



Maroubra Nippers



Surf Sports Program

2023/2024



Maroubra has a strong and rich history in competition with many our club members having represented NSW and Australia across many sporting disciplines, including:

- Commonwealth Games,
- Olympics, and
- World Championships.

Our elite athletes are on display through photo walls within Maroubra SLSC Clubhouse.

Our Surf Sports Program focuses on developing confident competitors and increase Maroubra's competition representation.

This handbook will outline the expectations required of our competitors along with their parents and/or guardians.

All competition rules can be found in [Surf Sports Manual 37th Edition Feb 2023](#)

From what age can nippers compete?

- From Under 8s, Nippers can compete in Intra-Club and Inter-Club carnivals.
- From Under 9s, Nippers can participate in Branch and State Championships.
- From U13, Nippers can participate in The Aussies (National Championship)



What Sporting Disciplines are Available in Nippers?

- **Water Events (Surf)**
 - Individual –Wade, Swim, Board, Iron Person, Surfing,
 - Team –Swim Teams (4 persons), Board Relay (3 persons), Board Rescue (2 persons), Cameron Relay (4 persons), All Age Board Relay (6 persons)
- **Beach Events (Sand)**
 - Individual –Sprints, Flags, 1Km & 2Km Distance
 - Team –Beach Relays (4 persons), All Age Beach Relay (6 Persons)
- **Traditional Events**
 - March Past – 12 persons per team
 - R&R – 2 Person Teams and 5 Person Teams
- **Combination Event (U14 Only)**
 - Championship Lifesaver (U14 only)
 - Theory - Multiple Choice Theory Test,
 - Practical - Two (2) Part Resuscitation & Patient Assessment Scenarios,
 - Physical - Board Race, Beach Sprint, Surf Race, Rescue Tube Race
- **Pool Events (U11 – U14)**
 - Pool Rescue
 - Conducted in pool environment in the Winter Off-Season.
 - Obstacle Swims, Line Throw, Manikin Rescues, Relays
 - Comply with [ILS Competition Rule Book 2019 Edition](#)

| | | |
|---------------|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 |
| | Distance | U12-U14. In Age Groups. (1k Run) |
| Traditional | 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 |



Competition Criteria

SLSA Requirement regarding all Competition Events

- Any competitors wishing to compete at any carnival (water, beach, & traditional events) must have successfully completed:
 - Junior Preliminary Competition Swim for their age group (refer next page)
 - Junior Competition Skills Evaluation for their age group (refer next page)
- Any competitors wishing to compete at Branch and/or State Carnivals (water, beach, & traditional events) must have successfully completed:
 - Appropriate Surf Education Award for their Age Group by 31 December 2023
 - 80% attendance at Sunday Planned Nipper sessions is required to receive Surf Education Awards.
- Nippers must have the ability, strength, and fitness standard to complete the event.
- Nippers must have the required skills to compete at Major Branch, State and National Championships.
- Nippers can only compete in individual races for their respective Age Group which is based on their Date of Birth
 - Nippers can compete up One (1) Age Group only in team events.
- Each club must send One (1) Water Safety and One (1) Official per 5-10 competitors.
 - Water Safety must wear Orange Rash Vest and Cap
- All competitors must comply with competition rules which can be found in [Surf Sports Manual 37th Edition Feb 2023](#)

Maroubra SLSC Requirement for Major Branch, State and National Championships

- Commit to attending at least One (1) surf sports training session each week for each discipline.
 - i.e., they must attend at least 80% planned training sessions.
 - It's highly recommended all competitors attend additional training sessions outside of Nippers (e.g., local swim squads, local athletics clubs, etc)
- Commit to enter and attend 80% of Targeted Carnivals
- 100% Parent Involvement in at least one of the following roles:
 - Team Manager – Must Hold Current Age Manager Award
 - Official – Must Hold Current Technical Official Award
 - Water Safety – Must Hold Current SRC or Bronze Medallion Award
 - Logistics – As determined by the Club e.g., tents, boards, food, uniforms, etc.
- Any exemptions to competition requirements, must be in writing and approved by the Junior Development Director.

Compulsory Clothing Requirement for All Competition & Training

- Must always wear Maroubra Nippers Cap and Pink High Viz Rash Vest.
- During Carnivals, Nippers are not to wear wet suits and/or clothing identified as providing an advantage e.g., wet suits and other buoyancy clothing.
 - Recommended wear -Maroubra Swim Wear (if available)



Junior Competition Evaluations

To ensure that all Nippers who wish to compete in any Inter-club, Branch, State and National events/championships have the required ability, strength, and fitness to compete, they must be able to complete the junior competition evaluation in Open Water for their respective age group.

Note: The definition of 'Open Water' is sourced from NSW Maritime and refers to 'navigable waters' which includes beaches. It does not include inland and coastal rivers, lakes and enclosed bays, harbours, or rock pools.

SLSA Age Group Competition Evaluation:

The following table outlines the national standard for competition skills evaluations.

| AGE GROUP | COMPETITION EVALUATION |
|-----------|-----------------------------------------------------------------------------------|
| U6 | Nil |
| U7 | Nil |
| U8 | Nil (no water competition, except for wade which takes place in waist-deep water) |
| U9 | Minimum 150m open water swim (any recognised stroke) |
| U10 | Minimum 150m open water swim (any recognised stroke) |
| U11 | Minimum 200m open water swim (any recognised stroke) |
| U12 | Minimum 200m open water swim (any recognised stroke) |
| U13 | Minimum 200m open water swim (any recognised stroke) |
| U14 | Minimum 200m open water swim (any recognised stroke) |

Branch, State and National Championship Requirements

Any competitor wishing to compete at Branch, State and/or National Championships (water, beach, and/or traditional events) must have successfully completed:

- Junior Preliminary Evaluation
- Junior Competition Evaluation
- Appropriate Surf Education award for their age group by **31 December 2023**.

Junior Activities members (i.e., members comprising Under 14 and below), are not required to perform patrol hours to compete in junior activities competitions.

However, if eligible members wish to compete in Under 15 competitions, they must fulfil their patrol hour obligations as set out in [SLSA Policy 5.04 – Competition Eligibility](#). This Policy can be found in the **SLSA Members Area**.



Proposed Training Schedules

Water - Swim & Board Training (Coaches: John Georgas & David Love)

- ***Saturday – 8am – 9.30am @ Malabar Beach (or Frenchman’s Beach as alternative venue)***
 - U8 – U14
 - Fitness and Stroke Technique
 - Beginners can also attend as introduction of surf skills in Flat Water environment.
- ***Sunday – 6.30m – 7.30am @ Maroubra Beach***
 - U9 - U14
 - Surf & Fitness session
 - Must be competent to navigate surf.
 - For safety purposes some Nippers may be requested to only attend Saturday session to further develop their skills
- May consider further Mid-week sessions if selected number can attend.
- Where a Nipper is assessed as advanced, they may train with Senior Club Competitors
- Will only be held subject to Water Safety Ratios being met.

Beach – Sprint, Flags & Relays (Coaches: John Georgas & Garry Marin)

- ***Sunday – 9.15am – 10.15am @ Maroubra Beach*** (Coach: John Georgas)
 - U7-U9
- ***Sunday – 10.45- 11.45am @ Maroubra Beach*** (Coach: Garry Marin)
 - U10-U14
- Focus will be on Start/Finish, Diving, and Relay Changeover.
- May consider further Mid-week sessions if selected number can attend.

March Past (Coach: Farah Messina)

- ***Sunday – 8.15am – 8.45am @ Maroubra Beach***
 - U10 – U14
 - U9 may attend as required.
- May consider further Mid-week sessions if selected number can attend.

R&R (Coach: David Love)

- ***Sunday – TBC @ Maroubra Beach***
 - U10 – U14
 - U9 may attend as required.
- May consider further Mid-week sessions if selected number can attend.

Championship Lifesaving (Coach: TBC)

- ***TBC @ Maroubra Beach***
 - Subject to interest and nominations



Surf Sports –Carnivals

- 7th Oct 2023 - Sydney Branch Junior Board Bash, Cronulla SLSC (U11-13s)
- 21st Oct 2023 – Sydney Water Series Round 1, Warilla Barrack Point SLSC (U8-U14)
- 28th Oct 2023 - Wanda One, Wanda SLSC (U8-U14)
- 4th Nov 2023 – Sydney Water Series Round 2, Kiama Downs SLSC(U8-U14)
- **5th Nov 2023 - Randwick Shield, South Maroubra SLSC (U8-U14) – Targeted Carnival**
- **11th Nov 2023 – South Maroubra U8 Carnival, South Maroubra SLSC (U8) – Targeted Carnival**
- **18th Nov 2023 - Cronulla Short Course Carnival, Cronulla SLSC (U8-U14) – Targeted Carnival**
- 18th Nov 2023 – Sydney Water Series Round 3, Bulli SLSC (U8-U14)
- 25th Nov 2023 – Sydney Water Series Round 4, Wollongong SLSC (U8-U14)
- 26th Nov 2023 – Bennett Fast & Furious Junior Board & Iron Person Carnival, Freshwater SLSC (U9-U14)
- 3rd Dec 2023 – Narabeen Junior Beach Carnival, Narrabeen SLSC (U9-U14)
- **17th Dec 2023 – R&R and March Past Carnival, Maroubra SLSC (U10-U14) – Targeted Carnival**
- **14th Jan 2024 – Manly Nipper Nats, Manly SLSC(U9-U14) – Possible Targeted Carnival**
- 26th Jan 2024 – North Cronulla Australia Day Iron person, North Cronulla SLSC (U9-U14)
- 26th Jan 2024 – Wanda Australia Day 1km & 2km, Wanda SLSC (TBC)
- **3rd Feb 2024 – SLS Sydney Branch Age Championships, North Bondi SLSC (U9-U11) – Targeted Carnival**
- **4th Feb 2024 – SLS Sydney Branch Age Championships, North Bondi SLSC (U12-U14) – Targeted Carnival**
- **24th Feb 2024 – SLS Sydney Branch R&R and March Past Championships, Maroubra SLSC (U10-U14) – Targeted Carnival**
- **25th Feb 2024 – SLS Sydney Branch Lifesaving Championships, Maroubra SLSC (U14 only)- Targeted Carnival**
- **2nd-3rd Mar 2024 – SLSNSW State Lifesaving Championships (U14 only) -Targeted Carnival**
- **7th Mar – 10 Mar 2024 – SLSNSW State Age Championships, Queenscliff SLSC (U9-U14) – Targeted Carnival**
- 30th Mar 2024 – R&R and March Past Carnival, Coogee SLSC
- **13th – 14th April, The Aussie Youth Championships, Maroochydore SLSC (U13-U14) – Targeted Carnival**

Notes:

- Note 1: **Targeted Carnival for Maroubra Competitors**
- Note 2: Teams selected for Branch, State and National championships based on:
 - 80% Attendance and performance at Sunday Nippers
 - Receipt of the relevant Age Award
 - 80% Participation and performance at targeted carnivals above
 - Regular Weekly Attendance at training sessions
 - Demonstrate the minimum skill levels for the respective discipline they wish to compete.
- Note 3: Maroubra must supply resources for every carnival:
 - Officials, Water Safety, IRB Crews, First Aid, Logistics,
 - Requires at least one parent helper from each competitor family to meet our obligations.

Courses – Water Events

Wading Race (U8 Only)

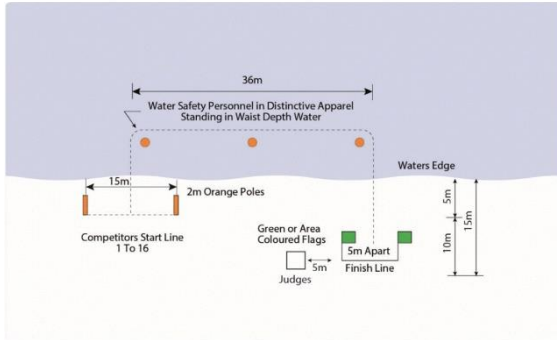


FIGURE 8 - WADING RACE

(Distances approximate only)

Note: Three Water Safety Personnel shall stand in waist depth water (measured at the Water Safety Personnel's median waist depth level at the time the race is being conducted)

Wading Relay (U8 Only)

Note: Three Water Safety Personnel shall stand in waist depth water (measured at the water safety personnel's median waist depth level at the time the race is being conducted).

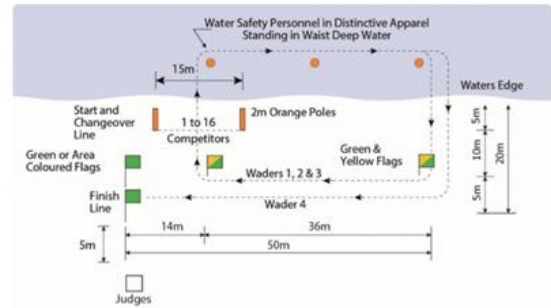


FIGURE 9 - WADING RELAY

(Distances approximate only)

Surf Race (U9 - U14)

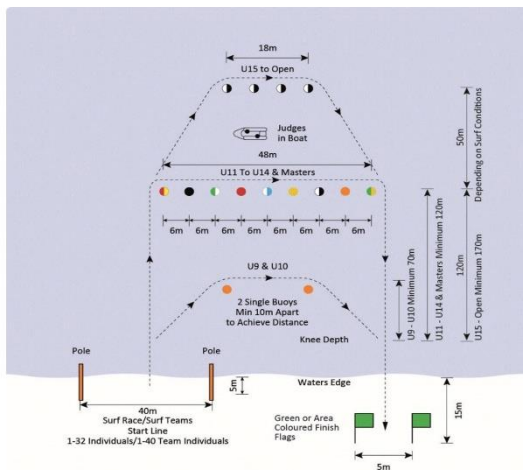


FIGURE 2 - SURF RACE AND SURF TEAMS RACE

(Distances approximate only)

Note: the beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions.

Board Race (U9 - U10)

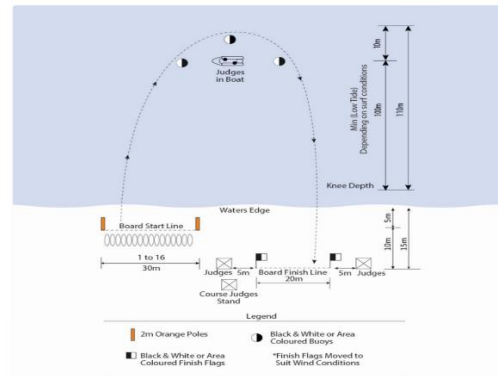


FIGURE 25 - UNDER 9 – UNDER 10 SURF BOARD RACE

(Distances approximate only)

***Note 1:** *The beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions.
Note 2: Competitors must pass around two base buoys and the apex buoy to complete the U9 – U10 course (refer Manual).

Board Race (U11 - U13)

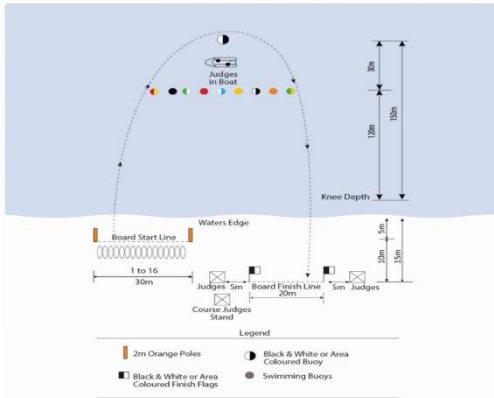


FIGURE 24 - UNDER 11 – UNDER 13 SURF BOARD RACE

(Distances approximate only) **Note 1:** The beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions. **Note 2:** Competitors must pass around all Swimming Buoys and the apex buoys to complete the U11 – U13 Board course (refer Manual).

Board Race (U14)

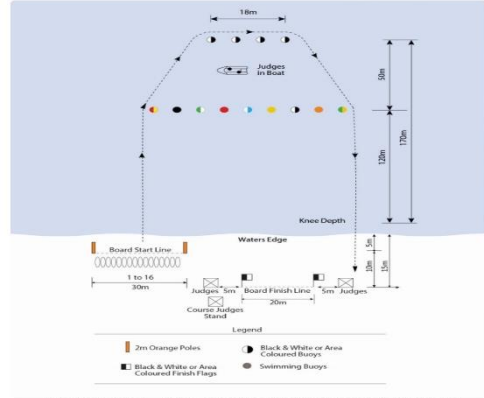


FIGURE 23 - UNDER 14 SURF BOARD RACE

(Distances approximate only)
***Note 1:** The beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions.
***Note 2:** Competitors must pass around all Swimming Buoys and the apex buoys to complete the U14 Board course (refer Manual).

Board Relay (U9 - U10)

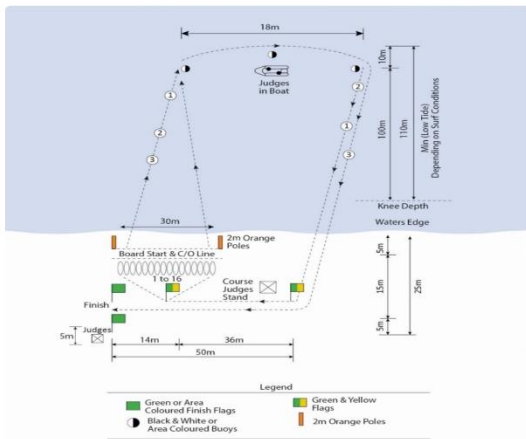


FIGURE 30 - UNDER 9 – UNDER 10 SURF BOARD RELAY RACE

(Distances approximate only)
Note: The beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions.

Board Relay (U11 - U13)

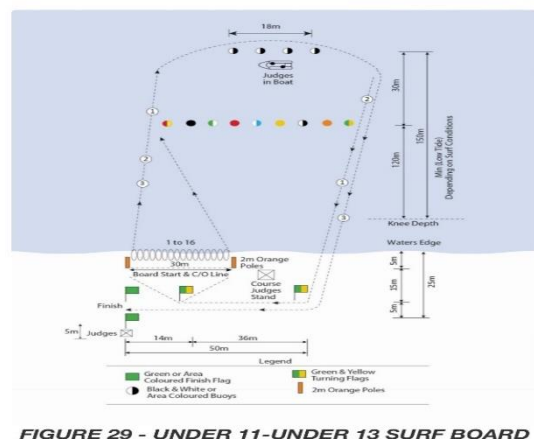


FIGURE 29 - UNDER 11-UNDER 13 SURF BOARD RELAY

(Distances approximate only)
Note 1: The beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions.
***Note 2:** U11 – U13 competitors must pass around all swim and board buoys to complete the course.

Board Relay (U14)

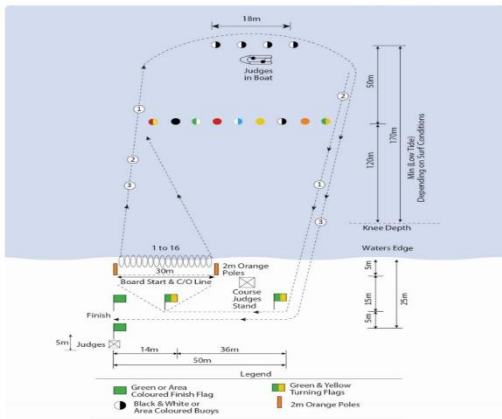


FIGURE 28 - UNDER 14 SURF BOARD RELAY

(Distances approximate only)

Note 1: The beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions.

Note 2: Under 14 competitors must pass around all swim and board buoys to complete the course.

Cameron Relay (U9 - U10)

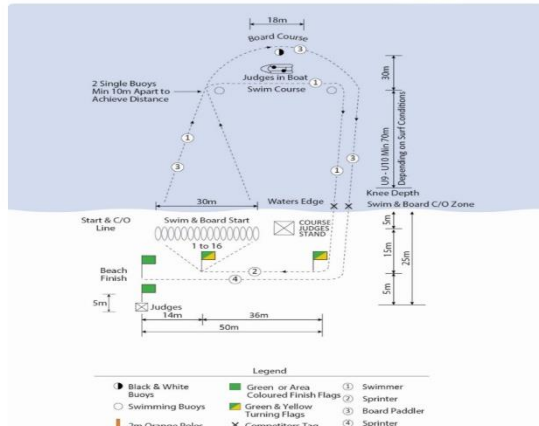


FIGURE 41 - UNDER 9 - UNDER 10 CAMERON RELAY RACE.

(Distances approximate only)

Note: the beach setup relative to the positioning of the buoys may be adjusted dependent on the sea conditions.

Cameron Relay (U11 - U13)

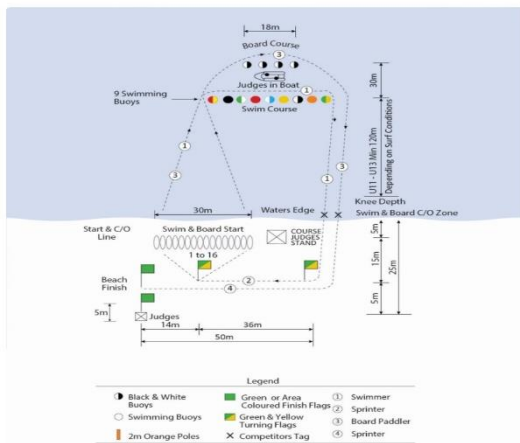


FIGURE 40 - UNDER 11 - UNDER 13 CAMERON RELAY RACE

(Distances approximate only)

Note: the beach setup relative to the positioning of the buoys may be adjusted dependent on the sea conditions.

Cameron Relay (U14)

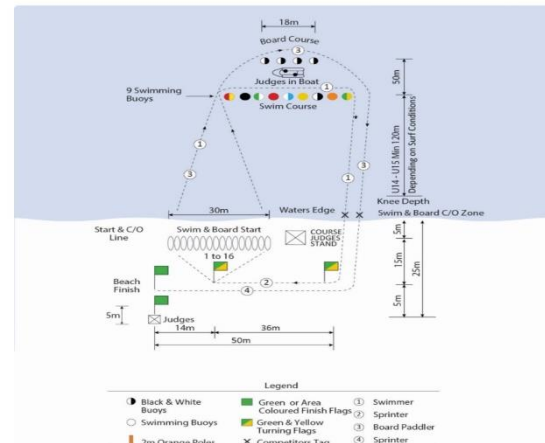


FIGURE 39 - UNDER 14 - UNDER 15 CAMERON RELAY RACE

(Distances approximate only)

Note: the beach setup relative to the positioning of the buoys may be adjusted dependent on the sea conditions.

Iroman/Ironwoman (U11 - U13)

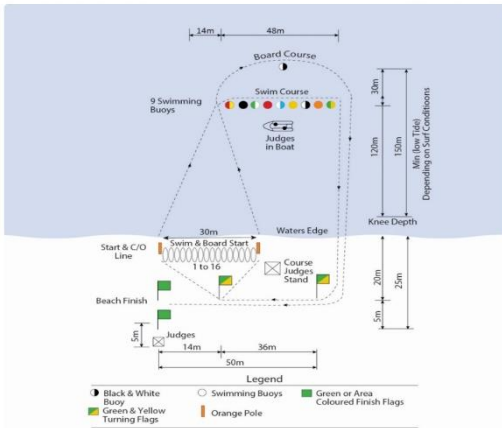


FIGURE 35 - UNDER 11 - UNDER 13 IRONMAN AND IRONWOMAN

(Distances approximate only)

Note: The beach setup relative to the positioning of the buoys may be adjusted dependent on the sea conditions.

Ironman/Ironwoman (U14)

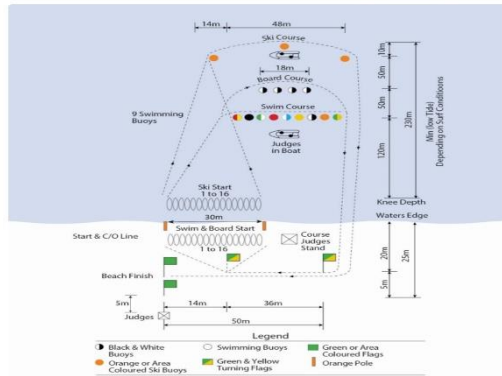


FIGURE 33 - UNDER 14 - OPEN IRONMAN AND IRONWOMAN, AND UNDER 17 - OPEN TAPLIN RELAY

(Distances approximate only)

Note 1: The beach setup relative to the positioning of the buoys may be adjusted dependent on the sea conditions.

Note 2: There is no ski leg in the U14, U15 and U17 age Ironman and Ironwoman.

Board Rescue (U11 - U14)

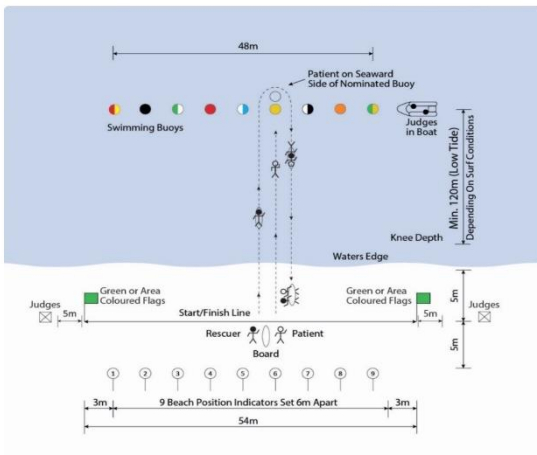


FIGURE 42 - SURF BOARD RESCUE RACE

(Distances approximate only)

Note: the beach set up relative to the positioning of the buoys may be adjusted dependent on the surf conditions.



Courses – Sand & March Past

Beach Sprint & Relay (U8 - U14)

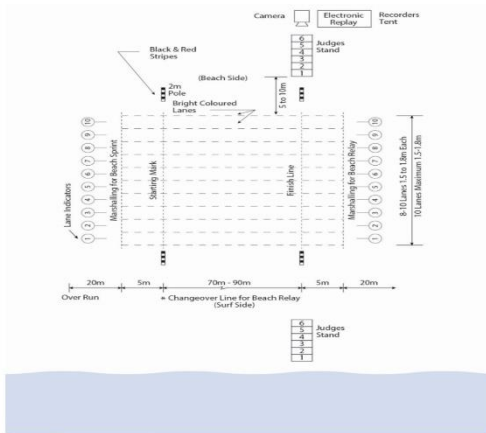


FIGURE 43 - BEACH SPRINT AND BEACH RELAY

(Distances approximate only)

| Age Group | Approximate Distance |
|-----------------------|----------------------|
| U8 to U14 and Masters | 70m |
| U15 to Open | 90m |

Beach Flags (U8 – U14)

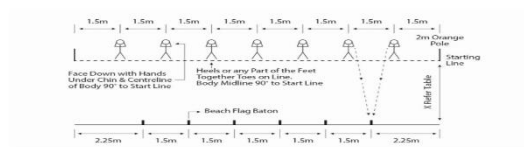


FIGURE 44 - BEACH FLAGS (ONE ELIMINATION PER RUN-THROUGH)

(Distances approximate only)

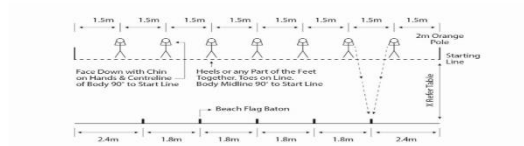


FIGURE 45 - BEACH FLAGS (TWO ELIMINATIONS PER RUN-THROUGH)

(Distances approximate only)

| Age Group | Approximate Distance |
|-----------------------|----------------------|
| U8 to U14 and Masters | 15m |
| U15 to Open | 20m |

1km & 2km Beach Run and Beach Relay

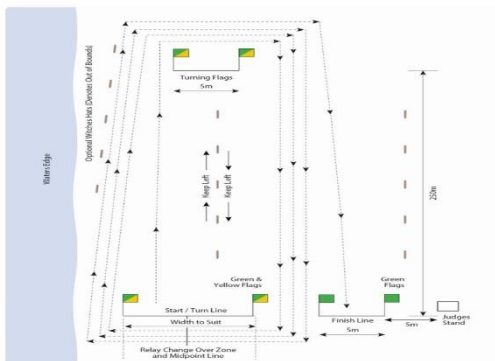


FIGURE 46 - 2KM BEACH RUN AND BEACH RELAY (Distances approximate only)

(Distances approximate only)

| Age Group | Approximate Distance | Course |
|---------------------------------------|----------------------|----------------|
| U13 to 55-59 Masters | 2km | Four 500m Legs |
| U12 and Under and 60 and over Masters | 1km | Two 500m Legs |

March Past

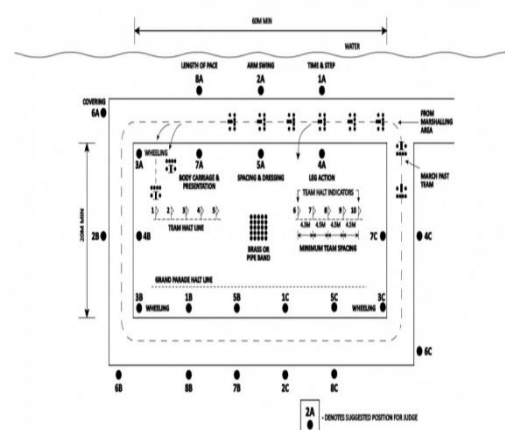


FIGURE 50 - MARCH PAST ARENA LAYOUT



What Do You Bring?

Maroubra Nippers will arrange tents for all Carnivals, which will also be the nominated meeting place for competitors.

Look out for Maroubra Tents once set up.

Your checklist of things to bring:

- Patience and confidence
- Maroubra Nippers cap (required to compete)
- Maroubra Nippers costumes.
- Maroubra Pink Hi-Viz Vests
- Towels
- Competition Board(s) – Club boards can be borrowed the week prior to competition. (Refer page 15)
- Sunscreen and zinc
- Goggles for water 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 chilly days and/or after water events.
- Wet weather gear
- Portable chairs
- Snacks, Water, and drinks
- Lunch if required as carnivals can extend past lunchtime, otherwise lunch may be purchased (often BBQs are run by hosting club)
- Money to purchase food, drinks, etc.



What Can You Expect with Carnivals?

- Frustration & Delays
 - Surf Conditions play a significant part with the program with changes and/or delays likely because of the beach and surf conditions on the day.
 - When conditions are not favourable and/or safe, usually team events are the first ones delayed and/or cancelled.
 - It is a parents' responsibility to listen out for announcements and ensure competitors attend marshalling for their respective events.

- Arrival
 - Always allow time to find parking at these events.
 - Should plan to arrive at least 1 hour before marshalling of your child's first event.
 - Marshalling times can change so please do not rely on scheduled times in program as the order of events are dependent on the conditions and weather and can change.
 - Children need to ensure they have their Live Heats band on arrival for registration.
 - Age Groups must be written in black ink on their upper arm and/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 group teams stay together as events could be called at various times and differ from those displayed in the program.
 - WhatsApp and TEAM App to communicate Carnival details.

How Can You Help?

- Water Safety Personnel
 - Bronze/SRC
 - IRB Crew
- First Aid Marshall
- Team Manager
- Surf Sports Official
- Skills Coach/Trainer
- Carnival Volunteers (Tents, etc.)

Maroubra SLSC is a family club powered by resolute volunteers and community members.

- Parents & guardians also run Maroubra Nippers.
- We need at least one parent helper from each competitor family to meet our obligations.
 - Age Manager/Assistant
 - Subcommittees: Surf Sports, Carnivals
- Anyone involved in Nipper Activities is required to complete a Working with Children Clearance.



Club Boards & Equipment

- Type of Boards
 - **Short Foam Boards:** Under 9's and Under 10's and for all beginners' board training.
 - No weight limits.
 - **Short Fibreglass boards:** Under 11's to Under 13's.
 - Boards to be allocated based on Nipper weight.
 - **Long Fibreglass boards:** Under 14's.
 - Board to be allocated based on Nipper weight.
- Club Boards Available for Competition
 - A limited number of boards are available to be borrowed by competitors only,
 - Borrowing is subject to a board use agreement (user responsible for all repairs)
 - May require Hire Fees & Refundable Deposit
 - Boards are only to be used for competition and training and **NOT PLAY**
 - All competitors who have borrowed a board must attend training with their borrowed board.
 - All borrowed boards must be returned in good condition at the completion of the last carnival of the season.
 - Register interest with Gear Coordinator

Communications

- WhatsApp Groups
- Website: www.maroubraslsc.com.au/Nippers
- Newsletters: sent to your nominated email/mobile
 - Via SurfGuard email or SMS
 - Via Club email from @maroubraslsc.com.au
- TeamApp: social media site
 - Major Championships use TEAMApp





Your Commitment

- **Nipper Competitors**
 - Meet the minimum requirements as set by SLSA & Maroubra SLSC
 - Attend Regular Training Sessions (Internal and external)
 - Attend Targeted Carnivals
 - Always wear their Live Heats band during competition.
 - Never leave a training sessions or competition area until advised by an Official and/or signed off by their respective Coach.
 - Support your team members.
 - Make new friends from within Maroubra and other clubs.
 - Always display Good Sportsmanship
 - Have Fun

- **Nipper Parents**
 - Taxi for training and carnivals
 - Support and encourage their own children and others.
 - Get Involved and Assist with Competition and Training
 - Make new friends.
 - Always display Good Sportsmanship
 - Never to approach an Official and allow only the designated Team Managers to approach them.
 - Where a result is challenged, advise the Team Manager with the relevant rule breach according to the Surf Sports Manual and provide factual information to support the challenge.
 - Will also display patience.



Any Questions

- Junior Development Director - nippers@maroubraslsc.com.au
- Deputy Junior Development Director - deputynippers@maroubraslsc.com.au
- Nippers Race Secretary - nippersracesecretary@maroubraslsc.com.au