

The nipper season is almost upon us! Hooray!

The main aims of our nipper program are:

- Develop surf awareness
- Increase confidence and skills in beach related activities
- Offer training to those wanting to pursue competition or awards
- Instill and re-enforce sun smart philosophies
- Encourage enjoyable and healthy participation
- Progress members towards surf awards for relevant age groups
- Promote a positive non-threatening environment
- Meet new friends

We kick off this weekend (17/18 Nov) with a series of events on both days as follows:

### **Saturday 17 November**

1.00pm - Age Manager Induction

3.00pm - Pre-Season Briefing

5.00pm - Nipper Disco and BBQ

### **Sunday 18 November**

9.00am - Nippers S Badge Swim at St Paul's Road front beach.

We would love to see as many new nipper families as possible at our new nipper welcome session on Saturday at 3.00pm. This relaxed gathering will give the nippers an opportunity to meet each other and familiarise themselves with the club and adult mentors that they will see regularly during the season. This is also a great occasion for parents to mingle and ask any questions about the season ahead.

Do you have an old wetsuit sitting around in your cupboard gathering dust? If so, bring it down to the clubhouse on Saturday between 3 – 5pm and see if you can swap it for one that fits you or your child or kindly donate it to a nipper in need. Otherwise it will still be gathering dust in your cupboard five years from now!!

We are hoping to see many old and new faces from 5pm onwards on Saturday (straight after the welcome session) for a BBQ, mingle and nipper disco. This is a great way to have a bit of fun and break the ice.

Please ensure your nippers have their uniform in time for the S badge swim on Sunday at 9.00am. Each nipper requires bathers, a long sleeve red rash vest, a pink tank top rash vest, a nipper wide brim hat and nipper cap. All new nippers will receive a nipper cap but all returning nippers will be required to bring their cap from last season or purchase one if it was lost. Click [here](#) for online shop.

The other nipper items are optional. Sorrento SLSC tracksuit pants and sweaters are popular as it can get cold on the beach on days that the sun is not shining. We would also recommend your nipper has a 3.4 wetsuit to keep them water in the water. Some nippers prefer wetsuits with short arms and legs, but most opt for the long arm and leg option for extra warmth.

The first nipper session for the season on Sunday 18th November is at St Paul's Road front beach in Sorrento. It kicks off at 9.00am but please arrive at 8.30am which will give you time to find a carpark, find your age group, meet your age manager and familiarise yourself with the environment.

Many activities that nippers undergo are conducted in the water. To ensure that all nippers have a suitable swimming ability to allow them to participate in these activities, Surf Life Saving Australia has developed a Junior Preliminary Skills Assessment for each age group. See details below.

Age Group	Preliminary Assessment (Pool or open water)	Competition Skills Evaluation (Surf/open water)	Junior Development Program Award
Under 6	Nil (shallow water activities only)	Not required (no competition)	Surf Play One
Under 7	Nil (shallow water activities only)	Not required (no competition)	Surf Play Two
Under 8	25 metre swim (any stroke) 1-minute survival float	Not required (no water competition, except for wade which takes place in waist deep water)	Surf Aware One
Under 9	25 metre swim (any stroke) 1-minute survival float	150m open water swim within 12 minutes (continuous freestyle)	Surf Aware Two
Under 10	25 metre swim (freestyle/front crawl) 1 1/2 minutes survival float	150m open water swim within 11 minutes (continuous freestyle)	Surf Safe One
Under 11	50 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 12 minutes (continuous freestyle)	Surf Safe Two
Under 12	100 metre swim (freestyle/front crawl) 2 minutes survival float	288m open water swim within 10 minutes (continuous freestyle)	Surf Smart One
Under 13	150 metre swim (freestyle/front crawl) 3 minutes survival float	288m open water swim within 9 minutes (continuous freestyle)	Surf Smart Two
Under 14	200 metre swim (freestyle/front crawl within 5 minutes) 3 minutes survival float	288m open water swim within 9 minutes (continuous freestyle)	Surf Rescue Certificate
Assessors	Level 1 Coach, Level 1 Official, Training Officer (SRC/Bronze), Assessor (SRC/Bronze) Age Manager Presenters, AUSTSWIM Assessor (preliminary assessment only)		
Notes	<p>Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken each season.</p> <p>Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water-based activities at the discretion of the club.</p>	<p>Competition Skills Evaluation is mandatory for U12 – U14 to compete in ANY event and U9 – U11 for water events only (excluding wade).</p> <p>Continuous freestyle is deemed to be a continuous visible over arm swimming action with a scissor kick and face in water (with the exception of swimming when looking for buoys or landmarks). Stopping, breast stroke or side stroke are not permitted.</p> <p>It is strongly recommended by the MLD executive that only a limited number of qualified assessors (as listed above) assess this award, to ensure consistency.</p>	<p>All junior members wishing to compete at the Victorian Junior Championships must complete the relevant Surf Education Award appropriate to their age group prior to close of entries.</p>

The nippers will be doing their S badge (skills assessment) during this first session. There will be plenty of water safety qualified volunteers on hand to help keep the children safe and conditions are looking perfect at this stage with light winds and a warm day.

**All nippers require the following prior to their first session.**

- Bathers
- Pink tank top rash vest
- Nipper wide brim hat
- Nipper cap (Distributed to all new nippers on Sunday 19 November)

**We suggest you also bring the following**

- Wetsuit
- Goggles
- Warm clothes to put on after the swim
- Sunscreen
- Water & snacks

Please feel free to contact [nippers@sorrentoslsc.com.au](mailto:nippers@sorrentoslsc.com.au) with any questions. Otherwise, keep an eye out on the website for any updates.

See you at the beach  
Chrissy and Jack



**SORRENTO SLSC Vic**

*Patrolling Sorrento Back Beach Since 1998*