

O.G.S.L.S.C. Junior Surf Life Saving **Manual 2011/2012**



Welcome to the 2011/2012 Junior Surf Life Saving Program at Ocean Grove S.L.S.C.

We have a fantastic Nipper Crew and hope that your whole family enjoys being part of the Ocean Grove S.L.S.C. We are all looking forward to a great summer of nippers at the beach.

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Useful Websites

www.oceangroveslsc.asn.au

Watch out for : Nipper News – updates

OGLand – the OGSLSC newsletter

www.lifesavingvictoria.com.au

Sport – Junior sport – Carnival programs & Calendars

www.sls.com.au

Surf Life Saving Australia website

Club Noticeboard - Nippers News is updated regularly - come in and have a look, just up the stairs!!

Clubbies Cafe open Sunday mornings during the season. Come in for refreshments and a chat.

Nipper Season 2011/2012 Calendar

December 2011

| | | | | |
|------------------------------------|----------|---------------------------------------|-------------------|---------|
| 11 th | Sunday | Junior State Carnival #1 | Williamstown SLSC | 8.30 am |
| 12 th -17 th | Mon-Sat | Surf Rescue Certificate / Bronze week | OGSLSC | |
| 27 th | Tuesday | RIP TO RIVER fun run +walk | Volunteers needed | |
| 29 th | Thursday | Surf Ed #1 | OGSLSC | 5.30pm |
| 30 th | Friday | Surf Ed #2 | OGSLSC | 5.30pm |

January 2012

| | | | | |
|------------------------|----------------|--|----------------------|---------------|
| 5 th | Thursday | Surf Ed #3 | OGSLC | 5.30pm |
| 6 th | Friday | Surf Ed #4 | OGSLSC | 5.30pm |
| 6 th | Friday | Cosy Corner Junior Carnival #2 | Cosy Corner, Torquay | 8.30 am |
| 7 th | Saturday | DOORKNOCK APPEAL | Volunteers needed | |
| 12 th | Thursday | Surf Ed #5 | OGSLSC | 5.30pm |
| 12 th | Thursday night | NIPPER DISCO after Surf Ed | 7pm onwards | |
| 13 th | Friday | Surf Ed #6 | OGSLSC | 5.30pm |
| 15 th | Sunday | Seniors Carnival (incl U13/U14) | Ocean Grove SLSC | 8am |
| 22nd | Sunday | Surf Coast Junior Regional Champs | Torquay SLSC | 8.30am |
| 28 th | Saturday | Junior State Carnival #3 | Warrnambool SLSC | 8.30am |

February 2012

| | | | | | |
|------------------|----------|---------------------------------|----------------------------|--------|----------|
| 5 th | Sunday | Club Championships Day | Open to all OGSLSC nippers | OGSLSC | 9am |
| 19 th | Sunday | Junior State Carnival #4 | Bancoora SLSC | | 9am |
| 25 th | Saturday | Junior Board Riding Competition | TBC | | 9am Club |

March 2012

| | | | | |
|--|------------------|--|-------------------|------------|
| 3rd + 4th | Sat / Sun | 2012 Victorian Junior Championships | Lorne SLSC | 9am |
|--|------------------|--|-------------------|------------|

Surf Education (Surf Ed) Program

We enjoy being able to offer a fun and interactive Nipper Program to help children experience our aquatic environment in a safe and enjoyable way. We hope your whole family enjoys being part of the Surf Club community.

A nipper membership to OGSLSC automatically enrolls your child in our Surf Ed Program. Our Program consists of 6 sessions conducted at OGSLSC.

Each session lasts 1.5 hours:

½ hr for beach activities incl. beach flags & sprints

½ hr for water activities incl. wading & boarding

½ hr for surf education, coastcare will also be involved

The last session will be run as a mini carnival weather permitting

Surf Ed Dates: Thursday Dec 29th + Friday Dec 30th

Thursday Jan 5th + Friday Jan 6th

Thursday Jan 12th (**& NIPPER DISCO tf**) + Friday Jan 13th (**mini-carnival**)

U8,9,10 will be from 5.30 pm til 7 pm U11,12,13 will be from 6pm til 7.30pm Age limits: U8 must be 7 by Sept 30th and U13 must be 12 by Sept 30th.

The first night there will be a tent sent up for check in at the entrance to the surf club for Surf Ed nippers (surf sports nippers – just head straight to age group on the beach). All other nights nippers will meet in their age groups on the beach. All nippers need to be checked in before they start a beach session and be marked off before they leave the beach from each session.

Parents are expected to be on the beach during the whole of the session times. If there are concerns about their child's participation in a session, then a parent needs to be readily available on the beach!!

To gain a Surf Ed certificate a nipper needs to have attended at least 4 out of the 6 Surf Ed sessions.

A big thank you to our Surf Ed Co-ordinators Robyn Schaeche-Priestley and Fiona Smith for organising the program this season.

Surf Sports Program

If your child wants to choose Junior Surf Life Saving as their summer sport and compete in junior surf life saving carnivals, then come and join our Surf Sports Nipper training sessions. **(A child needs to commit to competitions to join this program).**

The age groups are the same as for Surf Ed except there is an U14 age group of nippers transitioning through to Seniors. A nipper needs to be between 7yo and 13yo on September 30th to join in the Surf Sports season.

We aim to have an annual winter nipper swim club at BASC pool, Ocean Grove during Term 3 on Sunday mornings.

Our official beach training starts at the beginning of Term 4 and runs through to the Victorian State titles held in early March each year.

Training is: Friday nights 5.30 – 6.30pm & Sunday mornings 10.00 – 11.30am

Our Surf Sports nippers are encouraged to attend as many training sessions as possible and extra sessions are added when summer school holidays start.

There is a **board fee of \$35/season** for use of a nipper club board and senior nippers are encouraged to buy their own board. U8s,U9s &U10s use foam nipper boards and U11s,U12s & U13s use fibreglass nipper boards.

Surf Sports nippers need to attend at least 2 regular carnivals and be available for the Regional Carnival and The Victorian Junior State Titles (see below).

Competition Prerequisites

S-Badge: The Competition Evaluation is a national pre-requisite to participate in Lifesaving Sport carnivals in Australia. Here in Victoria we recognise this evaluation by the participants receiving an S badge. This evaluation is an ocean swim of a set distance:

Under 8s do not need an S badge - at carnivals they wade and do beach events.

Under 9s & 10s need to be able to swim a minimum of 150m in open water.

Under 11s, 12s and 13s need to be able to swim a minimum of 288m in open water.

Competition hat – OGSLSC colours

Rash shirts and broad brim hats are needed to marshal for events to promote LSV's sun smart policy.

Pay Carnival Fee – see below

Junior Carnival Information

OGSLSC Junior Championship Carnival (Club Champs)

This will be held on Sunday 5th of February 2012, commencing at 9am at OGSLSC.

Any current Nipper with OGSLSC membership and an S badge (swim proficiency qualification) is eligible to enter.

Nippers can register on the day at 8.30 am and there is no carnival fee for this day!!! Come along and have a go with your nipper friends. Ribbons and Trophies up for grabs. A male and female Nipper Age Group Champion will be awarded at our Nipper presentations later in the season.

Program TBA. We will look to have a fun novelty event this year that involves a parent (or other adult) + nipper combination. So make sure your parents are out there swimming and boarding for practice too!!!

Competition Age Groups

| Age of Nipper on 30/9/08 | Competition Age Group | Prerequisite Awards | Racing Surf Craft Permitted |
|--------------------------|-----------------------|---|--|
| 7 yrs | Under 8 | Surf Awareness 1 | Foam Nipper Board |
| 8 yrs | Under 9 | Surf Awareness 2 and "S" Badge | Foam Nipper Board |
| 9 yrs | Under 10 | Surf Safety 1 and "S" Badge | Foam Nipper Board |
| 10 yrs | Under 11 | Surf Safety 2 and "S" Badge | Foam Nipper Board or 2m Fibreglass Board |
| 11 yrs | Under 12 | Surf Smart 1 and "S" Badge | Foam Nipper Board or 2m Fibreglass Board |
| 12 yrs | Under 13 | Surf Smart 2 and "S" Badge | Foam Nipper Board or 2m Fibreglass Board |
| 13 yrs | Under 14 | Life Saving Star Formerly known as the Surf Rescue Certificate – SRC. | 3.2m Racing Malibu |

Regular State Carnivals

The Victorian Junior Surf Carnival season begins in December and culminates with the Junior State Championships in March each year. There are many events that may be contested at each carnival, although programs will vary at each event, including:

Individual Events

- Surf Race
- Wading Race
- Surf Board Race
- Ironman/Ironwoman
- Beach Sprint
- Beach Flags

Team Events

- Surf Teams
- Wade Relay
- Beach Relay
- Board Relay
- Aqua Cameron Relay

U/7 - U/11: Events are heats only, focused more on participation rather than place getting

U/12 - U/14: Events will progress to finals. Points are allocated for the 1st 6 placegetters

Junior Carnival Information Cont'd

OGSLSC encourages all nippers to participate in carnivals in both individual events and team events.

The aim is to: # have fun

Demonstrate surf skills

gain competition experience

mix with other nippers from both OGSLSC and other clubs

promote involvement in surf life saving

Team Events: The coaching team will attempt to place all nippers, who wish to participate, in team events without preference during regular carnivals. In this way any nipper can be part of any team event with a variety of team mates, thus maximising opportunities for all to be involved.

| Carnival Number | Venue | Date |
|------------------------|----------------------|--------------------|
| #1 | Williamstown S&LSC | 11th December 2011 |
| #2 | Cosy Corner | 6th January 2012 |
| #3 | South Melbourne SLSC | 21st January 2012 |
| #4 | Warrnambool SLSC | 28st January 2012 |
| #5 | Bancoora SLSC | 19th February 2012 |

Always check each carnival's program for start times and list of events as this will differ slightly at each carnival

Carnival Programs available at Life Saving Victoria website – nippers – junior sport - 2011/2012 carnival programs & calendars.

Junior Carnival Information cont'd

Number of competitors to be registered at any carnival

Life Saving Victoria requires clubs to provide carnival officials and water safety officers as a ratio of 1:10 registered nippers competing at each carnival. Therefore the number of nippers registered by OGSLSVC at any carnival (including State Championships) may be limited depending on the number of parent volunteers as officials and water safety officers.

Competitors will be registered for each carnival, incl. State Titles, in the following order **if need be**:

- Priority 1: Children of parents who volunteer to be Beach Officials and Water Safety Officers
- Priority 2: Children of parents who volunteer as Beach Coaches, Nipper sub committee or Management committee positions, or who assist with Surf Sports training or team managers at carnivals.
- Priority 3: Places will be filled according to Team Event needs
- Priority 4: Remaining places will be filled by ballot

Regional Surf Coast 'Qualifying' Carnival

This will be held on Sunday 22nd January at Torquay S.L.S.C.

This carnival is Ocean Grove's regional qualifying carnival for all team events plus the individual iron events, to be able to compete at the Victorian State Junior Titles. A nipper does not need to qualify for any other individual event at the Victorian State Titles except the iron events.

For a copy of the 2011-2012 Regional Championship program please go to LSV website as above.

Our coaching team will select nippers for team events to compete at this qualifying regional carnival. (All nippers should consider entering the iron event if on programme in their age group.)

Team selection consideration is particularly given to: Current season carnival experience, performance in individual events at carnivals and frequency of attendance at Surf Sport training.

2008 – 2009 OCEAN GROVE JUNIOR CARNIVAL SELECTION POLICY

1. Regular Carnivals

Ocean Grove SLSC encourages all nippers to participate in carnivals to:

- have fun
- demonstrate their surf skills
- gain competition experience
- mix with other nipper members of Ocean Grove and from other clubs
- promote involvement in life saving

The club will register **any nipper** having the appropriate age group Surf Ed Certificate and successfully completing the **competitor's** proficiency **run-swim-run** ("S" Badge), to compete in the

Individual Events nominated by them, provided that the appropriate competition levy has been paid.

Age Group Managers will attempt to place all nippers, who wish to participate, in team events without preference during regular carnivals. In this way any nipper can be a part of any team event with a variety of partners, thus maximizing opportunities for all to be involved.

2. State Junior Championships

A panel (Junior Activities Manager, Carnival Team Manager and Age Level Coaches) will select

Teams Events members for the **Junior State Championships**. Consideration is given to:

- carnival experience (minimum 2 carnivals)
- attendance at Surf Coast Regional Championships
- performance in individual events at carnivals and at the Ocean Grove Junior Club Championships
- frequency of attendance at Junior Squad Training

The panel will take into consideration the prevailing conditions at the State Carnival before announcing teams.

Participation in a qualifying team at Regional Carnivals does not guarantee a place in that team competing at States.

The panel's decision is final.

Emergencies (where practicable) will be named for team events.

Any nipper may be named in team events.

3. Number of Competitors to be Registered

Life Saving Victoria requires clubs to provide competition officials and Water Safety Officers as a ratio of registered competitors for each carnival. Therefore, the Junior Surf Sports Officer will only register competitors according to the number of parents who volunteer to help out at carnivals. Competitors will be registered for each carnival, including State Championships, in the following order:

Priority 1

The children of parents, who volunteer to be Beach Officials and Water Safety Officers.

Priority 2

The children of parents, who volunteer to be Club Age Group Managers, Assistant Age Group Managers, assist with Junior Training Squad, and take up support roles on Nipper Sub-Committee.

Priority 3

Places will be filled according to Team Event needs.

Priority 4

Remaining places will be filled by ballot.

Junior Carnival Information cont'd

Victorian Junior State Titles

Saturday March 3rd / Sunday March 4th 2012 Lorne SLSC.

This is the culmination of all our Nipper's training efforts for the season!! We are planning to have a great weekend at Lorne with every Nipper trying their best competitively with great sportspersonship!!

Program TBC: it will be posted on LSV website. Saturday's program is usually individual events + Sunday's program is usually the team events. **Entries close Thursday 16th February 2012.**

Please feel free to ask for a copy of our club's Carnival team selection policy if you wish.

Carnival Fees for 2011 /2012 as set by Life Saving Victoria:

| | |
|---|---|
| Victorian Junior Lifesaving Championships | \$30.00 |
| Junior Regional Championships | \$16.00 |
| Junior State Beach & Pool Carnivals | \$15.00 ie. All regular nipper Carnivals |

OGSLSC will collect fees before a nipper is registered for each carnival. Either individual carnivals can be paid for as you go or all carnivals a nipper is planning to attend can be paid for as a lump sum. Fees can be paid to the uniform shop during opening hours or put an envelope with cash & details in red box in club lounge.

Brief Description of LSV Junior Carnival Events

Beach Flags

Beach Flags is a traditional event that has existed since the very beginning of Lifesaving. It involves a group of lifesavers competing for flags (pieces of hose). An athlete is 'knocked-out' each time and eventually there is a run off between two lifesavers. The competitor, who wins the flag, wins the event.

Beach Sprint

Beach sprint is as it sounds. It involves a sprint over a distance of 70 metres across sand. This distance may depend on the amount of beach available at the time and the age of competitors.

Beach Relay

The beach Relay consists of a team of four competitors and a rubber piece of hose. Members 1 & 3 are stationed at one end of the lanes whilst members 2 & 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries.

Junior Ironman / Ironwoman

This is a slightly easier version than the open or regular iron person events. It only requires the competitors to complete board, swim and run sections.

Board Race

The board race is done by using Malibu (U14) or Nipper boards (U8 – U13). It involves negotiating the break and then following a set course of buoys. Then return to shore surfing the waves back to the beach. First over the line is the winner. The board race requires balance, strength and endurance.

Board Relay

A team consists of three competitors. The first team member paddles out and goes around the buoy then heads back towards the shore and runs to tag the second team member who does the same. The final team member has to complete the same course and then cross the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner.

Surf Race

The surf race involves swimming around a course of buoys placed out in the ocean and returning to shore to run across the finish. Getting through the shore break can be tough, but then to be a lifesaver you must be tough.

Surf Teams Race

A team of 4 swimmers completes the normal swim course. Each swimmer scores points as per finishing order.

The winning team is the one with the lowest aggregate score.

1 Kilometre Beach Run

A one kilometre run on sand. The course layout will vary according to beach conditions.

Aqua Cameron Relay

This event consists of a team of 4 competitors (1 swimmer, 1 board paddler and 2 runners). At the start the

swimmer completes the swim then tags the 1st runner, who then tags the board paddler, who tags the 2nd runner,

who races to the finish. This event is time consuming but has a good team aspect about it. The order of the swim

and board legs is determined by a draw at the start of the carnival.

Board Rescue

This event requires 1 swimmer and 1 board paddler. At the start signal the swimmer swims to a specific 'can'

(buoy). When the swimmer reaches the can he/she puts one arm over it and raises the other vertically. The board

paddler sees the signal and paddles to pick-up the swimmer. The paddler rounds the can in a clockwise direction

and completes the pick-up at the back of the can before both return to shore and cross the finish. Both competitors

must be "in contact and in control" of the board when crossing the finish.

2 Person Rescue & Resuscitation

This event involves demonstrations in the traditional rescue and resuscitation procedures. The team with the least

mistakes and therefore the lowest score wins.

Belt & Reel

This event requires 2 competitors. Both start at the same end and run to a reel with belt placed on the sand. The beltman puts on the belt and runs back to the start and removes the belt. The reelman winds in the belt and places it on the reel, then runs to the start/finish line.

All Age Relays

Teams consisting of one competitor from each age group, compete in a Boys All Age Beach Relay and a Girls All Age Beach Relay. Similarly, teams consisting of one competitor from each age group compete in a Boys All Age Aqua Cameron Relay and a Girls All Age Aqua Cameron Relay.

The March Past

This event requires 5 competitors, who march in formation around a course carrying a traditional rescue reel. The winning team is the one with the least penalty points.

Junior Carnivals do not necessarily include all events described.

Uniform shop

Opening hours during the season include:

- beginning of Surf Ed sessions
- around Surf Sports training sessions
 - Friday nights at 5.30pm
 - Sunday mornings at 9.30am – 10am

Please put your name down on the nipper noticeboard upstairs if you can help out in the uniform shop!!

A big thank you to Sally Bambrook and her helpers for all their efforts in the OGSLSC uniform shop this season.!!

Use of Club Nipper Board Agreement

Parent Name:

Nipper Name:

Age Group (please circle) Under 8 Under 9 Under 10
Under 11 Under 12 Under 13

We agree to the use of Club Board Policy (listed on the back of this form and posted in the 2008-2009 Surf Sport manual published on the Ocean Grove Surf Club web site).

We understand that a board will be allocated to us in a timely manner after entering into this agreement and that we will maintain the board in a responsible manner and that all damage will be reported to the gear steward. We undertake that any repairs will be carried out in a good workmanlike manner and that the board will be stored at the clubrooms (except for transport to and from carnivals) and only be used during official training sessions and at Carnivals.

We agree to pay an administration fee of \$35 for use of the club board for the season.

The Club undertakes to attempt to provide an alternative board should the allocated board be unavailable if it being repaired.

..... /...../20.....
Nipper Signature Parent Signature Date

.....
Club Official

Board Number:

General Condition:

Comments:

Ocean Grove Surf Life Saving Club

Contacts

Management Committee

| | | |
|-----------------------|--------------------------|--|
| President | Chris Paterson | chris@picturethisproductions.com.au |
| Secretary | Robyn Schaeche-Priestley | honsecretary@oceangroveslsc.asn.au |
| Treasurer | David Pavia | honstreasurer@oceangroveslsc.asn.au |
| Club Captain | Fontaine Portelli | clubcapt@oceangroveslsc.sn.au |
| Vice President | Cathy Tisdale | vpresident@oceangroveslsc.asn.au |
| Facilities Manager | Tim Price | maintenance@oceangroveslsc.asn.au |
| General Member | Phil Bartlett | |
| Social Manager | Ollie Gant | socialsec@oceangroveslsc.asn.au |
| Junior Activities Mgr | Leisha Riddington | see below for email |

Nipper Contacts

| | | |
|---------------------------------------|--|--|
| Junior Activities Manager | Leisha Riddington | nipper@oceangroveslsc.asn.au |
| Surf Ed co-ordinators | Robyn Schaeche-Priestley & Fiona Smith | surfed@oceangroveslsc.asn.au |
| Surf Sports co-ordinator | Sean Conquit | |
| Junior Transition Co-ordinator | Bruce Sampson | |
| Junior Gear Steward | John Greer | |
| Uniform Shop | Sally Bambrook | |
| Media Liason | Sandy Paterson | |

We all look forward to a fantastic season with a great Nipper Crew helping out.

Many thanks to all our wonderful parents who have already put up their hands to help make our Nipper program a success.

If you are not currently helping out, please see me to organise a job you might be interested in !!

Hope to see you all on the beach ☺ Leisha Riddington (Junior Activities Manager, 2011/2012)

Nipper Carnival Survival Guide

A bit of preparation before a carnival helps everyone enjoy a comfortable day on the beach. A backpack for each child containing sunscreen, hat, food, drinks, towel and jacket – ensures all items are available while away from the club tent area.

Things to pack

Sunscreen – waterproof plus zinc

Long sleeve top or rash vest

Broad brimmed hat

2 towels each

Insulated bag with cool packs for food and drinks

Thermos of soup or hot water

Wetsuit (for juniors)

Club bathers

Club cap

Club rash vest

Swimming cap

Warm clothes, trackies, jumpers etc

Blanket

Jacket

Beanie

Carnival Day

Eat a nutritious breakfast

Allow plenty of travel and parking time

Dress children in club bathers with warm clothing over the top

Apply first coat of sunscreen

When you arrive make your way to the club tent for children to be marked off the role and join their team mates and team manager.

Large soft rubber tubs available from hardware stores are great for carrying gear.

PERMISSION / MEDICAL FORM

PERSONAL DETAILS OF PARTICIPANT

NAME: _____
ADDRESS: _____ P/C _____
PHONE: Home: _____ Mob: _____
Email: _____
GENDER: M / F
DATE OF BIRTH: _____ AGE on OCTOBER 1st 2008: _____

EMERGENCY PERSON CONTACT DETAILS

We **must** be able to contact this person in the event that you cannot be contacted. Please ensure that this person **agrees** to be your child's emergency contact, and that he or she has access to a vehicle.

NAME: _____
ADDRESS: _____ P/C _____
PHONE: Home: _____ Work: _____
Mob: _____
RELATIONSHIP TO THE ABOVE: _____

HEALTH DETAILS

Please indicate if your child experiences any of the following:

Asthma* Heart Condition Other _____
Fits Dizzy Spells

Does your child take medication frequently? YES / NO

If 'YES' please complete the following: Type of medication: _____

Frequency: _____ Name of Family Doctor: _____

Address: _____ Phone: _____

Allergies. Please indicate if your child has severe allergies to any specific foods, stings etc. _____ Does your child require an epipen for treatment of allergic reactions? _____

*It is the parent's responsibility to have asthma "puffers" available for use by your child in the event of an asthma attack.

Parents' Signatures: (1) _____ (2) _____