

# Junior Development Competition Meeting

U8 – U14 Nipper Surf Sports  
2019/2020



# Maroubra SLSC Junior Development Committee

## *Director of Junior Development*

John Georgas

## *Deputy Director of Junior Development*

James Lamb

## *Junior Development Secretary*

Vix Park

## *Water Safety Coordinator*

Phil Carter

## *Junior Development Registrar*

Lucille Testard

## *Age Manager Coordinator*

Tracie Barber

## *Junior Development Education Officer*

Megan Still

## *Junior Development Equipment Officer*

Grant Owen

## *Junior Development Race Secretary & Surf Sports Coordinator*

David Love

## *Skills & Development Co-Ordinator*

George Benhayon



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# What is Nippers and its Aim?

- Maroubra Junior Development (Nippers) is an educational program that teaches U6 – U14 junior members to be ***“Young Lifesavers of the Future”***
- Nippers will be taught a ***wide range of skills*** that work hand-in hand to develop your child
  - surf awareness,
  - board paddling and surf swimming,
  - competition,
  - rescues with tubes and boards,
  - CPR and First Aid,
  - leadership and teamwork

U6 - Surf Play 1	U7 - Surf Play 2
U8 - Surf Aware 1	U9 - Surf Aware 2
U10 - Surf Safe 1	U11- Surf Safe 2
U12 - Surf Smart 1	U13 - Surf Smart 2
U14 - Rookie SRC	



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# Our Nippers In Action



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# Nippers Surf Sports

- Maroubra has a rich history in competition with many club members having represented their country across many discipline
- Develop confident competitors and increase representation for Maroubra
- From Under 8s, Nippers can compete in Intra-Club, Inter-Club and branch competition
  - From Under 9s, Nippers can participate in state competition.
- Sand & Water Events:
  - Water
    - ❖ Individual – Wade, Swim, Board, Iron Person, Surfing, Championship Lifesaver (SRC)
    - ❖ Team – Swim Teams (4), Board Relay (3), Board Rescue (2), Cameron Relay (4)
  - Sand
    - ❖ Individual – Sprints, Distance, Flags
    - ❖ Team – Beach Relays, March Past, R&R



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# Surf Sports in Action



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# SLSA Proficiency Guidelines

Age Group	Preliminary Skills Evaluation	Preliminary Competition Swim	Competition Skills Evaluation	Surf Education
Under 8	25 metre swim (Freestyle stroke) 1 minute survival float	Nil	Nil	Surf Aware One
Under 9	50 metre swim (Free stroke only) 1 ½ minute survival float	200 metre swim (Freestyle within 6 min)	Minimum 150m open water swim within 10min	Surf Aware Two
Under 10	50 metre swim (freestyle only) 1 1/2 minutes survival float	200 metre swim (Freestyle within 6 min)	Minimum 150m open water swim within 10min	Surf Safe One
Under 11	150 metre swim (freestyle only) 2 minutes survival float	200 metre swim (Freestyle within 5 min)	Minimum 288m open water swim Within 15min	Surf Safe Two CPR Certificate
Under 12	150 metre swim (freestyle only) 2 minutes survival float	200 metre swim (Freestyle within 5 min)	Minimum 288m open water swim Within 15min	Surf Smart One CPR (if not already achieved) and Basic Emergency Care
Under 13	200 metre swim (freestyle only) 3 minutes survival float	200 metre swim (Freestyle within 5 min)	Minimum 288m open water swim Within 15min	Surf Smart Two CPR and Basic Emergency Care (if not already achieved)
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minutes survival float	200 metre swim (Freestyle within 5 min)	Minimum 288m open water swim within 10min	SRC (Surf Rescue Certificate)



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# Competition Criteria

## SLSA Requirement regarding all Sand & Water Events

- Must have the ability, strength and fitness standard to complete the course
- Must have the required skills to compete at Major Championships
- Must be able to complete the Junior Competition evaluation for their age group
- Any competitors wishing to compete at Branch and/or State Carnivals (water or beach events) must have successfully completed:
  - ❖ Junior Preliminary Competition Swim
  - ❖ Junior Competition Skills Evaluation
  - ❖ Appropriate Surf Education Award for their Age Group by 31 December 2018
    - 80% attendance at Nippers is required to receive Surf Education Awards.
- Nippers can only compete up 1 Age Group in team events only
  - Can only compete in Individual races for their respective age Group based on Date of Birth

## Maroubra SLSC Requirement:

- Commit to attending 80% of Maroubra coordinated competition training
  - ❖ It's highly recommended they also doing additional training outside of Nippers (eg swim squads, athletics, etc)
- Commit to attending 80% of Club Targeted Carnivals
- Parent Involvement



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# Compulsory

## SLSA Requirement regarding all Competition & Training

- Must wear Nippers Cap and High Viz Rash vest
- Appropriate Water Safety
  - ❑ Ratios of 1 Water Safety to every 5 Nippers
  - ❑ Must wear Orange Rash Vest and Cap
- During Carnivals are not to wear wet suits or clothing identified as providing an advantage
  - ❑ Recommended wear - Maroubra Swim Wear



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# Surf Sports Events

Water	Wade	U8 only
	Wade Relay	U8 only. Four (4) competitors in a team.
	Surf Race (Swim)	U9 to U14. In Age Groups
	Surf Team (Swim)	U9 to U 14. In Age Groups – Four (4) competitors in a team
	Board Race	U9 to U14.
	Board Relay	U 9 to U 14. In Age Groups – Three (3) competitors in a team.
	Board Rescue	U11 to u14. In Age Groups – Two (2) competitors in team
	Cameron Relay	U11 to U14. In Age Groups and/or Mixed Gender- Four (4) competitors to a team (comprising 1 swim, 1 board & 2 run)
	Buchanan Relay	U8 to U14. Mixed Age Groups – Six (6) competitors in team (wade, swim, board)
	Iron Person	U11 to U14. In Age Groups (Swim – Board – Run)
	All Age Board relay	U9 to U14. Mixed Age Groups and Gender - One (1) competitor from each Age Group
Beach	Surfing	U13 to U14. In Age Groups
	Beach Flags	U8 to U14. All Age Groups
	Beach Sprint	U8 to U14. All Age Groups.
	Beach Relay (Sprint)	U8 to U14. All Age Groups. Four (4) competitors in a team
	All Age Relay	U8 to U14. Mixed Age Groups and Gender - One (1) competitor from each Age Group
Traditional	Distance	U12-U14. In Age Groups. (1k Run)
	R&R	U10 to U14. All Age Groups. Two (2) or Four (4) competitors in a team
	March Past	U8 to U14. Mixed Age Groups and Gender - Twelve (12) competitors in a team
Combination	Championship Lifesaver	U14 Attained SRC - Multiple Choice Theory Test, Two (2) Part Resuscitation & Patient Assessment Scenarios, Physical Events (Board Race, Beach Sprint, Surf Race, Rescue Tube Race)
Pool (Winter)	Pool Rescue	U11 to U14 In Age Groups



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# Proposed Training

- **Water - Swim & Board Training**
  - Saturday - Frenchman's Beach, La Perouse
    - **Beginner** - Introduction of surf skills in Flat Water
    - **Intermediate & Advanced** - Ability to develop Fitness and Fine Tune Technique
    - May move to Maroubra Beach of conditions suit
  - Mid-Week and Sunday Morning
    - **Advanced** - With Senior Club Members
    - **Intermediates** – With Subject Experts
    - Fees May Apply
- **Sand - Flags, Sprints, Relays Training**
  - Sunday Morning
- **R&R & March Past Training**
  - Friday and Sunday



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# Surf Sports –Club Competition Training

- **Club Point Score**

- Club Race Events
  - ❖ Flags
  - ❖ Sprints
  - ❖ Swim
  - ❖ Board
- Club Race Dates (Subject to Change)
  - ❖ Sunday 1<sup>st</sup> December - Round 1
  - ❖ Sunday 1<sup>st</sup> February - Round 2
  - ❖ Sunday 16<sup>th</sup> February Round 3
- *SLSA Criteria Applies*
- *Looking to invite District Clubs to compete*
  - *Won't earn points*



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# Nipper Surf Sports – Carnivals

<i>Carnival</i>	<i>Venue</i>	<i>Dates</i>
Sydney Water All Age Round 1	Shellharbour SLSC	Saturday 26 October 2018
Sydney Water All Age Round 2	Warilla SLSC	Saturday 2 November 2018
Randwick Shield Carnival	Run by Coogee SLSC, Hosted at South Maroubra SLSC	Sunday 3 November 2018
Sydney Water All Age Round 3	Towradgi SLSC	Saturday 9 November 2018
Cronulla Short-Course	Cronulla SLSC	Saturday 16 November 2018
Sydney Water All Age Round 4	Bulli SLSC	Saturday 30 November 2018
Ohana Surf Classic	Elouera SLSC	Saturday 7 December 2018
North Cronulla Christmas Open (Includes Junior R&R & March Past)	North Cronulla SLSC	Saturday 14 December 2018
Narrabeen Junior Beach (Includes March Past)	Narrabeen SLSC	Sunday 12 January 2019
Manly Nipper Nats	Manly SLSC	Sunday 19 January 2019
Manly Open (Includes Junior R&R & March Past)	Manly SLSC	Saturday 25 January 2019
North Cronulla Australia Day Iron Person	North Cronulla SLSC	Sunday 26 January 2019
Freshwater Open (Includes Junior R&R & March Past)	Freshwater SLSC	Sunday 26 January 2019
Wanda One Club All Age (Includes Junior R&R & March Past)	Wanda SLSC	Saturday 1 February 2019
SLS Sydney Under 8 Branch Championships	South Maroubra SLSC	Saturday 2 February 2018
SLS Sydney Open Branch Championships (Includes only Junior R&R & March Past, & Junior Surf Board)	Maroubra SLSC	Saturday 8 February 2019
SLS Sydney Branch Age Championships	Maroubra SLSC	Sunday 9 February 2019
NSW State Age Championships – U9's and above only	Swansea-Belmont SLSC, Blacksmiths Beach	Friday 28 February to Sunday 1 March 2019
Australian National Youth Championships – U14's & U15's	Broadbeach Qld	Saturday 18 April - Sunday 19 April 2020

Note 1: Targeted Surf Sports Event

Note 2: Targeted R&R & March Past Event



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# Surf Sports – Carnivals

## ***Targeted events:***

- Randwick Shield Carnival (Nov)
- Cronulla Short Course (Nov)
- Ohana Classic Junior Carnival (Dec)
- Manly Nipper Nats (Jan)
- Wanda One Carnival (Feb)
- ***Sydney Branch Championships (Feb)\****
- ***NSW Age Championships (Feb/Mar)\****
- ***Australian Championships (Mar)\****

- ***Note 1: Teams selected for championships\* based on:***
  - ***80% Attendance and performance at Nippers***
  - ***Receipt of the relevant Age Award***
  - ***80% Participation and performance at focus events above***
  - ***Attendance at training and demonstrated relevant skills***
  - ***Performance at Club Races***
- ***Note 2: Maroubra must supply resources for every carnival we attend***
  - ***Officials, Water Safety, IRB Crews, First Aid, general helpers and child supervision***
- ***Note 3: Require at least one parent helper from each competitor family to meet our obligations***



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# Nipper Carnival Minimum Requirements

## Water Activities

- Minimum One (1) Water Safety Personnel per 5 Nippers
- Minimum One (1) IRB including Driver & Crew
- All Nippers compulsory to wear Nippers Caps & Hi-Viz Pink Vests

## Surf Carnivals

- Minimum One (1) Surf Sports Official per 10 Nippers
- Minimum Ten (10) Water Safety Personnel
- Minimum One (1) IRB including Driver & Crew
- First Aid & Marshalls
- All Nippers compulsory to wear Nippers Caps & Hi-Viz Pink Vests



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# What Do You Bring?

- Maroubra Nippers will put up a Maroubra tent at all Carnivals, which will be the nominated meeting place. Look out for the Maroubra Flags.
- Your checklist of things to bring :
  - Patience
  - Maroubra Nippers cap (required to compete)
  - Maroubra Nippers costumes.
  - Maroubra Hi-Viz Pink Vests
  - Competition Board(s)
  - Sunscreen and zinc
  - Goggles for surf events
  - Hat / Cap with peak or brim to keep the sun off.
  - Thongs, crocs, sandals or similar in case the sand is hot. .
  - Long sleeve shirt for added sun protection.
  - Jumper/jacket and track suit pants for cold days and after water events.
  - Towels
  - Snacks, Water and drinks
  - Lunch if required – many time carnivals can extend past lunchtime, otherwise lunch could be purchased close by (often BBQ's are run by hosting club)
  - Wet weather gear.
  - Portable chairs
  - Money to purchase food, drinks etc



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# What Can You Expect?

- **Frustration & Delays**

- Surf Conditions play a significant part with the program always changing and/or being delayed depending on what the conditions provide for the day.
  - ❖ When conditions don't work in our favour, usually team events are the ones that are cancelled.

- **Parking**

- Always allow time to find parking at these events.

- **Arrival**

- Should plan to arrive at least ½ hour before the marshalling time of your child's first event.
  - ❖ Meeting time will be included on Carnival Program.
- Children need to have their registration marked off and their age group and event numbers written in black ink on their arm or arm bands attached.

- **Co-ordination**

- The nominated team / age manager will then guide you and your children throughout the carnival.
  - ❖ Keep their mobile number handy to contact if required.
- It helps if the age team stays together as events could be called at times different to the schedule.



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# How Can You Help?

- Maroubra SLSC is a ***family club*** powered by dedicated volunteers and community members
  - Maroubra Nippers is also ***run by parents & guardians***
- ***We need at least one parent helper from each competitor family to meet our obligations***
  - **Water Safety Personnel**
    - ❖ Bronze/SRC
    - ❖ IRB Crew
  - **First Aid Marshall**
  - **Team Manager**
  - **Surf Sports Official**
  - **Skills Coach/Trainer**
  - **Carnival Volunteers (Tents, etc)**
  - **Age Manager**
    - ❖ Age Manager Assistant
    - ❖ Age Liaison Manager
  - **Sub – Committees**
    - **Surf Sports**
    - **Carnivals**
  - Anyone involved in Nipper Activities is required to complete a Working with Children Clearance.



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# Club Boards & Equipment

- **Type of Boards**

- *Foam boards:* *Under 9's and 10's and for all beginners' board training.*
- *Fibreglass boards:* *Under 11's to 13's.*
- *Long boards:* *Under 14's.*

- **Club Boards**

- A limited number of boards are available to competitors and regular training participants,
  - ❑ Subject to a board use agreement (user responsible for all repairs)
  - ❑ May require Hire Fees & Refundable Deposit
- Only used for competition and competition training and NOT PLAY
- All borrowed boards must be returned in good condition at the completion of the last season's carnival
- Register interest with Gear Coordinator



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# What We MUST Follow

- **Safeguarding Children Policies**
  - Working With Children Checks
  - Identifying and mitigating risks
  - **Appropriate Awards being held**
- Other Policies & Procedures
  - Surf Life Saving Australia (SLSA)
  - Surf Life Saving NSW (SLSNSW)
  - Surf Life Saving Sydney (SLS Sydney)
  - Maroubra SLSC
  - Maroubra SLSC Nippers



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# Communications

- WhatsApp Group per Age Group
- Website: [www.maroubraslsc.com.au/Nippers](http://www.maroubraslsc.com.au/Nippers)
- Newsletters: emailed to your nominated account
  - SurfGuard or @maroubraslsc.com.au
- SMS: sent to your nominated number [source of truth]
- TeamApp: our social media site

## Follow these steps:

1. Download Team App from the Apple or Google Play app store.

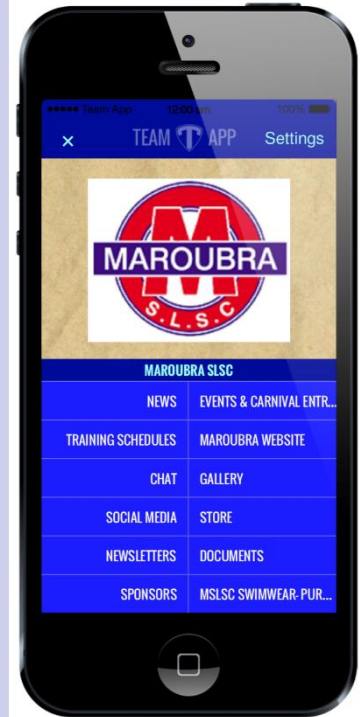


2. Sign up to Team App. You will be sent an email to confirm your registration.

3. Log into the App and search for "Maroubra SLSC".

4. Choose your applicable access group(s).

5. If you don't have a smartphone go to [maroubraslsc.teamapp.com](http://maroubraslsc.teamapp.com) to sign up and view this App online.



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# Concerns or Feedback

- **Escalation chain:**

- Age Group Programs/Training -> Age Liaison Manager or Age Manager
- Age Manager Issues -> Age Manager Coordinator (Tracie Barber)
- Surf Sports -> Surf Sports Coordinator (Dave Love)
- Water Safety -> Water Safety Coordinator (Phil Carter)
- Members and parents -> Director Junior Development (John Georgas)

- **Member Protection Officers:**

- Victoria Park & George Benhayon

- **Member Information Officers:**

- Linda Hession & James Lamb



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# Commitment

## *Nipper Competitors*

- Meet the minimum standard as set by SLSA & Maroubra SLSC
- Attend Regular Training (Internal and external)
- Attend Targeted Carnivals
- Support your team members
- Meet new friends
- Have Fun

## **Nipper Parents**

- Taxi for training and carnivals
- Support and encourage your child
- Get Involved
- Make new friend
- Patience



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# Any Questions

[nippers@maroubraslsc.com.au](mailto:nippers@maroubraslsc.com.au)

or

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