are required to help out with our **fund raising activities**. These usually include BBQ's, Bucket Brigades, Raffles and other events that occur over the season, which are usually fun as well as being prosperous for the club.

Please see Richard Kavanagh or one of the Y.D. Committee members if you can assist in these areas.

Water Safety:

The Club tries to provide water safety whilst water events are being conducted. This includes club members on boards, IRB (Inflatable Rescue Boats) and swimmers. Water Safety participants wear orange caps and are holders of a Bronze medallion, or Surf Lifesaving Certificate.

If you are interested in helping out with water safety, please see any of the Committee. Assistance in this area is vital in giving our kids necessary water time to improve their surf skills. Patrolling members already complete numerous volunteer hours and it is important for parents to take some responsibility in this area.

Age Managers:

Each Age Group should have at least one Age Manager. They will be in charge of Nippers within their Age groups each week. It is important to remember that they are volunteers doing their best to assist your children with their surf education and other events. Please help them out as much as possible and where necessary put your hand up to be either an Age Manager, or assistant Age Manager.

Child Protection Forms:

It is a legal requirement that all adults coming in contact with children must have signed a Child Protection Declaration Form. These are available in the clubhouse and web site for you to sign.

Age Group Proficiencies -

Surf Life Saving Australia, sets certain criteria that Nippers need to achieve.

These requirements are purely in the interest of children’s safety. The three tests are set as “targets” for each age group to achieve. The tests are voluntary and nippers can attempt each level at any time during the season when they feel they are ready. However, it is the overriding aim of Soldiers Beach SLSC to coach each nipper to the stage where they pass the tests as this achieves our aim of making them “surf safe”. Therefore, for safety reasons, nippers are restricted in the water events that they can participate in until they have successfully negotiated the tests.

Proficiencies must be completed by 31st December 2009

The 1st level — The Preliminary Evaluation:

This test is conducted at a swimming pool and consists of a pool swim and a float. The length of the swim and the duration of the float depend on the age of the nipper as shown in the table below. **Nippers MUST pass this level before they can participate in ANY water-based training or water-based activities in the open water — this includes the run-swim-run.** Children who have not yet passed this level are strongly encouraged to attend private learn to swim classes throughout the season. **Pool Proficiency Day: Saturday 17th October 2009**

The 2nd level — Timed Pool Swim:

This test is conducted at a swimming pool and can be attempted on any Tuesday Nippers swim training night during the season. Additionally, a specific day has been set aside to complete this test on Saturday 17th October 2009 at Toukley Aquatic Center between 9am @ 1pm.

The test involves swimming 200 metres (8 X 25M laps) within the time limit as shown in the table below. If a nipper passes this test prior to attempting Level 1 then they are deemed to have passed Level 1. **This test must be completed prior to the Nipper being allowed to compete “around the cans” on Nipper Sundays.** Forms are available if you wish to have this signed off at your own swimming squad. **Pool Proficiency Day: Saturday 17th October 2009**

The 3rd level — The Run Swim Run:

This test is conducted at the Beach and consists of a run, followed by a short swim in the surf, followed by a final run. The distances of each component are again dependant upon the Age of the Nippers as shown in the table below. The distance of the swim leg is measured from waist deep water, out and around the buoys. **This proficiency needs to be completed prior to competition at any carnival.** Nippers are encouraged to complete this test as soon as possible and will be given the opportunity to undertake this test throughout the season. To attempt this test, Nippers must first pass Level 1 or Level 2.

Preliminary Evaluation			Run Swim Run		Timed Pool Swim		
Age	Swim	Survival Float	Age	Run - Swim - Run	Age	Swim	Time
U8	25m any stroke	1 min	U8	Nil	U8	Nil	
U9	25m any stroke	1.5 min	U9	50m run-50m swim - 50m run	U9	200m pool swim	6 min
U10	25m freestyle	2 min	U10	50m run-100m swim - 50m run	U10	200m pool swim	6 min
U11	50m Freestyle	2 min	U11	50m run-100m swim - 50m run	U11	200m pool swim	5 min
U12	100m Freestyle	2 min	U12	50m run-100m swim - 50m run	U12	200m pool swim	5 min
U13	150m Freestyle	2 min	U13	100m run-100m swim - 100m run	U13	200m pool swim	5 min
U14	200m Freestyle	2 min	U14	100m run 100m swim - 100m run	U14	200m pool swim	5 min

Training for Nippers

Surf Training

Club Surf Training will be offered this season. Surf training will encompass both board and surf skills coaching.

Training Starts- Thursday 22nd October 2009

Training timetable- Thursday 4.30pm

Pool Training

Qualified Austswim instructors will be available to assist the kids with their training on Tuesday nights at Toukley Aquatic Centre. The main aim for October will be to get the kids through their pool proficiencies prior to the first Carnival. These training sessions provide your kids with a fun team approach to pool swimming.

It is important to stress that this is **not a 'learn to swim' class**. Participants are required to be able to swim at least 25m unassisted.

Training Starts 27th October 2009

Training timetable Tuesdays 7.30pm-8.30pm

Cost Pool Entry Only

Pool Proficiency Day/s Saturday 17th October 2009 9am-1pm @ Toukley Aquatic Center

Tuesday 20th October 7.30pm @ Toukley Aquatic Center

If your kids are not already in the pool and training for the start of the season – please get them started so that they are ready to go when the season kicks off. **Nippers will need to complete their basic proficiency (“Preliminary Evaluation”) prior to participating in any water events at Nippers.** Additionally, we would like to see all Nippers get through the other proficiencies during the season and they need to complete these prior to competing in any carnivals.

Beach Training

At this stage there is no specific beach training, other than that provided on Nipper Sundays. However, Soldiers Beach has been traditionally strong in this area and we will be endeavoring to have some specific beach coaching provided during the season. If you have any skills and would be prepared to assist in this area, please let us know. There are coaching courses available to those who may be interested.

Nipper Awards

Participation Award (Open to all age groups)

All Nippers registered for the 2009/2010 season who attend at least 50% of all Nipper days will receive a participation award.

Championship Awards (U8-U14)

This season there will be 2 Championship Days. These days are held with the points accumulated going towards the Age Championship Award for each age group, which consists of:—

- Overall Age Champion
- Beach Champion
- Water Champion.

Double points are awarded for the Ironman/Diamond Lady events.

To be eligible to receive a Championship Award you must have participated in at least 8 Nipper Days at Soldiers Beach for the 2009/2010 season.

Championship Days will only be held if weather and surf conditions permit. Refer to Calendar for dates of Championship Days. If conditions are not suitable on the advertised days then Championship Day will be held on the first available Nipper Sunday were there is no conflicting Branch, State or other SLS event.

100% Awards

The 100% award is given to Nippers who prove their commitment to attendance through in following areas-

100% Attendance at all Nipper Sundays (including twilight nipper Saturdays) refer to calendar for these dates.

In extenuating circumstances, application can be made to the YDC where a child is unable to attend a Sunday due to illness or misadventure, supporting documentation must be provided ie: medical certificate.

Nipper & Nipperette of the Year (Open to all age groups)

- Must have been a good role model during the season.
- Must have displayed good leadership and sportsmanship throughout the season.
- Must have attended at least 10 Nipper days
- Must have completed all relevant nipper awards for their age.
- May have contributed to the Club in other ways. ie BBQ's, Fundraising, patrolling.
- May have represented the Club at carnivals or other occasions.
- May have provided other outstanding service to the Club in some way.

Rookie of the Year (U13-U14)

- Must be a member of the Westfield Rookie program.
- Must have completed all requirements of the Westfield Rookie program as listed in their Rookie Handbook
- Must have achieved a 100% record in patrol attendance
- Has given outstanding service to the Club as a Rookie member of lifesaving patrols.
- Has given other service to the Club in any area/s.

Soldiers Beach Nominee

Under 14's

Surf Life Saving N.S.W.

Board of Youth Development

Male & Female Junior

Surf Life Saver of the Year

Guidelines for Branch Selection-

The N.S.W. Male & Female Junior Lifesaver of the Year Award is open to all registered members of Surf Life Saving NSW.

The criteria for final selection will be based on the applicant's active achievements in the following areas:-

- contribution to their club, e.g. fundraising assisting the club
- demonstration of leadership by instructing or assisting younger members in their club activities
- encouragement of new members
- promotion of surf life saving to the community (e.g. displays, talks)
- community involvement outside of surf life saving
- sporting achievement in surf life saving & others
- awards received in surf life saving
- community awards obtained
- attendance record at club activities.

Nominations must be given to Debbie Marks by a date to be advised

Carnivals

Carnivals are full day events that are held at beaches across the Central Coast where Nippers from Soldiers Beach (U/8 to U/14) compete against Nippers from other Surf Lifesaving Clubs. On these days Nippers must wear their Club swimmers and caps in order to compete. U/6 (RED) and U/7 (Green) age groups do not compete at carnivals.

Carnivals are open to all Nippers to attend providing they have completed their pool proficiencies and Run-Swim-Run in order to obtain a proficiency number and be eligible to compete.

In order to compete at Carnivals, each Club must supply a certain number of officials and water safety based on the number of Nippers competing at the Carnival (for example one Official and Water Safety for each 10 competitors). If we cannot provide the number of Officials and Water Safety then the Club (meaning all the Nipper competitors from that Club) will not be able to participate in the Carnival.

Entries need to be finalised for Carnivals with Central Coast Branch in the week prior to the Carnival, so it is essential that those Nippers who wish to compete submit an entry form two weeks prior to a carnival (refer to notice board located on the back verandah of the club house for entry and entry fee details in the weeks prior to the carnival.)

A **Carnival Entry FEE** will be payable this season and must accompany the entry form or the entry **WILL NOT be accepted**. Fee will be kept to a minimum and will be based purely upon the fee payable by our Club to the relevant body.

This seasons carnivals-

- Nov 2nd– U8-U14 Carnival @ Copacabana (Sunday Nippers will still be held @ Soldiers for all nippers not competing at carnival) some limit to activities may be experienced on this day.
- November 15th U8-U14 Carnival @ Terrigal LIMITED PARTICIPANTS (Sunday Nippers will still be held @ Soldiers for all nippers not competing at carnival)
- November 29th U8-U14 Carnival @ Wamberal (Sunday Nippers will still be held @ Soldiers for RED & GREEN Caps **ONLY**, enviro day)
- January 17th - U8-U14 Carnival @ Toowoan Bay (Sunday Nippers will still be held @ Soldiers for all nippers not competing at carnival) some limit to activities may be experienced on this day.
- February 7th – Branch Junior Championships –@ Shelley Beach (No Nippers this Sunday)
- February 20th-21st – State Junior Championships @ Swansea-Belmont (No Nippers This Sunday)

All Nippers are able to enter any individual event at all Carnivals (including the State Titles).

Team Events can also be entered including:- Surf Teams (U/9 – U/14), Board Rescue relay (U/9 – U/14, Cameron Relay (U/9 – U/14), Beach Relay (U/8 – U/14), Wade relay (U/8s only) and All Age Relays (Beach and Board).

Selections for team events will be made by the Coaches in consultation with Age Managers and the Soldiers Beach Nipper's Carnival Coordinator. This will be based on performance at Sunday Nipper events, previous carnivals and performance, training, run-offs and even surf conditions on the day.

Carnival Medals:

After Carnivals medals will be presented at Soldiers Beach Surf Lifesaving Club about 5pm. All Competitors and Nippers and their parents are invited back to the Club to mix socially and congratulate other Nippers / competitors. Acknowledgement and encouragement will also be provided to competitors based on good efforts.

Other Carnivals include:- the Youth Surf Challenge (an ironman series for U/11-U/14s), Kracka and Gardner Ironman Events (both open to all Nippers). See Committee and / or Calendar for further details and dates.

Social Activities:

Throughout the year it is proposed to hold a number of social events, with the first being the **Parents Induction night on Thursday 22nd October 2009**. These are aimed at fostering a good social atmosphere within the Club and allowing members to get to know each other on a social basis. A number of other activities will be planned throughout the year so keep your eyes open for further information.

Hopefully, we will see the return of some of our Steak outs (Sunday afternoon BBQ and drinks) throughout the Season which proved very popular last year.

BBQ's:

Each Sunday after Nippers a BBQ will be held with an Age Group nominated to run the BBQ for that week (see Calendar for roster). Again this is a way of fostering the social side of surf lifesaving, allowing everyone to relax and have something to eat and drink whilst watching the beautiful Soldiers Beach from the Surf Club and allowing the children to play.

Likewise, it is an opportunity to raise some money for the Club which is a volunteer organisation providing a much needed community service.

There will be a number of other **fundraising activities** during the year, so if you can assist – please jump in and lend a hand. Likewise, there are a number of **sponsorship packages** available within the Club, so if you are in a position to assist your generosity would be much appreciated.

Newsletter:

There is a Soldiers Beach newsletter produced regularly (normally monthly) with the first one for the season going out in October 2010. Please provide your **E'mail** address so that these can be emailed to you. These can be emailed to soldiersbeach@bigpond.com

If you have something that you would like to have placed into the newsletter, please email to soldiersbeach@bigpond.com

Likewise the newsletter will be available on the new Soldiers Beach Surf Lifesaving Club website...

www.soldiersbeachslsc.com.au

Alternatively, copies of the Newsletter may be picked up at the Surf Club whilst at Nippers. If you don't have access to the electronic copies make sure that you pick one up.

Don't forget:

***For all the latest information
(including Calendar and newsletters)
go to our new website at***
www.soldiersbeachslsc.com.au

Code of Conduct

Please discuss and re-enforce these with your children

Nippers:

- Have fun
- Be a good Sport
- Play by the rules
- Do your best and be proud of your efforts
- Encourage each other
- Congratulate each other
- Look after each other, particularly in the surf
- Treat others as you would like to be treated yourself
- No bullying / teasing
- No bad language
- Look after the equipment
- Never argue with an official, but have your Manager approach the Official in the proper manner
- Cooperate with your coach, team-mates and other competitors

Parents:

- Teach them to be a good sport and play by the rules
- Remember that Children's sport should be for fun
- Encourage your children, but do not force them
- Focus on efforts and performance of your children and not just the result
- Encourage them to do their best and be proud of their efforts
- Set a good example for your children
- Discourage bullying and teasing
- Discourage bad tempers, language and behaviour
- Support efforts to remove verbal and physical abuse from sport
- Get involved and help out. Any assistance is appreciated
- Accept the Officials decision and only protest via the proper procedures

Spectators:

- Allow Nippers to play and have fun without interference
- Encourage Nippers to play by the rules and be good sports
- Encourage all Nipper's performances
- Congratulate children on their efforts
- Respect the Official's decision.
- If you have a protest – follow the appropriate procedure to question the decision. Teach your children to do the same.
- Never criticise a child for making a mistake.
- Ensure advice and coaching is both positive and constructive
- Discourage violence, bullying, teasing and anti social behaviour
- Relax, get involved and enjoy the activities

Board Use & Care Guidelines

- Boards are only to be used by current Soldiers Beach SLSC Nippers
- Boards can be used during Nipper Sundays, formal training activities, or at the request of a Committee member.
- Boards must be signed IN and OUT (except on Nipper Sundays and formal training).
- **Care should ALWAYS be exercised when using boards**
- DO NOT sit, kneel or stand on the Nipper Boards.
- **All boards should be properly washed (with all sand removed) before they are returned**
- Boards should be stored in the proper areas when they are returned.
- ***Only Nippers competing at Carnivals may use the competition boards***
- **Under 11s to 14s** may use fiberglass Nipper boards
- **Under 14s** may use Club Racing Mals
- **Under 9 & 10s** may use Red and Blue Kracka Boards
- **Under 8s** and below can only use Foam Boards
- **Any damage should be reported immediately** and the board set aside so that it can be repaired prior to any further use (which will cause the board to become water logged).
- **Boards are not to be left lying on beach, or around the clubhouse. They MUST be returned to the board room as soon as you have finished using them (& before having a shower etc)**
- If you are not sure on any of the above Guidelines – see a Committee member.

If you do not abide by these rules privileges may be removed – that is you may not be allowed to use the boards any more, or for a period of time.

Kidz Rulez

- ***Have fun***
- ***Be a good sport***
- ***Play by the rules***

- ***Encourage each other***
- ***Look after each other***

- ***No bullying / teasing***
- ***No bad language***

- ***Look after all equipment***

- ***Wash your boards after use***
- ***Return your boards after use***
- ***Do not leave boards lying around***

- ***Wash sand from feet & get dried before going into Club house***

- ***Keep your showers short (Max: 2 mins)***