



2016/17 Nipper Handbook

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Goal

Our primary Goal is for Dee Why Nippers to enjoy themselves and for the beach to be a safe and comfortable environment for all Nippers.

To accomplish this we will endeavor to educate them on all aspects of water safety and assist them in developing skills in the surf.

We will provide a healthy competitive environment and encourage all Nippers to participate on a weekly basis.

In order for us to achieve our goal and to ensure the season runs smoothly, we rely strongly on ALL Nipper parents to assist where possible

Running of Nippers

- Marshalling is in front of club at **8:45 SHARP** - this is when you will receive the days briefing
- Start time on the beach for events is **9am** for all age groups
- Finish time is approx 10:30 - 11:00am for all age groups
- Nippers will be held every weekend except for the two weeks over the Christmas period. See Nipper calendar for more information.
- On three of the carnival weeks, Twilight Nippers will be run on the Saturday afternoon directly preceding the carnival, as noted in the Nipper calendar. Following Twilight Nippers, all Nipper families are invited to enjoy the bar facilities and the BBQ in the Betty Barry Room.
- Nippers will only be canceled in the event of severe weather - please contact your age manager to confirm.
- Water events will be held at the discretion of water safety, the patrol captain and Council Life Guard. The decision will be made based on conditions and the group's competency.
- Under 6's and Under 7's may be split into smaller more manageable groups for some activities.
- The BBQ will be run till 11:30am by the Age Group on duty.

Requirements of Dee Why Nippers

For safety and identification purposes it is compulsory that **ALL DEE WHY NIPPERS** wear their uniform **AT ALL TIMES** when participating in Nippers, training and carnivals.

The Dee Why Nipper uniform consists of:-

- Dee Why Nipper cap (please label with your child's name)
- Dee Why swimmers or shorts/jammers
- Fluorescent Pink rash vest (Sponsored by Dee Why Grand)

All Nippers should be well protected from the sun. Sun screen should be applied 30 minutes prior to arriving at the beach and a rash vest worn when appropriate.

All Nippers **MUST SIGN ON AT THE START** of each session and **MUST SIGN OFF WITH THEIR AGE MANAGER BEFORE** leaving their age group. It is the **PARENTS RESPONSIBILITY** to ensure that their child has signed in regardless of the age group that they are in.

Nippers is **NOT** a learn to swim program and therefore does not teach children to swim. The ability to be a good swimmer is not a requirement for Nippers, but we highly recommend you book your children into learn to swim programs or squad training.

Under 6's and 7's do limited shallow water activities. Under 8's and above are assessed prior to the season and their ability to participate in water activities is determined on the outcome of this assessment.

Nippers U8's and above who are unable to complete their proficiency will wear a white cap for identification purposes during Nippers until they become proficient.

Requirements of Parents

- Parents are **expected to stay on the beach while Nippers is in progress**. Parents are asked to assist where possible and to be involved. It has been found that the more involved the parents get, the more their children learn and gain from the experience.
- An age group will be rostered on each week to assist with set up and pack up of the beach as well as assisting with the BBQ. This will be coordinated by the age managers and parents will be asked to help. **If the age managers are unable to find any help they will be required to perform the tasks themselves which will result in that age group not being able to participate in activities**. A copy of the roster is included in this booklet. All money raised from the BBQ goes towards the Junior Presentation and Nipper equipment. Your assistance in this area will be greatly appreciated.
- Parents **are not** permitted to join their children in the swim or board races **unless they are current proficient bronze holders**.
- Parents are encouraged to do their Bronze medallion in order to fulfill this requirement. Water safety hours contribute to patrol obligations, patrolling obligations are negotiable, please contact the Chief Instructor for further information about course dates and patrolling requirements.

Information & Contact

Matt Molinia

Chief Instructor

Activeautol@optusnet.com.au

0402 247 886

Beach Setup / Pull Down / BBQ Roster

- **Beach setup and pull down:-**
 - ❖ At least 4 - 6 people required from the age group allocated at 7:30am to assist their age manager
 - ❖ Set up the beach flag areas and sprint track
 - ❖ Set up the BBQ area
 - ❖ Assist with pack up at the end of nippers
- **BBQ:** 3 people are required from the age group allocated to assist the BBQ Coordinator from 8am till the end of Nippers (this does include washing up and putting the BBQ away). Please meet BBQ Coordinator in the BBQ area at 7:30am

DATE	AGE GROUP	DATE	AGE GROUP
Oct 9	All Age Managers & Assistant Age Managers		
Oct 16	U11	Jan 8	U9
Oct 23	U12	Jan 15	U8
Oct 29**	U10	Jan 22	U10
Nov 6	U9	Feb 5	<u>No BBQ</u> U6+U7 only
Nov 13	U7	Feb 12	U7
Nov 19**	U13/14	Feb 19	U12
Nov 27	U8	Feb 26	U6
Dec 4	U11		
Dec 11	U6		

Dec 18th December is the Over the Hill Challenge with Nth Curl Curl

Feb 5th No BBQ - Nipper for U6 + U7's only

** Twilight Nippers - No BBQ

General Information

- **All communications from the committee will be via email or SMS** so you need to ensure that your details are up to date. If your details change or you are not receiving communications please contact our Secretary Jenny Graves at **dyslsc.nippers@gmail.com**
- Under 6 will have an orientation on Sunday 11th October 2015, **the first day of Nippers** in the Betty Barry Room at 9:15am
- The Clothing shop will be open before nippers from 8:15am to 9:30am on Sunday Mornings
- Nipper swimmers are made for salt water only, **chlorine and washing detergent will damage them** so please follow care instructions carefully.
- All club boards are to be returned after Nippers; they will be cleaned and packed away under the direction of the Gear Steward. **Boards may only be used outside nippers for training under supervision of a coach.**
- Children **must not** leave their age group unless accompanied by an adult such as their age manager or their parent unless given permission by the parent.
- Any injury during nippers must be reported to the age manager who will follow up with the WH&S Officer.
- Age managers will hold an emergency contact list for each nipper age group.
- If lost, Nipper children should seek either an age manager in the blue and white Raine and Horne shirt or proceed to the patrol tent or BBQ area for assistance.

Competition

- All Nippers who wish to compete in JAC, Branch and State carnivals must be proficient.
- Competitors must complete a minimum training requirement in order to compete. This training may be with the club or an external source. This requirement will be assessed and implemented by their coach.
- Competitors are representatives of the Dee Why Surf Club and should act as ambassadors of the club at all times.
- **Competitors must turn up 15 minutes prior to start of session.**
- Session times will be reviewed once daylight savings starts. Competitors will be informed by coaches via text message. Be sure the coaches have your current mobile number.
- Saturday sessions are open to all nippers at all levels.
- Training cancelation due to poor conditions or changes to time or venue will be communicated via a text message ensure your coach has your current mobile number.
- Suitability of a nipper to attend Wednesday's training sessions will be based on capability. This decision **will be at the discretion of the coaches** and will be determined and reviewed at the Saturday sessions.
- Core strength and cross training is for all water and beach competitors. All competitors are required to attend scheduled sessions where possible.

Date	Time	Activities	Venue
Sun 11 Sep	9:00am	Nippers/Seniors Registration Day	Dee Why SLSC
Sun 18 Sep	9:00am	Nippers/Seniors Registration Day	Dee Why SLSC
Sun 18 Sep	2-4pm	Swim Proficiencies U8-U13	Aquatic Centre
Sun 25 Sep	2-4pm	Swim Proficiencies U8-U13	Aquatic Centre
Fri 30 - 3 Oct	9am	SRC Course U14	Dee Why
Wed 5 Oct	5-7pm	Clothing Shop Open	Dee Why
Sun 9 Oct	9am	1 st day of Nippers U6/7 Orientation	Dee Why
		Open Water Proficiencies U9 - U14	Dee Why
Sat 15 Oct	11-12pm	Parent Helper Course	Dee Why
Sat 15 Oct	12.30-3pm	Age Managers Course	Dee Why
Sun 16 Oct	9am	Surf Ed Activities U6-U7	Dee Why
		Open Water Proficiencies U9 - U14	Dee Why
Sun 15 Oct	11am	Parent Helper Course	Dee Why
Sun 23 Oct	9am	Surf Ed Activities U6-U14	Dee Why
Sun 23 Oct	12:30pm	Bennett Craft Carnival	Dee Why
Sat 29 Oct	9am	Beach Only Carnival	Queenscliff
Sat 29 Oct	5pm	Halloween Night & Welcome Night	Dee Why
Sat 29 Oct	3pm	Twilight Nippers Surf Ed U6-U14	Dee Why
Sun 6 Nov	9am	Surf Ed Activities U6-U14	Dee Why
Sat 12 Nov	9am	Water Only Carnival	Newport
Sun 13 Nov	9am	Club Champs U8-U14 Rnd # 1	Dee Why
		Iron Person Challenge Rnd # 1	Dee Why
Sat 19 Nov	3pm	Twilight Nippers Surf Ed U6-U14	Dee Why
Sun 20 Nov	9am	Beach Only Carnival	Nth Steyne
Sun 27 Nov	9am	Surf Ed Activities U6-U14	Dee Why
	8am	Freshwater Board and Ironman	
		High level competitors only	Freshwater
Sun 4 Dec	9am	Surf Ed Activities U6-U14	Dee Why
Sun 4 Dec	9am	Teams Water Carnival	Queenscliff
Sun 11 Dec	9am	Club Champs U8-U14 Rnd # 2	Dee Why
Sat 9 Dec	6:30pm	Club Xmas Party	Dee Why
		Iron Person Challenge Rnd # 2	Dee Why
Sun 18 Dec	9am	Over the Hill Challenge U6-U14	Nth Curl Curl
Fri 25 Dec	9am	Xmas Plum Pudding Race	Dee Why

Date	Time	Activities	Venue
Sun 8 Jan	9am	Surf Ed Activities U6 - U14	Dee Why
Sun 15 Jan	9am	Surf Ed Activities U6-U14	Dee Why
Sun 15 Jan	7am	Narrabeen Carnival - JAC U8-U14	Narrabeen
Sun 22 Jan	9am	Handicap Challenge U6-U14	Dee Why
Thurs 26-29 Jan	9am	JDC Camp with Orange	Dee Why
Thurs 26 Jan	8am	Australia Day Activities	Dee Why
Fri 27 Jan	???	Nipper Nat Carnival	Manly
Sun 29 Jan	9am	Surf Ed Activities U6 - U14	Dee Why
Sun 5 Feb	7am	Branch Carnival U8-U14	TBA
Sun 5 Feb	9am	Surf Ed Activities U6-U7	Dee Why
Sun 12 Feb	9am	Club Champs U8-U14 Rnd # 3	Dee Why
Sun 19 Feb	9am	Surf Ed Activities U6-U14	Dee Why
		Back up day for Branch Carnival	TBA
Sun 26 Feb	9am	Club Champs U8-U14 Rnd #4	Dee Why
		Iron Person Challenge Rnd #3	Dee Why
Sun 26 Feb	9am	Last Day of Nippers	Dee Why
Fri 3-5 Mar	7am	NSW State Age Championships	Swansea Belmont
Sat 18 Mar	4pm	Presentation / AGM / Dinner	Dee Why
Fri 24-26 Mar	TBC	Junior Development Camp	Orange

NOTE THIS CALENDAR IS SUBJECT TO CHANGE PLEASE CHECK WEBSITE REGULARLY

2017/2018 Season Dates

Sun 10 September	9am	Registration Day	Dee Why
Sun 17 September	9am	Registration Day	Dee Why
Sun 24 September	2pm	Proficiency Swim	TBA

Training

Monday	6pm-7pm	Board	Manly Dam
Tuesday	6pm-6:45pm	Sprints/Flags	Dee Why
Tuesday	6:45-7:15pm	Ocean Swim	Dee Why
Wednesday	6pm-7pm	Board	"Competitors" Dee Why
Thursday	6pm-6:45pm	Sprints/Flags	Dee Why
Thursday	6:45-7:15pm	Ocean Swim	Dee Why
Friday	6pm-7pm	Board	Dee Why**
Saturday	2pm-3pm	Board/Beach	Dee Why

All levels are welcome to attend these training sessions except for the Wednesday Board session which is for competitors only.

Following Friday training there will be a social evening each week in the Betty Barry Room (BYO)

Carnivals

All Nippers from U8's and up will be encouraged to compete in SLSA carnivals.

- **Please note that due to the escalating cost of carnival entry fees, it has been necessary to have a competition fee of \$25. This is payable by any nipper that enters carnivals this season. If a Nipper is entered into a carnival and does not compete then new levy will be imposed.**
- Carnival competitors will be given incentives such as use of their own club board to use during nippers, at training sessions and at carnivals.
- Competitors will be expected to attend training sessions as they would in any other competitive team sport.
- Team events such as relays and 2 person rescue events will be strongly encouraged.

Club Championships

- Club championships point score is run for ages U8-U14 only.
- Nippers must complete the swim to be able to compete in the board events.
- Club championships time limits may be enforced on swim and board events. This will be at the discretion of the water Coordinator.
- Water safety may also ask any competitor to return to shore.
- There are four (4) club championship days planned for the season. Only three (3) of the four (4) championship days will be counted, this allows for a competitor to miss a round without penalty.
- If, due to surf conditions, one or more club championship day/s are canceled then the club championship days that were held will all be counted.
- There are three (3) Iron person events run throughout the season. Junior (U9-10), Intermediate (U11-13), Senior (U14). All Iron person events will be counted towards a total point score for the iron person event.

Standard Events at Nippers

- **Beach Flags:** Run same as carnivals, max 15 starters in each group, Flag winner proceeds to next round, all age groups.
- **Beach Sprint:** 70m track, max 15 starters in each race, the U6's & U7's may use a shorter track.
- **Beach Relays:** Team event with 4 members on the sprint track with a baton.

- **Wade:** Can be done for all age groups, is a carnival event for U8s only - 70m run on sand and in knee deep water around bunting held by several helpers.
- **Board:** For age groups U9s and up - board paddle around the cans and relays. Younger age groups may use the boards in order to familiarise themselves with the equipment but only under favorable conditions and with sufficient water safety.
- **Swim:** Up to 290m surf swim around the cans for age groups U9s and up. Younger age groups will be able to participate in a shorter course as deemed by their competence, pending good conditions and sufficient water safety.
- **Iron Person:** For age groups U9s and up. Not for the faint hearted - 290m swim, 70m run, 400m board paddle, 70m run.

Surf Education: -

- A necessary part of nippers - teaching the nippers about the beach, surf, rips, marine life, conditions, pollution, patrols, how to get help, where to go if you get into trouble etc.

Introductory Lifesaving Skills: -

- Board Rescue (for those who are proficient)
- Tube Rescue (for those who are proficient)
- Resuscitation: D.R.S.A.B.C.D.
- First Aid
- Scenarios
- Communication

Other Events: -

- Suitable events will be created for the younger age groups by their age managers in order to encourage them to get into the water as often as possible. Events such as relays into waist

deep water and diving under waves will be used to help build confidence

- Beach Relays and ball events
- Beach Volley Ball

What Nippers do and Learn

Under 6 & Under 7:-

- Learn their way around the club and beach
- Sun safety
- Who are Life Savers what do they do
- Where to swim
- Identify holes and gutters
- Marine creatures
- Who to see when you need help
- Introduction to beach flags/sprint and wade
- Shallow water activities
- Get your face wet
- Getting comfortable on a board

Under 8:-

- Proficiency 25m swim 1 minute float
- Beach flags, sprint and wade for competition
- Start competition within the club and against other clubs
- Introduction Dolphin diving under waves
- Introduction Bodysurfing
- Build up swimming in the surf
- Introduction to board paddling

Under 9 & Under 10:-

- Proficiency 50m swim 1 $\frac{1}{2}$ minute float
- Beach flags, sprint, swim and board paddling for competition
- 150m open water swim prerequisite for competitors
- Dolphin diving under waves
- Bodysurfing
- Surf swimming
- Board Paddling
- Rip awareness and management

Under 11, Under 12 & Under 13:-

- Proficiency 200m swim in under 6 minutes, 3 minute float
- 288m open water swim prerequisite for competitors
- Advance to fiberglass boards
- U13 eligible to compete in board riding competition
- Introduction to beach signals
- Introduction to Resuscitation
- Introduction to Board rescue skills
- Introduction to Tube rescue skills
- Introduction to basic first aid

Under 14:-

- Proficiency 200m swim (5 minutes) 3 minute float
- Surf Rescue Certificate (SRC) which is run over the October Long Weekend
- 288m open water swim prerequisite for those who wish to compete
- Advance to fiberglass Long boards
- Become patrolling members

Age Managers Contact Information

U6	TBA		
U7	Michael Buko	0409 735 246	micandlisa@optusnet.com.au
U8	Noelle Sadinsky	0414 921 434	noelle@fridge-to-go.net.au
U9	Mark MacKenzie	0459 835 867	mark@flexonics.com.au
U10	Matt Molinia	0402 247 886	activeauto1@optusnet.com.au
U11	Darren Armitage	0404 891 704	darrenarmitage@hotmail.com
U12	Jeremy Ferguson	0421 052 208	jeremy.ferguson@ioof.com.au
U13	Craig Link	0404 340 940	craig.link@optusnet.com.au
	James Griffin	0407 741 453	jegriff@ozemail.com.au
U14	Cameron Read	0456 984 499	camo.kbs@gmail.com

All communications from the Nipper committee will be via email or SMS so you need to ensure that your details are up to date.

If your details change or you are not receiving communications please contact our Nipper Secretary Jenny Graves.

dyslsc.nippers@gmail.com

We love to hear from the Nipper community so please email Noelle Sadinsky our Newsletter Editor if you have photos or anything you would like to contribute to our Monthly Newsletter.

Please email Noelle by the 25th of the month.

Noelle@fridge-to-go.net.au

Committee Contact Information

<u>Position</u>	<u>Name</u>	<u>Contact</u>
Nipper Coordinator:	Mark MacKenzie	0459835867 mark@flexonics.com.au
Nipper Secretary:	Jenny Graves	0419 995 884 dyslsc.nippers@gmail.com
Child Protection Officer:	Dannealle Hannam	0423 064 768 danneallehannam@gmail.com
Water Coordinator:	Craig Katen	0412 044 687 craig.katen@gmail.com
Junior Registrars:	Lisa Trewin	0412 458 854 ltrewin@hotmail.com
	Tracey Sharma	0403 029 157 tnsharma@optusnet.com.au
IRB Coordinator:	Kerry Frew	0405 426 005 kpfrew@hotmail.com
Carnival Coordinator:	Jeremy Ferguson	0421 052 208 jeremy.ferguson@ioof.com.au
Carnival Entries:	Justine Head	0433 121 895 activeauto@optusnet.com.au
Junior Development Officer:	Warren Hannam	0433 448 556 thehannamfamily@gmail.com
Uniform Shop Coordinator:	Janine Portelli	0415 597 618 fusabox@gmail.com
Board Steward	Craig Katen	0412 044 687 craig.katen@gmail.com

Beach Coach:	Matt Molinia	0402 247 886 activeauto1@optusnet.com.au
	Darren Armitage	0404 891 704 darrenarmitage@hotmail.com
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Social Committee:	Lisa Armitage	0408 294 680 Lisa_davis27@hotmail.com
	Jen Cricthon-Browne	0431 853 751 jencrichtonbrowne@yahoo.com
Point Scorer:	Justine Head	0433 121 895 activeauto@optusnet.com.au

Information can be found on our website www.dyslsc.org.au
our Facebook page and our Tiqbiz account

