

# NORTH CRONULLA SLSC JUNIOR ACTIVITIES (NIPPERS) SEASON 2024/25 WELCOME & INFORMATION PACK



## Welcome to North Cronulla SLSC Nippers Season 2024/25!

Dear North Cronulla SLSC members and parents of our junior members. The 2024/25 Nippers season is just around the corner, and we are gearing up for another exciting season with the focus on fun, surf education and awareness, developing surf sports skills, and most importantly, creating surf lifesavers of the future.

Please find enclosed in this document all the key information relating to the upcoming season for North Cronulla Nippers.

### SEASON START DATES

- **U8 – U14's: Sunday, 13<sup>th</sup> October, 8:30AM at North Cronulla Beach**
- **U6 – U7's: Sunday, 27<sup>th</sup> October, 8:30AM at North Cronulla Beach**

The full 2024-25 Season Calendar is published on the **NCSLSC Nippers webpage:**  
[www.northcronullaslsc.com.au/nippers/how-to-join](http://www.northcronullaslsc.com.au/nippers/how-to-join)

Please note that times and locations published on the Season Calendar are still subject to change depending on weather and surf conditions. All changes to the calendar will be communicated through our regular communications channels with as much notice as possible.

### AGE GROUPS

Birthdate between these dates:	Age Group & Nipper Cap Colour
1st October 2018 to 30th September 2019	 U6 (Surf Play One)
1st October 2017 to 30th September 2018	 U7 (Surf Play Two)
1st October 2016 to 30th September 2017	 U8 (Surf Aware One)
1st October 2015 to 30th September 2016	 U9 (Surf Aware Two)
1st October 2014 to 30th September 2015	 U10 (Surf Safe One)
1st October 2013 to 30th September 2014	 U11 (Surf Safe Two)
1st October 2012 to 30th September 2013	 U12 (Surf Smart One)
1st October 2011 to 30th September 2012	 U13 (Surf Smart Two)
1st October 2010 to 30th September 2011	 U14 (Surf Rescue Certificate)

### REGISTRATIONS

**ALL** registrations are to be completed online. Attached to your registration renewal email will be a step-by-step guide on how to renew your memberships online. And you can find useful "How to Guides" on our **NCSLSC Nippers webpage:** [www.northcronullaslsc.com.au/nippers/how-to-join](http://www.northcronullaslsc.com.au/nippers/how-to-join).

If you are still experiencing difficulties with this process, please contact the office on [admin@ncslsc.com.au](mailto:admin@ncslsc.com.au)

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North Cronulla Surf Lifesaving Club policy requires that **ALL** Junior Activities (Nipper) members (members under the age of 14 years) **MUST** have at least one parent/guardian registered as a *General, Associate or Active* Member of North Cronulla SLSC.

## **MEMBERSHIP FEES**

- Junior Activities Membership (Nipper) \$110.00 each
- Nipper Parent General Membership\* \$ 50.00
- Junior Activities Parent Associate Membership\*\* \$140.00

\* *Nipper General Parent Membership for Standard Nipper Attendance ONLY. Each Nipper family must have at minimum one General Parent Membership.*

\*\* *Associate Membership for Parents of Junior Activities (Nipper) members covers parents at all events, includes training fees for courses offered by SLS and provides option to purchase a key fob to access clubhouse facilities outside of Nipper activities.*

## **North Cronulla SLSC accepts the NSW Active Kids Voucher**

## **APPAREL**

All Nippers must wear their Nipper Age Group Coloured Cap during regular Nipper sessions on Sunday. All Nippers **MUST** wear a High-Visibility Pink rashie during all Nippers water activities (Including water training). The cap and Hi-Vis Pink Rashie are mandatory for safety purposes, if your child requires new rashie or cap these will be available for purchase at the first Nipper session of the season.

We also have North Cronulla Swimwear, Competition Caps and other Club Apparel items for purchase throughout the season. Please refer to the season calendar for dates when Apparel will be available for purchase. All Nippers that are competing in outside carnivals are required to wear North Cronulla competition caps and North Cronulla swimwear.

## **NORTH CRONULLA SURF LIFE SAVING CLUBHOUSE AND BEACH**

The redevelopment of the North Cronulla SLSC clubhouse is still underway, with the NCSLSC Board of Directors working closely with the Sutherland Shire Council and Contractors to complete the new building works. We are all looking forward to moving back into a shiny new clubhouse with state-of-the-art facilities, like a refurbished 25m heated swimming pool and a brand-new Nipper & Training room complete with new BBQ and Bar facilities overlooking the pool. You can keep up to date with the progress of the clubhouse redevelopment on the NCSLSC website: [www.northcronullaslsc.com.au/surf-club-redevelopment](http://www.northcronullaslsc.com.au/surf-club-redevelopment).

Whilst the building works are still ongoing, we will continue to muster in Dunningham park prior to the start of our regular Nippers sessions, as per last season's arrangements. Surf and beach conditions can change rapidly due to the forces of nature, and we will be sure to communicate as soon as possible of any changes to the Nipper schedule or location if conditions require it.

During the summer season, North Cronulla beachfront can become rather busy, so please factor in extra time required to find parking spaces on Sundays prior to Nippers

*(Tip: get down to the beach nice and early for a pre-nippers swim and coffee, then lend a hand with the beach setup...finding a car spot is much easier at this time of the morning 😊)*

A lot of the car spaces around North Cronulla are timed spots (usually 2 or 3hr limits), so please check signage when parking.

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## **SETUP, PACK UP & APPAREL DUTIES**

Each Age Group from U8 – U14's is assigned SETUP and PACK UP duties twice throughout the season, and APPAREL Duty once per season.

Your age group's assigned date for setup, pack up and apparel duties is noted on the Season Calendar, and on the Duty Roster & Instructions published on the **NCSLSC Nippers webpage**:  
[www.northcronullaslsc.com.au/nippers/how-to-join](http://www.northcronullaslsc.com.au/nippers/how-to-join).

All parents from the Age Group are expected to pitch in and help with the setup, pack up and apparel duties when it is your group's turn...many hands make light work is always true. Your Squad Leader and the Beach Setup Coordinator will always be on hand to help direct what needs to be done in setting up and packing down the beach each week.

## **NIPPER ACTIVITIES**

Activities conducted in open water (surf beaches) are an inherent part of Nippers for developing skills on the way to becoming a Surf Lifesaver. It is important to keep in mind that Nippers is not a 'learn-to-swim' activity. An age-appropriate level of water competence and confidence will help your child get the most out of Nippers. North Cronulla SLSC applies Water Skills Evaluation requirements that are in addition to the Surf Life Saving NSW minimum requirements. The evaluation is an essential part of managing appropriate supervision and safety for open water activities.

The Water Skills Evaluation has two levels; the first being Preliminary Skills Evaluation, which is a compulsory assessment for every Nipper to baseline their individual confidence and competence across a range of activities in the water. A Nipper may be unable to participate in some water activities until all elements of the Preliminary Evaluation have been successfully completed. The second Water Skills Evaluation level is Competition Evaluation, successful completion of the Competition Evaluation is a SLS NSW requirement for entry in Nipper carnival competitions.

Details of the Preliminary Skills Evaluation and Competition Evaluation requirements for North Cronulla SLSC Nippers are outlined below:

### **Preliminary Skills Evaluations**

Preliminary Skills Evaluation will be conducted in a swimming pool or other enclosed water environment (goggles may be worn). The swimming component of the Evaluation must be completed with continuous swimming within the allotted time.

Preliminary Skills Evaluations for **U8-U13** will take place at Carlisle Swimming Caringbah on the following dates:

- **Saturday, 21<sup>st</sup> September, 12:30PM – 2:30PM**
- **Saturday, 28<sup>th</sup> September, 12:00PM – 1:30PM**



**Carlisle Swimming Caringbah:**

**13 Endeavour Road, Caringbah NSW 2229 (enter Corner of Captain Cook Dr and Gannons Rd)**

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## Preliminary Skills Evaluation Requirements:

Age Group	Floatation	Submerging	Swimming/Propulsion
U6*	Back or front float minimum 5 seconds, recover to stand	In approx. 1m depth submerge to touch the bottom with hands	From a standing position perform a front glide 1-2m, recover to stand
U7*	Back or front float minimum 10 seconds, recover to stand		From a standing position perform a front glide 2-3m, recover to stand
U8	Back or front float minimum 15 seconds, recover to stand		Swim 25m freestyle followed by an underwater swim 2-3m
U9	Back or front float minimum 15 seconds, transition to tread water or sculling minimum 1 minute	In approx. 1.5m depth submerge to touch the bottom with hands	<b>Swim 125m freestyle ≤ 5 minutes</b> , followed by a survival stroke (breast/side/sculling) 25m
U10	Back or front float minimum 15 seconds, transition to tread water or sculling minimum 2 minutes		
U11	Back or front float minimum 15 seconds, transition to tread water or sculling minimum 2 minutes	In approx. 1.5m depth perform a forward roll, recover to the surface then submerge to touch the bottom with hands	<b>Swim 175m freestyle ≤ 5 minutes</b> , followed by a survival stroke (breast/side/sculling) 25m
U12	Back or front float minimum 15 seconds, transition to tread water or sculling minimum 3 minutes	In approx. 1.8m depth perform a forward roll, recover to the surface then submerge to touch the bottom with hands	
U13		In approx. 1.8m depth perform a forward roll, <u>do not</u> recover to the surface, submerge to touch the bottom with hands	
U14			

\*NOTE: U6 & U7 Preliminary Skills Evaluations will take place during the regular Sunday Nippers program

**Additional evaluation:** During regular Nipper sessions, U9-U14 age groups will undertake a supervised open water swim on a course decided by the Nippers Committee and Water Safety Coordinator, considering the age group and ocean conditions. Age Managers will use this evaluation to assist the assessment of individual confidence and competence for water activity safety requirements. Nippers are encouraged to wear goggles, and wetsuits are permitted, a high-vis Nippers rashie must be always worn during water activities.

## Competition Skills Evaluations

Competition Evaluation is an SLSA requirement to qualify for carnival entry, as per the table below. Nippers may wear goggles, and wetsuits are permitted during the evaluations; but note that in competition wetsuits are only allowed if water temperature is below 16 degrees.

Age Group	Competition Evaluation
U8	Wade minimum 5m & up to 10m in waist deep water
U9	Minimum 150m open water swim, any stroke(s)
U10	Minimum 150m open water swim, any stroke(s)
U11	Minimum 200m open water swim, any stroke(s)
U12	Minimum 200m open water swim, any stroke(s)
U13	Minimum 200m open water swim, any stroke(s)
U14	Minimum 200m open water swim, any stroke(s)

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## TRAINING

North Cronulla SLSC offers several free training sessions for our Nippers during the week, to help our kids improve their skills, fitness and confidence levels in both beach and water surf sports activities. Our free training sessions are conducted by experienced professional coaches that work with our Nippers to help them achieve their best. All Nippers **MUST** be current financial members to participate in any training activities.

### **BEACH TRAINING (refer to NCSTINGERZ Facebook group for all beach training info and updates)**

- **Wednesday, 4:30PM** – Sprint Training at Sylvania Athletics Track
- **Friday, 4:30PM** – Beach & Sandhills Training, meet at Wanda Helipad

### **WATER TRAINING (refer to #NCHOTSHOTZ Facebook group for all water training info and updates)**

**\*\*\* Water Training is only available for U9 – U14's, and all participants must have completed their Preliminary Skills Evaluations and be assessed as competent for a 1:5 Water Safety ratio \*\*\***

- **Tuesday, 6:30AM** – Board Training at North Cronulla (subject to change depending on conditions)
- **Thursday, 4:30PM** – Board Training at North Cronulla (subject to change depending on conditions)
- **Friday, 6:00AM** – Surf Swim Training at North Cronulla (subject to change depending on conditions)

**--- HI-VIS RASHIES ARE REQUIRED AT ALL WATER TRAINING ACTIVITIES ---**

**We strongly advise you to enlist your child into swimming lessons/swim squads outside of Nippers to continue developing their self-confidence and swimming fitness.**

## COMMUNICATIONS

We use social media as our primary tool to keep our members informed and aware of what's happening at Nippers. Please make it a priority to join the following platforms and groups:



### **TeamApp: North Cronulla Nippers**

This is our primary members-only communication tool to provide parents updates during the Nippers season, and houses our library of information to assist you throughout the season. Please refer to the attached download and setup instructions for TeamApp.



### **Facebook: North Cronulla Nippers Page**

This is our wider social media tool which is open to the public and used to promote North Cronulla Nippers. Please like and follow our North Cronulla Nippers page here:

<https://www.facebook.com/NCSLSCNippers>



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## Facebook Groups: North Cronulla Nippers Training groups

These are private Facebook groups only accessible to our members. These groups are used to keep you up to date on all the training happenings at North Cronulla Nippers. Join these groups here:



#NC HOTSHOTZ (Water) <https://www.facebook.com/groups/105785029839733/>



NC STINGERZ (Beach) <https://www.facebook.com/groups/388297981880516/>



### Email, SMS, and Website:

Critical information will be sent to our members using the email address linked to your SLS account and via SMS text message. Please keep an eye out for these messages from North Cronulla SLSC.

You will also be able to find key Nippers Season information and documents on our website:

[www.northcronullaslsc.com.au/nippers/how-to-join](http://www.northcronullaslsc.com.au/nippers/how-to-join)

## GETTING INVOLVED WITH YOUR CLUB AND NIPPERS

North Cronulla Nippers is a volunteer community led activity that cannot exist without everyone being involved and helping out. Here are some of the opportunities we have that will assist us in providing your children a rewarding and enjoyable Nipper experience:

**Water Safety:** is an important way to get involved. Our awesome Water Safety Personnel in the Orange Rashies are there to ensure our Nippers safety and wellbeing when in the water. The Water Safety crew are also key in giving our children confidence whilst training and competing. If you are interested in volunteering for water safety, please email the **club office:** [admin@ncslsc.com.au](mailto:admin@ncslsc.com.au) for further information including how to obtain the required SLS Bronze Medallion or Surf Rescue Certificate (SRC).

**IRB:** If you already have your Bronze Medallion, please consider signing up to become an IRB crew, or even driver! A fully manned IRB is a requirement to run Nippers each weekend, and without IRB crew and drivers in the Nipper section we will not be able to function. Please email the **club office:** [admin@ncslsc.com.au](mailto:admin@ncslsc.com.au) for more details on how you can join the IRB crew.

**Carnival Officiating:** Officiating is a great opportunity to be up close to all the action at carnivals. If you would like to become an official, please contact our Officials Coordinator **Wil Walles:** [wilgricw@gmail.com](mailto:wilgricw@gmail.com) for further information.

**Squad Leaders/Parent Helper:** We are always in need of parents to become Squad Leaders and assist in managing our individual Nipper Age Groups. We have senior Nipper Squad Leaders and experienced Nipper Committee members that will guide and mentor you to become a great squad leader or parent helper. It is a highly rewarding experience and one we suggest you strongly consider.

Please note, if you want to be involved as a parent with the kids on the beach you will need to enrol and complete the Age Managers online course on the SLS Portal, which is simple and easy to do:

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1. Log onto your SLS member area (<https://members.sls.com.au>)
2. Go to 'elearning'
3. Click on 'Training Library'
4. Go to 'SLS Age Managers'
5. Click on 'SLS Age Managers'
6. Click on 'Enrol' on the 'SLS – Age Managers' course
7. Once complete please advise our Nipper Secretary Katia on [kbarker@ncslsc.com.au](mailto:kbarker@ncslsc.com.au) so you can complete a practical assessment, be signed off as competent and commence assisting your child's squad.

**Nipper Committee:** North Cronulla Nippers is lucky to have a fantastic, supportive, and diverse committee that all work together to ensure our Nippers are being educated and trained in the best possible way about Surf Lifesaving Skills, all whilst having great fun and making new friends. We always have opportunities for you to join the committee in areas such as sponsorship, marketing, equipment, apparel, management, finance, and all different types of other facets to help us deliver a great Nipper experience. Being part of the Nipper Committee is a rewarding experience where you get to be involved in the future of our Nippers.

If you would like to help out on the committee, please contact Dan Lawson our Nipper Director by Phone: 0466 821 428 or Email: [dlawson@ncslsc.com.au](mailto:dlawson@ncslsc.com.au)

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Thank you for taking the time to read this information pack for the upcoming 2024/25 season, and we look forward to seeing you on the beach!

Yours sincerely,

The North Cronulla SLSC Junior Activities Group (Nippers) Executive Committee

- Dan Lawson – Junior Activities Group (Nipper) Director
- Brett Davis – Junior Activities Group (Nipper) Deputy Director
- Martyn Edson – Junior Activities Group (Nipper) Deputy Director
- Sarah Darke – Junior Activities Group (Nipper) Co-Secretary
- Katia Barker – Junior Activities Group (Nipper) Co-Secretary

*see you on the beach!*