

**NIPPERS  
NEWSLETTER  
SEASON 2015 – 2016  
No. 2 – 1 Dec '15**



**Coming Nipper Events**

3.00pm Saturday 5 December – Nippers Training 2

9.00am Sunday 6 December – Nippers Session 2 U8 - U10 @ Front Beach; U11 - U14 @ Back Beach

7.30am Saturday 12 December – Junior Carnival # 1 @ Mt Martha LSC

9.00-11.30am Sunday 13 December – Nippers Session 3 9am U8 - U10, U14; 10am U11 - U13 All @ Back Beach

**from the NIPPER COORDINATOR**

We had a great start to the season down at St Pauls Rd. A big congratulations goes to all our first time nippers who experienced their first open water swim. Thanks to all swimmers who spied but left alone a couple of small Banjo's/Rays (depending on who is telling the story) that decided to join in the longer swims.

This week's session is split over both the front and back beaches, ensure you arrive at the **correct** beach prior to 9am. The older groups are on the high tide this week with plenty of boards and swimming scheduled. Ensure you have your wetsuits close at hand, be fuelled up and covered in sunscreen. The younger groups will all have a chance to use the boards in the safety of the Bay before we start sessions in coming weeks on the Back Beach. During theory sessions I encourage parents to listen in and assist the age managers. We have some great guest speakers and parents may pick up some good information too, particularly around First Aid topics.

We will have a BBQ at the clubrooms for all nippers and families starting around 11am so please pop back over from the front beach and meet other members. We will have a treat running on the downstairs TV for all age groups to check out (and no it's not Dance Moms Zoe Irvine). Afterwards nippers are encouraged to grab a soft board and head out together to catch a few waves.

The uniform shop will be open from 8.30-8.55am each week to pick up pre-ordered gear. Please do not look for gear once the session has started, allow our volunteers to watch their own children.

Just to reiterate, we are happy for nippers to borrow boards from the clubhouse after nipper sessions. The red and white chequered boards are competition boards only and not for borrowing for play; all other nipper boards are available but please be mindful of the conditions and the presence of other water users. Use soft boards if you are anything less than very confident in your ability. Nippers will be responsible for washing the board down, any negligent damage and their return to the clubhouse. Do not leave boards on the beach or with the patrollers under any circumstances.

**Brett Irvine**  
**Nipper Coordinator**

## LSV Carnivals

*Saturday, 12 December - Mount Martha 7:30am*

*Saturday, 10 January - Regional Qualifier Point Leo 7am*

*Saturday, 12 & Sunday 13 March - Victorian Junior Lifesaving Championships, Warrnambool*

Names should now be in for those attending the carnival at Mt Martha. Being in the Bay it offers an opportunity for all members to participate, particularly those new to these events. There are many team events and also some individual events, the age managers are there to guide and support the kids. Parents are all included in the running of the event (there is a job for everyone), a great way to get to know other parents and inevitably the beginnings of new friendships and definitely great fun for the kids. Further information about Junior Carnivals in general and the program for Mount Martha can be obtained from

<http://www.lifesavingvictoria.com.au/www/html/1488-carnival-programs--calendars.asp>.

**Gina Fothergill**

**Competitions Co-Coordinator**

## Nipper Training

Nipper training 2 will be at the Back Beach at 3pm this Saturday. The first session went very well with many nippers pushing their endurance limits; this will accelerate quickly from here. The sessions will cater for all age groups although it will be testing, parents remain close at hand at all times. Anyone else wishing to join the training stream of the program should email us at [nippers@sorrentoslsc.com](mailto:nippers@sorrentoslsc.com) to let us know you are coming along (it takes time to organise water safety for these sessions). There is a training fee of \$80 per nipper that must be paid via your portal account at <http://www.lifesavingonline.com.au/> if you intend to join the training program.

For those new to the Nipper program, the training sessions are open to **all** Nippers and are more intense than the regular Nipper sessions. They are designed to push the capabilities of the Nippers, both physically and mentally. If a Nipper wishes to compete at carnivals it is strongly recommended they attend.

The group will be divided between:

- Advanced Level - S Badge required
- Intermediate Level – S Badge required
- Beginner Level – no S Badge required

Thanks to Blair Johnstone and our water safety for their great work organising training session 1.



*Back Beach Open Water Swimming is a Big Focus For Our Program*

## some INFORMATION & NOTES

Please ensure you arrive at all sessions at least 15mins prior to the start. Also check the location of your nippers sessions before setting out. Parents should always stay with the groups to offer support to age managers and help if their nipper is requiring extra assistance.

If you haven't already done so, the following forms are required:

- **Working with Children Check** from one parent of each Nipper if you have not done so already – give number and expiry date to age manager
- **Membership Completed** - Please ensure all aspects are wrapped up before coming along to your first session. We will have no capacity at the sessions to assist with this as Josie and Brett are tied up with other activities during nipper sessions
- **Proof of Date of Birth** – show to age manager (this is necessary following the discovery by our governing body of a number of incorrect birth dates being given to us in recent years).

Pink Vests are now mandatory for all water events nationally at all Surf Life Saving Australia events. All Nippers are required to wear them and they can now be purchased online at the Uniform shop. They need to be worn on the outside of either rash vests or wet suits to be clearly visible to water safety when in the water.

## WEBSITE LINKS

If you are looking for more information about Nippers, Sorrento SLSC or the surf life saving movement, check out:

- Sorrento SLSC - [http://www.sorrentoslsc.com/SorrentoSLSC\\_NEW/](http://www.sorrentoslsc.com/SorrentoSLSC_NEW/)
- Sorrento SLSC Nippers - [http://www.sorrentoslsc.com/SorrentoSLSC\\_NEW/index-2.html](http://www.sorrentoslsc.com/SorrentoSLSC_NEW/index-2.html)
- Life Saving Victoria - <http://www.lifesavingvictoria.com.au/www/html/7-home-page.asp>
- Surf Life Saving Australia - <http://sls.com.au/>

## Endurance



*'Flags' Further Pushes the Nippers Aerobic Capacity and Agility*