

**NIPPERS
NEWSLETTER
SEASON 2015 – 2016
No. 1 – 23 Nov '15**



Coming Nipper Events

- 3.00 - 5.00pm Saturday 28 November – pick up Nipper Uniforms (following Water Safety Requal)
- 9.00am Sunday 29 November – S Badge & Pre Eval Swims @ St Pauls Rd Front Beach
- 11am Sunday 29 November – Nipper Training 1, U14s Training @ St Pauls Rd Front Beach
- 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

from the NIPPER COORDINATOR

Welcome back to Sorrento Surf Life Saving Club Nippers for season 2015-16. The Summer has started early this season and the water is relatively warm for late Spring. The big change at the beach is the exposure of more rocks. I encourage all nippers to have a good look at the beach at low tide and check the general layout of these rocks. However we are expecting a warm, fun Summer with plenty of thrills and spills on the boards (and more than a few board repairs!).

Chris Baker, Craig Plehn and I have been busy since last season giving the place a make-over which we hope you enjoy. We have completed all the major works for the clubhouse refurbishment. There are still plenty more decorative works to occur over the next two months. We hope the clubhouse will be a more inviting place for members to enjoy and encourage you to do so. Please treat the place as your own but be mindful of keeping it clean and enjoyable for everyone to use. Members should also be aware we only have a liquor licence for selected event days at the club.

This weekend we will be conducting Pre-Evaluation short swims and floats along with the S Badge swim at St Pauls Rd Front Beach. There is no pass or fail for these swims, they simply give us an indication of the safety requirements for all nippers. Please ensure nippers arrive with the mandatory caps, pink vest and if not wearing a wetsuit, club bathers. If you are unable to attend your nipper will not be able to access the water at their first session with the group. They will have to be separated to complete this at their first session, most probably at the back beach in whatever conditions are served up that day.

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. It is not a good look for club personnel to be mowing down the public in the water. 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.

I am sure all nippers will see rapid improvement over the first 4 weeks of the program, setting them up well for the post Christmas sessions. We will be conducting plenty of swim and run sessions early to build endurance and base skills. I hope to see most of our U12-U14 Nippers enrolling for the Bayswim in mid January too. It promises to be a great season with plenty of fun and fitness to be enjoyed by all. I look forward to reacquainting again with many old and new friends at our little piece of paradise.

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

Our first carnival is very early in the season this year, we hope to see our members eager to start off the season with enthusiasm and renewed energy. Carnivals are a great way for new members to get to know their team mates and develop new friendships. 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>.

This Sunday (Pre Evaluation & S Badge Swim) you will be asked by the age manager if you would like your child to come along and compete at the Mount Martha Carnival on Saturday 12 December. Entries must be in on that day to meet the Life Saving Victoria deadline so please check your calendar and decide prior to that day if you would like to attend. Further detailed information will be provided prior to the competition.

Gina Fothergill

Competitions Co-Coordinator



Nipper Training

We will run our first training session just after the S Badge session for those that have nominated to train. Anyone else wishing to join the training stream of the program should email us at nippers@sorrentoslsc.com to let us know you are coming along (it takes time to organise water safety for these sessions). Nipper training session 2 will be on Saturday 5 December 3.00 pm on the Back Beach.

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



U13s & U14s at Last Seasons S Badge Session

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. The link to the uniform shop is <http://sorrentoslsc.myshopify.com/> and can also be found on the club website. Pink Vests 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. Compulsory uniform items include (you won't be allowed in the water without them):

- Nipper red and white chequered cap
- Pink Hi-Vis Vest

Your nipper should also have a pair of club bathers and rash vest. Alternatively your nipper may choose to wear a wetsuit, although please note that at carnivals club bathers and rash vest are compulsory.

We strongly recommend you provide a wetsuit for your nipper as the water can be very cold. Appropriate wetsuits are available in all good surf shops, including those located in Sorrento. Your nipper should also have a pair of goggles for swimming in the surf.

Your Nipper Handbook will be available at the clubhouse uniform shop desk from Dec 6. It will be available online from the same date. Check out the Nipper Calendar on the club website if you do not already have a copy at hand.

During the offseason our good friends at the Baths Restaurant suffered extensive fire damage to their building to the extent they have to rebuild. Please remember to support them when they are back in action and help them get back on their feet.

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/
- Sorrento SLSC Nippers - 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/>
- Sorrento SLSC Uniform Shop <http://sorrentoslsc.myshopify.com/>

SRCs / UI4s



2014-15 SRC Graduates