

MANLY LIFE SAVING CLUB
Junior Activities
NSW Age Champions 2010 & 2011



NIPPERS
INFORMATION BOOK
2011/2012 SEASON

Manly Nippers Calendar 2011-2012.

Day	Date	Time	Venue	Carnivals/Special Events/Comments
Sun	12 June	0930	Manly	Winter Board Training Commences.U9-U14 continues each week. Check website for updated training times
Sat & Sun	16 & 17 July	TBA	Woy Woy	NSW Pool Rescue Championships. Last year's age Groups apply. Contact JAC Chairman for more detail.
Sat	20 August	TBA	SNB HQ	Level 1 Officials Course. Min. Of 2 parents per age group required to attend. Contact JAC Chairman for details.
Sat	10 Sept.	0830-1030	Manly Swim Centre	Compulsory Pool Swim Proficiency. U9-U14
Sun	11 Sept	0830-1200	Manly LSC	Registration Day. Uniforms/Clothing for sale.
Sat	17 Sept	0830-1030	Manly Swim Centre	Compulsory Pool Swim Proficiency. U9-U14
Sun	18 Sept.	0830-1200	Manly LSC	Registration Day. Uniforms/Clothing for sale.
Wed-Fri	28 – 30 Sept	0900-1230	Sawtell	Spring Training Camp. U9 – U14
Sun	2 Oct	0830	Manly	U6 Orientation Day.
Tue	4 Oct	1630	Manly	Board Training Commences. U9-U14. Continues every Tuesday until February 28. Open to suitably qualified Nippers – see Superintendent.
Wed- Fri	5-7 Oct	TBA	TBA	NSW Junior Talented Athlete Program. Contact JAC Chairman for details.
Thur	6 Oct	1630	Manly	Board Training. Continues until February 23. Open to suitably qualified nippers – see Superintendent.
Sat	8 Oct	1400 1200	Manly Manly	Board/Surf Swim Training. U9 – U14. Open. Continues until February 25. IRB Drivers (nipper Parents) skills training
Sat	8 Oct	TBA	Manly	U14 SRC Day 1. Compulsory.
Sun	9 Oct	TBA	Manly	U14 SRC Day 2. Compulsory.
Sun	9 Oct	0830	Manly	FIRST DAY of NIPPERS. Open Water Swim Proficiencies (Part2).
Wed	12 Oct	1630-1900	Manly	Beach Coaching Commences. U9 – U14. Continues until February 29. See Handbook for details.
Sat	15 Oct	TBA	Manly	U14 SRC Day3. Compulsory.
Sun	16 Oct	TBA	Manly	U14 SRC Day 4. Compulsory. SRC Assessment.
Sun	16Oct	0830	Manly	Nippers
Sun	16 Oct	TBA	TBA	SNB Interbranch Selection Carnival. TBC
Sun	23 Oct	0830	Manly	Club Championship R1 U8-U14. Normal Nippers U6 & U7.
Sun	23 Oct	TBA	TBA	SNB Interbranch selection back up day TBC
Fri	28 Oct	1900	Sky Bar @ Steyne Hotel	Nipper parent cocktail party
Sun	30 Oct	0830	Manly	U6 & U7 Nippers & Nippers for non competitors and beach competitors
Sun	30 Oct	TBA (PM)	Dee Why	Bennett Board Classic. U9-U14

Sun	6 Nov	0830	Manly	Nippers
Sun	6 Nov	TBA	TBA	SNB Interbranch selection back up day
Sat	12 Nov	TBA	Swansea	Kracka Iron Person
Sun	13 Nov	TBA	Manly	Manly JAC Carnival U8 – U14. No Nippers U6 & U7.
Sun	20 Nov	0830	Manly	Nippers
Sun	20 Nov	TBA	Freshwater	Bennett Junior Ironman
Sun	27 Nov	0830	Manly	Nippers. Surf Ed Day. Compulsory for all competitors, and those that wish to obtain Surf Education awards.
Sat	3 Dec	TBA	Queenscliff	Queenscliff Open Carnival (U13 & U14 TBC).
Sun	4 Dec	0830	Manly	Nippers U6 & U7, & non competing nippers.
Sun	4 Dec	TBA	Queenscliff	Queenscliff Junior Carnival. U8- U14.
Sat	10 Dec	TBA	Redhead	NSW Interbranch Championships
Sun	11 Dec	TBA	Redhead	NSW Interbranch Championships
Sun	11 Dec	0830	Manly	Nippers
Sun	18 Dec	0830	Manly	Nippers. Fun Day. Santa @ Manly Beach.
Sun	25Dec		Manly LSC	No Nippers. Xmas Day Swim
Mon	2 Jan	0830	Manly	Nippers
Sat	7 Jan	TBA	Palm Beach	Open Carnival (U13 & U14).
Sun	8 Jan	0830	Manly	Nippers
Sun	8 Jan (TBC)	TBA	Wamberal	Wamberal Iron Person
Mon-Tue	9 & 10 Jan	0900	Manly	U14 Water Clinic
Wed-Fri	11-13 Jan	0900	Manly	U9- U13 Water Clinic. Fri U9 – U14.
Sun	15 Jan	0830	Manly	Nippers U6, U7, & non-competing nippers.
Sun	15 Jan	TBA	Narrabeen	Narra Junior Carnival. U8 – U14.
Sat	21 Jan	TBA	Manly	Manly Open Carnival. U14 compete up
Sun	22 Jan	TBA	Manly	Manly LSC All Australian Nipper Carnival (NIPPER NATS). U11 – U14. No nippers for U6- U10's.
Thur	26 Jan	TBA	Freshwater	Freshwater Australia Day Carnival. U13 & U14's able to compete.
Sun	29 Jan	0830	Manly	Club Championship R2 U8-U14. Normal Nippers U6 & U7.
Sun	5 Feb	0830	Manly	Nippers
Sun	5 Feb	TBA	Manly	Cole Classic
Sat	11 Feb	TBA	Narrabeen TBC	SNB Branch Championships – Lifesaving & Surfing
Sun	12 Feb	TBA	Narrabeen TBC	SNB Junior Branch Championships. U8 – U14.
Sun	12 Feb	0830	Manly	U6 & U7 Nippers.
Sat	18 Feb	TBA	Narrabeen TBC	SNB Branch Open Championships
Sun	19 Feb	0830	Manly	Club Championship R3 U8-U14. Normal Nippers U6 & U7.
Sun	26 Feb	0830	Manly	Nippers. Back up weekend for Branch Championships. U6 & U7 Presentation after Nippers.
Tue	28 Feb	TBA	Manly	Load trailers for State
Fri	2 March	TBA	Kingscliff	NSW AGE CHAMPIONSHIPS
Sat	3 March	TBA	Kingscliff	NSW AGE CHAMPIONSHIPS
Sun	4 March	TBA	Kingscliff	NSW AGE CHAMPIONSHIPS
Fri-Sat	9-11 March	TBA	Kingscliff	NSW OPEN CHAMPIONSHIPS
Thur-Sun	27 March – 1 April	TBA	Kurrawa	Aust Open Championships
Sunday	29 th April	1500	TBA	Nippers Presentation U8-U14

Manly Ripper Nippers Programme

A program of activities for U8s-U14s Nippers who are not inclined or ready to participant in Carnival and Club Championship competitions

Emphasis: FUN and CONFIDENCE

Date	Activity	Misc	Competition
Sun 23 rd Oct	RN - 1		Club Champs R1
Sun 30 th Oct	RN - 2		Bennett Board Classic
Sun 13 th Nov	Ripper Nipper Carnival Volunteers		Manly Carnival
Sun 4 th Dec	RN - 3	Ocean Care Day	Queenscliff Carnival
Sun 15 th Jan	RN - 4		Narrabeen Carnival
Sun 22 nd Jan	Ripper Nipper Carnival Volunteers		Nipper Nats
Sun 29 th Jan	RN - 5		Club Champs R2
Sun 12 th Feb	RN - 6		Branch Carnival
Sun 19 th Feb	RN - 7		Club Champs R3

CONTENTS

- Season Calendar (Page 2 and 3)
- Ripper Nippers Calendar (Page 4)

Part 1 - General Information

- Welcome
- The Manly Life Saving Club
- Code of Conduct
- The Nipper Program
- A Typical Sunday Morning
- Safety - Always Our First Priority
- Surf Education

Part 2 - Carnivals/Competition

- Carnivals and Competitions
- Age and Club Championships
- Contact Lists

"Remember Nippers is not only about competition but also about enjoying yourselves and fastening friendships"

Chris Ryals, Superintendent Annual Report 1995-96

Welcome to Manly Nippers

Welcome all nippers, both new members and those continuing from last season to the Manly Life Saving Club Nipper Program for children aged 5 to 14.

We invite you to read this book which provides useful information about our Nippers program and our Club. Your Age Manager or any Committee Member will be happy to help you should you require further information. Their contact details are available within this book.

We would also like to invite all parents to participate with us in the program: whether it is on the beach helping organise activities, in the water assisting with water safety or helping on the BBQ. Just ask any of the Age Managers, Assistant Age Managers or Committee Members how you can assist. Like all volunteer organisations we are only as good as the help we get, the more help the better it is for everyone.

We have a vibrant, dedicated and dynamic Junior Club. Our vision is to provide a safe, friendly and welcoming environment where both Nippers and Parents can interact and enjoy the benefits of a healthy outdoor activity.

What we are about is surf life saving, with a focus on having fun, teaching and enhancing skills, and emphasising community awareness. Our Nipper Program provides competition, training, recreation and interaction with peers as well as the SLSA education program. Surf Life Saving is not just about patrolling beaches and competition, it is an outlet for young people to make friends and socialise in an environment which they share a common interest.

Over the last 40 years the Manly Nippers have become a strong part of MLSC's history through our youth development programs, awards gained, supply of patrolling members and competition results. Like any club, its future is in its youth. For our nipper members, I hope nippers is the start of a long surf club experience. I hope we can instil a sense of pride and tradition within our nippers and have all our children confident that they are part of something in which they can be proud.

We are lucky to have so many talented people assist as age managers, and coaches, and I look forward to another positive and rewarding season.

Glenn Stone
Chairman JAC



The Manly Life Saving Club

Our Club has a proud heritage that began at the start of surf life saving in Australia. The history of the Club is a history of both Manly and surf life saving, it includes prominent personalities such as Andrew 'Boy' Charlton and noteworthy events such as the first Carnival in 1912 that attracted 20,000 people. The Club has produced outstanding sportsmen, but its focus remains clearly on surf life saving.

Manly Life Saving Club aims to ensure Manly Beach is a safe place to swim; to prevent the loss of life and to develop and educate our youth.

The Junior Life Saving Club started in 1965. Today the Club has over 750 Junior Life Savers, or Nippers. The vision of the Club is to provide a safe, friendly and welcoming environment where both nippers and parents can learn about surf life saving.

Code of Conduct

Parents have an important role in the delivery and support of sporting activities for their own and other children. With it comes a clear responsibility to act in a constructive and encouraging manner at all times. As part of this responsibility the following **Codes of Behavior** have been adopted by the Manly LSC Junior Activities Group (Nippers):

Parents, Caregivers, & Spectators Code of Behavior

- Remember that children participate in sport for their enjoyment and development
- Encourage children to participate, do not force them
- Focus on the child's efforts and performance rather than winning or losing. Set realistic goals.
- Encourage children to always play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember children learn best by example.
- Appreciate good performances and skilful plays by **all** participants. Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect official's decisions and teach children to do likewise.
- Show appreciation for coaches, age managers, officials, and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of others.
- If you disagree with an official, coach, age manager, raise the issue through the appropriate channels rather than question the officials judgment and honesty in public. Remember that most officials, coaches, and age managers give their time and effort for your child's involvement.

Nipper Code of Behavior

- Compete within the rules, and within the spirit of Surf Lifesaving and Manly LSC
- Never argue with an official. If you disagree have your Age Manager, coach or team manager approach the official during a break or after the competition
- Control your temper. Verbal abuse of officials and sledging of other competitors, deliberately distracting or provoking an opponent are not acceptable or permitted behaviors
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud all good performances whether they are given by Manly LSC or other clubs.
- Treat all participants as you would like to be treated. Do not bully, interfere or take unfair advantage of another competitor
- Co-operate with your coach, age managers, teammates, officials and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the equipment you use, wash it and return it after use. Report any damage.
- Respect the club house. Treat it as you would treat your home. Leave it tidy.

By joining the Manly LSC Junior Activities the Nipper, Parent or Caregiver acknowledges and accepts the Code of Conduct.

The Nipper Program

There are over 52, 000 junior surf lifesavers (nippers) in Australia. Nippers start learning about surf awareness and safety through the Surf Life Saving Surf Education Program (Surf Ed). They are also able to participate in board paddling, surfing, swimming, running, wading and other fun activities and games. We **do not** teach children how to swim, however we will teach them surf skills. Nippers are encouraged to undertake regular swim training through a local club or pool.

Practising these skills allows children to compete in Club, Regional and State surf life saving carnivals representing their clubs. Manly Life Saving Club offers a program of surf awareness, skills coaching and competition at various levels, similar to the events that Australia's Surf Life Savers participate in.

While competition is an important element, the surf awareness and education aspect is a primary aim. Children are taught from the youngest ages how to respect the surf read the surf and use the surf to their advantage.

This is done in an environment of fun, healthy lifestyle and camaraderie which is unique to surf life saving.

Who can join Nippers?

Any child, boy or girl, may join Nippers once they have turned 5 years old. They do NOT have to be super competitors or super athletes! One of the best features of Nippers is seeing young children overcome their fear of the water. Children who are afraid of the water can develop through encouragement, education and training to be confident in the surf.

Age Groups

A child may join the club as soon as he/she turns 5 years of age, but not before.

Children can join nippers from an age of Under 6 (5 years) as educational members, then from Under 8 (7 years) to Under 14 as full members. Age is determined as at 30 September each year.

Age Group	Age as at midnight 30 September 2011
Under 6	5 years
Under 7	6 years
Under 8	7 years
Under 9	8 years
Under 10	9 years
Under 11	10 years
Under 12	11 years
Under 13	12 years
Under 14	13 years

Qualifications/Proficiency (under 8 - under 14)

For safety and development reasons, before a child is allowed to participate in **any** nipper activity they are required to take a proficiency check. More detail on proficiencies is provided later in this Handbook.

How do we join Manly Nippers?

That's the easy part!! Look out for registration details (usually during September), contact the Manly LSC office (details at rear of this book) or simply go to the Manly Life Saving Club on a Sunday morning and ask anyone on the Nippers Area on the beach (look for lots of kids) or in the Clubhouse, who to see to join up. They'll point you in the right direction!!

It is mandatory that at least one parent/guardian/carer joins MLSC, as Nipper Parent Members or as Active Members of MLSC (if you are suitably qualified). Nipper Parent Membership provides access to the Club Facilities; opportunity to undertake formal training; provides insurance (limited) when assisting in Nipper activities.

Please note that membership closes off at 31st December for all age groups except the U6's.

A Typical Sunday Morning

What Happens?

Sunday at Manly Nippers starts with registration at **8.30 a.m.** on the beach in front of the Clubhouse with the children assembling in their age groups. All children are required to have their attendance recorded by the Age Manager prior to joining the morning's activities.

Nippers are **always** on rain, hail & shine. Activities are amended for bad weather days.

Special groups such as R & R, March Past, and Board Riding may have earlier training times. Please check with your Age Manager for times. Additional training sessions are held by the club during the week - see "Training" in the Handbook.

Children should arrive ready to start activities, with their Manly sky blue cap on and sun protection/sun screen applied. **It is compulsory to wear the sky blue cap whilst participating in Nippers.**

Under the control of their Age Managers, children then take part in fun on the beach and in the water. Scheduled activities are noted on the Season Calendar but are subject to change dependant on beach conditions.

Please note the exciting addition of our Ripper Nippers program. Ripper Nippers is a program of activities for U8s-U14s Nippers who are not inclined or ready to participant in Carnival and Club Championship competitions. The programmed Ripper Nipper activities (see page 4) are in addition to the normal Sunday nippers program.

Under 6's, 7's and under 8's age groups are encouraged to do water wades and water relays every week to learn how to negotiate shallow surf. These age groups also play lots of games in the sand and surf to assist with the development of motor skills.

When suitable, the U/8's will also be introduced to surf swimming. The Club has foam boards that are used for fun and experience under parental supervision.

Older age groups have competitive regular beach, swimming and board events most Sundays. Participation is not mandatory, by encouragement children are supported to participate to their potential.

The Club has senior members and coaches who will assist in the conduct and training of events, such as how to paddle a surfboard, or make a relay change.

On certain days instruction will be given on surf awareness, surf safety and surf skills using the Surf Life Saving Surf Education Program (Surf Ed). Children are required to have participated in the 'Surf Ed' Program for their age group before the end of December.

Whilst 'Surf Ed' is compulsory, competition is not. No child is forced to compete in any event which they are not trained, not capable of doing, or if the surf conditions are inappropriate.

On selected Sundays there will be carnivals and other events that the Club competes in or hosts. Included are the local Sydney Northern Beaches Carnivals and State Championships. On these Carnival and Championship days the Ripper Nipper program shall continue at Manly Beach. The Season Calendar will list these dates, but it is also important to check with the Age Manager and Club Noticeboard as planned dates and venues can change during the season.

Overall, the emphasis in Nippers is to have fun, certain days are set-aside during the year where competition and training are suspended and the children just have fun in the water and on the beach.

Nippers will usually finish by approximately 10.30 a.m.

As a parent or guardian you are REQUIRED to be at the beach at all times during Sunday activities. Your child remains your responsibility. Medication, trips to the toilet and the individual general welfare of each child on Manly beach is the responsibility of the parent or guardian. Nippers is NOT a child minding program.

What to Bring?

About the only items needed are swimmers, goggles (if you prefer wearing them) a towel, Manly sky blue cap, sun protection (applied before you arrive), drink bottle (labelled) and a smile!! **Nippers are not permitted to wear jewellery or watches during training or competition.**

Club swimmers, vests, caps, towels & other merchandise items can be purchased from the uniform shop each Sunday (and other selected days) in the office upstairs at the Clubhouse.

For safety reasons all Nippers **MUST** wear the Manly 'Sky Blue Cap' at all times during nippers. At all Carnivals Manly Lifesaving Club swimmers should be worn, and the Sky Blue cap **must** be worn.

Medical Conditions

Any nipper who suffers from ASTHMA or other medical conditions **MUST** inform your child's coach or age manager of any medical condition which may affect your child's participation in Nippers activities.

Equipment

Our Club supplies most, if not all, of the equipment needed for Sunday activities and Carnivals. Equipment includes nipper boards. This equipment is available for the use of all registered Nippers.

The Age Managers, Superintendent, Coaches and Committee may allocate equipment for Sunday activities. We ALL need to look after our equipment. If you use it, then it's your responsibility to take it back to the Clubhouse, wash it and return to the store. Equipment is only be used for Sunday activities unless permission is given by the Committee. Damaged equipment must be reported **immediately** to the Age Manager, Superintendent or Gear Steward

Some Nippers will buy their own equipment or be allocated specific Club equipment for competition. The security of this equipment is their responsibility. **Prior to using your own equipment in training or competition, it must be registered with the Superintendent or Gear Steward - see below.**

Board Usage Policy

Manly Nippers are extremely fortunate to have a large number of good-excellent quality foam and fibreglass boards available for use by Nipper members during Sunday nipper activities and club training. Training and competition equipment is expensive both to purchase and to repair. It is important that these items and all other gear and equipment is handled and cared for correctly.

Board Allocation

A \$50 board levy has been introduced for the U11 - U14 age groups. This levy is for nippers who are allocated MLSC boards and gives them use of a club owned board during the season and at carnivals.

For those nippers that do not require a board for mid week training or competition, the club will still have good quality boards available for use during Sunday activities.

Boards will be allocated by the Water Coach, Gear Steward or Superintendent and preference will be given those children that regularly attend training. Boards will be inspected by the Gear Steward or Superintendent and a parent responsible for the board at the time of allocation. Any repairs required that are not the result of accidental damages, or normal wear and tear are to be paid by the parent. Loss or non return of the board will result in the parent being responsible for the cost of a replacement board. Despite a board being allocated continued absence at training and non-attendance on Sundays may result in the board being reallocated.

All club owned boards must be returned at the end of the season.

This levy will allow us to continue to purchase more craft, repair accidental dings and encourage nippers to look after the board.

Nippers are welcome to use their own boards, however these boards must not be used by other members. Prior to using their own board for training or competition, the Serial Number & Date of Manufacture must be provided to the JAC Superintendent or gear steward

Please note that due to space limitations within MLSC only club owned boards can be accommodated in the Board Room.

It is the responsibility of the board user to ensure that the boards they are you using at Carnivals are carrying the correct Scrutineering Stamp/sticker or ensure that one is obtained during the season - dates will be advised.

Club owned boards that have not been allocated are not allowed out on the water before training or before Nippers on Sunday's.

- ❖ Foam Boards are available for U7's and U8's.
- ❖ Soft-Pro boards are for U9's, & U10's.
- ❖ Fibreglass Nipper Boards are for U11, U12, & U13's.
- ❖ U14's use full size Malibu paddle boards.

Competition Boards **are not to be used** for mid week training, except with the express permission of the Water Coach.

Boards should be carried and are **not to be dragged** on the beach. They should not be sat on and it is not wise to leave them lying in direct sunlight for a long time as this causes them to bubble. If a member is too small to carry a board, you should carry it with another Nipper. Boards are not to be thrown down on the sand, and boards are not to be sat on when on the beach. Kneeling (on nipper boards) and standing up on all boards is strictly prohibited as they are designed for this sort of treatment.

When you have finished using a board, **wash off all the sand** and return it to the board room.

Any damage **must be reported immediately** to the Water Coach, Superintendent or Gear Steward

NOTE:

1. NIPPERS or PARENTS WHO MISTREAT BOARDS WILL NOT BE ALLOWED TO USE THEM UNTIL THEY CAN DEMONSTRATE APPROPRIATE CONDUCT AND MAY BE ASKED TO CONTRIBUTE TO THE COST OF REPAIRS.
2. THE CLUB CANNOT BE HELD RESPONSIBLE FOR ANY DAMAGE TO PRIVATE BOARDS.

What are the Nipper Events?

Beach Events:

- BEACH RACES - running over a set distance on the sand (50m - 70m depending on age).
- FLAGS - lying flat on sand, then getting up and running a short distance to grasp lengths of hose standing in the sand.
- BEACH RELAYS - teams of four run a relay over similar distances to the beach races.
- SURF WADE - running through shallow water around a heavily supervised course (usually for younger age groups).

- MARCH PAST U9-U14. The iconic event dating back to the 1920's. 12 Competitors to a team - one standard bearer, one belt person, six reel squad and four rear rank.
- 2 PERSON R & R; U10/U11 & U12/U13. Two competitors per team, one patient & one rescuer.
- 5 PERSON R & R; U12-U14. Five competitors per team, one rescuer, one reel person, one cardiac operator, one resuscitator and one patient.
- CAMERON RELAY; U11-U14. Four competitors per team; a swimmer, two runners, and a board paddler.

Water Events:

- SURF RACE - swimming from the beach, around a "U" shaped course approx 180m long.
- SURF TEAMS - similar to the surf race, but teams of 4 swimmers.
- BOARD RACE - similar to the surf swim, but paddling boards around the course.
- RUN/SWIM/RUN - a race combining two sprints along the beach separated by a swim leg.
- IRON PERSON- a race involving running on the sand, swimming and paddling a board around a set course.
- BOARD RELAY - a team of three paddles their boards in turn around the course.
- BOARD RESCUE - 2 people - one swimmer & one board paddler. Patient swims to the buoy. The paddler then paddles to the buoy, picks up the patient and returns to shore with the patient.
- CAMERON RELAY- U11-U14. Four competitors per team; a swimmer, two runners, and a board paddler.
- BRACE RELAY - U11-U14. Two competitors per team; a swimmer and a board paddler.
- SURF BOARD RIDING (depends upon carnival, however usually U12 - U14). Manly LSC JAC also conducts an informal surfboard riding competition approximately once per month. This is known as the Manly Point Boardriders Club.

All junior competition and events are conducted under the rules and regulations specified by the Competition Rules of SLSA and SLSNSW. The Rules are available from the Club.

Training/Coaching

Normally Sunday Nippers is focused on developing skills in Surf Lifesaving and other important motor skills. These sessions are generally not intended as fitness training days (although they will help). Training for fitness and skill development is provided to Manly LSC members by Club Members (voluntary) and by various coaches as follows:

Water Training: -Tuesday & Thursday: 4.30pm (U9 - U14 with competition proficiency level only)
 -Saturday 2pm: (U9-U14 all levels of proficiency)
 -Surf Swim training will also be held on Saturday's. Times and Commencement date shall be advised by the Water Coach and updated on the website.

Additional Water Training times for the U14's will be advised by the Under 14 Age Manager.

Beach Training

- Wednesday 4:30pm to 5:15pm - sprint training open to all - 8's to 14's
- Wednesday 5:15pm to 5:45pm - flags training - open to all - 8's to 14's
- Wednesday 5:45pm to 7pm - beach training for beach competitors on an Invitation only from the beach coach

Surfboard Riding (Manly Point Board Riders Club)

To enhance surfing skills, the Manly Point Boardriders Club (MPBC) has been established. Membership is available to proficient U9 - U17 members of Manly LSC. Surfing is conducted on foam boards, and dates will be advised during the season.

The objective of all training sessions is to create a fun training environment that will help to improve the confidence and skill levels of all Nippers and allow them to perform to the best of their ability. For beginners the objective is to improve their basic surf skills to the point where they can feel confident in the surf whilst enjoying themselves at the same time.

Children are not taught to swim at Nippers. We strongly recommend that children attend regular swimming lessons until at least squad level. Pool swimming is essential to develop the strength and confidence that nippers require to negotiate surf conditions. Surf swim training focuses on negotiating waves, rips and sweep and using them to the swimmers advantage. Children who swim regularly prove to be the most capable in the surf and ultimately gain the most from participating in a nippers program.

Training times may change, and any changes will be notified in the weekly newsletter. Please discuss the coaching/training opportunities with the Age Manager/Water Coach/Superintendent to determine the best combination for your Nipper.

March Past

The March Past event is traditionally one of the first events held at a Nippers carnival and other competition is stopped where necessary to allow members to participate. It is the ultimate team event with 12 members to a team who march around a rectangle and are judged on such things as arm swing, leg action, body carriage and the team's ability to hold their formation throughout the march. All the team works together with the winning team scoring the lowest number of errors.

The March Past is open to all members from under 9 to under 14 and we are one of the few clubs who always has at least two teams. Our club has a proud history of winning medals at all branch titles over around the last twenty years and only missing out on State medals twice in that same period. Last year one of our teams were State Champions. Every year we need to recruit new marchers from all age groups to replace the members of the team moving into the U/15's. We only train on Sunday mornings from 7.30 am until 8.15 am just before normal Nippers commences. Anyone who wants to try the event is most welcome to come to a training session.

Rescue & Resuscitation (R & R)

R & R is another traditional surf life saving event with a proud tradition. The event simulates a rescue and resuscitation of a "patient" and teams are assessed on areas such as marching, uniformity and following correct resuscitation procedure. These events are conducted at the start of the carnival preceding the March Past which is the traditional opening ceremony.

TWO PERSON R & R is for members from under 10/Under 11 and Under12 /Under 13. One team member will draw as patient and the other performs the rescue. The competition is on the water's edge and does not require swimming to the "patient".

FIVE PERSON R & R is for Under 12 to Under 14 and it is based on the traditional method of performing rescues with the reel, line and belt. The team members fill the role as patient, belt man, reel man and linesmen who simulate a rescue, carry the patient from the water and resuscitate them. The rescue is done only in waste deep water.

Both events provide the members with excellent resuscitation skills and teamwork. Training is held at times convenient for team members.

For information about both events contact Judy and Tony Tier on 9949 4779; email atier@optusnet.com.au or see them at March Past Training or during Nippers.



Parents Run Nippers!

It is the experience that the more YOU get involved, the more your child will enjoy nippers.

The Club operates entirely from volunteer help. There are many jobs, so you do not need to have had surf life saving experience! The Club values the contribution from parents - it makes our Club.

Parents will also leave the Club as their children finish Nippers and move to the Senior Club. The Junior Life Saving Club will therefore always be in need of fresh ideas, new office bearers and volunteers.

Appointments that parents can volunteer for include:

- Committee members
- Age Managers
- Assistant Age Managers
- Ripper Nipper program co-ordinators
- Equipment management
- Setting up the beach at 7.45 a.m. each Sunday and putting equipment away
- Water Safety (must hold Bronze Medallion)
- Carnival Officials
- Setting up & pulling down equipment at Carnivals
- Education & training

- Fund raising, particularly the roster on the Sunday B-B-Q
- Carnival assistance
- Judging
- Any other help and ideas.

Please note that at least one parent/guardian/carer of each nipper must be a Nipper Parent Member or an Active Member of Manly LSC.

Those parents and/or siblings providing water safety must hold a valid SRC or Bronze Medallion.

This is an open invitation to all parents to be directly involved and participate in Manly Nippers.

At the beginning and through the season training is available for any parent interested in obtaining their Bronze Medallion. Many parents completed their Bronze, and in doing so enjoy the learning experience and getting a greater understanding of surf life saving.

Further information about the Bronze Medallion can be obtained from the Age Managers or a Committee Member. Should you be interested then you should put your name on the list at Registration. The Club Notice board will also give details of future courses.

The Club must meet the water safety requirements listed by SLSA. It is therefore essential that as many parents as possible obtain their Bronze Medallion and assist with water safety. If we do not have the required number of Water Safety Officers then an activity cannot be conducted.

A 'Carnival Officials' course is also available for parents who would like to get involved at our Competition Carnivals that we will attend each season. This is the chance to get a ringside seat at the action! Please see the Superintendent for course details.

At carnivals each club is required to provide a minimum number of water safety and carnival officials. Please volunteer to ensure the carnival is a success.

Again, a parent or guardian MUST be at the beach with your child at all times during junior activities.

Safety - Always Our First Priority

Safety is our first priority in all activities conducted by the Manly Life Saving Club. Safety extends to safety on the beach, in the water and gives consideration to the protection of all children.

Safety in the Water

The Superintendent will liaise with the Manly Council Lifeguards and Patrol Captain each Sunday. The Lifeguards will decide if the surf conditions are suitable to conduct activities. The Patrol Captain or Superintendent may cease activities if conditions become unsafe.

The guidelines for water safety are laid down by Surf Life Saving Australia and must be adhered to by all. The IRB (Inshore Rescue Boat) or 'Rubber Duckie' is present during all water events and it is imperative that as many qualified parents as possible are in the water to accompany children in water

activities. No race or activity will commence unless there is the correct number of water safety personnel.

Water Safety Officers must be suitably qualified (Bronze Medallion or SRC), and a minimum ratio of Water Safety Officers to Nippers applies, otherwise activities must be restricted to waist deep water. All parents undertaking water safety **must** be members of MLSC.

Water Safety Officers must wear orange rash vests or caps during water activities. Bronze Medallion & SRC Water Safety Officers must sign into the Water Safety Log Book. These register the hours toward their patrol hour obligations.

Any questions regarding water safety must be directed immediately to the Superintendent.

Prohibited Persons Declaration/Child Protection Officers

Every assistant of the Club over the age of 18 who is in direct contact with children is required to complete a Prohibited Persons Declaration Form. The Forms are available from the Club. This is a mandatory requirement that is legislated by NSW law to ensure the protection of all children.

Should there be a concern on this matter, or about an individual, then the concern should be immediately addressed to the following Child Protection Officers at either the Club or privately:

- John Zdrilic 0414 938 393
- Dru Newling 0419 249 836
- Jill Walters 0414 990 842

Surf Education

There are two educational activity types: 'Surf Ed' & Proficiency.

1) Surf Life Saving Surf Education Program (Surf Ed)

The 'Surf Ed' Program is an integral part of our Junior Activity Program. The Program is based on a clearly defined structure and outcomes to aid the children's life saving development.

All Nippers are able to gain their respective Surf Ed Award for their age group during the season. Listed below is a summary of the awards for each age group. More detail is available from the Education Officer.

- Under 6 Surf Play 1
- Under 7 Surf Play 2
- Under 8 Surf Aware One
- Under 9 Surf Aware Two
- Under 10 Surf Safe One
- Under 11 Surf Safe Two
- Under 12 Surf Smart One
- Under 13 Surf Smart Two
- Under 14 Surf Rescue Certificate (SRC)

2) Proficiency

There are two levels of Proficiency:

- A. Junior Participation Skill Evaluation, and
- B. Junior Competition Skill Evaluation.

To ensure all our young surf lifesavers are safe and continue to develop, **all** junior activity participants, Under 8 - Under 14 must successfully complete the **Junior Participation Skill Evaluation (Participation Proficiency)**. The Participation Proficiency is **not** sufficient for Nippers to take part in mid-week water training or participate in Club Championships or other competitions. This applies equally to beach and water activities. To take part in these activities the **Competition Proficiency** is required.

Nippers wishing to undertake the full range of activities available, and participate in carnivals are required to successfully complete the **Junior Competition Skill Evaluation (Competition Proficiency)**.

A) Junior Participation Skill Evaluation (Pool Swim & Survival Float)

This is required to be completed prior to participation in **any** junior activity (beach or water activities) each season by all Junior Activities members (This must be completed prior to participation in the Open Water Swim proficiency and surf education training).

For the U9 -U14 Age Groups to complete this section of the proficiency a pool swim **must be successfully completed on either September 18th or October 3rd, 2010** (see calendar for details), and must be verified by the JAC Superintendent or Water Coach. The pool swim will be conducted at Manly Swim Centre. Please note that the pool swim can only be conducted on these 2 dates.

For U8's the proficiency swim & survival float will be carried out during the first few weeks of nippers at Manly Beach.

Nippers successfully completing this evaluation **may still be restricted**, at the discretion of the Age Manager, Water Coach or Superintendent, in the activities in which they may be able to participate. **This level of proficiency is insufficient to participate in mid- week water training and may limit participation on weekend nipper activities.**

B) Junior Competition Skill Evaluation (Pool Swim plus Open Water Swim)

(THIS NEEDS TO BE DONE IF A NIPPER INTENDS COMPETING AT CARNIVALS, PARTICIPATING IN ALL AVAILABLE TRAINING AND ACTIVITIES and APPLIES TO BOTH BEACH AND WATER COMPETITORS).

For junior activity members who wish to compete in events at carnivals and club championships and undertake the full range of activities available, a pool swim **must be successfully completed on either September 10th or 17th, 2011** (see calendar for details), and must be verified by the JAC Superintendent or Water Coach. The pool swim will be conducted at Manly Swim Centre. Please note that the pool swim can only be conducted on these 2 dates (U9-U14 only).

The second part of the Competition Proficiency is an Open Water Swim. The Open Water swim component of the proficiency cannot be undertaken unless the Pool Swim has been successfully

completed. The Open Water Swim will be conducted around a competition course and must also be validated by the JAC Superintendent or Water Coach. The Open Water Swim will be held at Manly beach during the first few weeks of nipper program. Nippers cannot compete in carnivals; club championships; or participate in mid week water training unless both components of this proficiency have been successfully completed.

The pool swim is undertaken at Manly Swim Centre, and the Open Water Swim is held at Manly Beach. **PLEASE NOTE THAT THE POOL SWIM MUST BE COMPLETED ON ONE OF THE TWO DATES SPECIFIED ABOVE - NO EXCEPTIONS.**

	Junior Participation Skill Evaluation	Junior Competition Skill Evaluation	
		Pool Swim (Freestyle)	Surf Swim*
Under 8	25 metre swim (Freestyle). 1 minute survival float	Not applicable	Not applicable
Under 9	200 metre swim (Freestyle). 1 minute survival float	200m pool swim	Minimum 150m open water swim
Under 10	200 metre swim (freestyle). 1.5 minute survival float	200m pool swim	Minimum 150m open water swim
Under 11	200 metre swim (freestyle). 2 minutes survival float	200m pool swim	Minimum 200m open water swim.
Under 12	200 metre swim (freestyle). 2 minute survival float	200m pool swim	Minimum 200m open water swim.
Under 13	200 metre swim (freestyle). 3 minute survival float	200m pool swim	Minimum 200m open water swim.
Under 14	200 metre swim (freestyle) in less than 5 minutes. 3 minute survival float	200m pool swim in less than 5 min.	Minimum 200m open water swim.

*** The Surf Swim must be completed around a competition course.**

All participants, including beach competitors, wishing to compete at Carnivals and undertake water training, must be proficient in all tasks of the Junior Competition Skill Evaluation.

All proficiencies must be achieved under supervision of the Superintendent or Water Coach, or other authorized person. Proficiency dates and times have been arranged by the Club, please check the Season Calendar for details. All nippers must complete their proficiency on the dates specified. There will be no exceptions.

Any questions regarding proficiencies should be referred to the Superintendent.

Training to be a Lifesaver

Surf Life Saving Australia offers to its members and the community a range of lifesaving awards.

These awards are grouped according to specialist paths and the age at which they can be obtained.

Carnivals

Carnivals and Championships

Sydney Northern Beaches (SNB) Branch conducts Junior Carnivals during the season for age groups of U/8 to U14.

The Carnivals are held as competition between nippers of different surf clubs, culminating with the **Branch Junior Championships** to be held this Season at Narrabeen, followed by the **NSW Junior State Championships** at Kingscliff, on the NSW Far North Coast. Other Carnivals and events are also held in which Manly Nippers may compete with the Club's permission.

Individual & Relay Competition Events for Carnivals include:

- U/8's: Individual Sprint, Beach Flags, Wade Race, Sprint Relay & Wade relay.
- U/9 & U/10: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim Teams, Board relay.
- U/11 - U14: Sprint, Beach Flags, Sprint Relay, Surf Swim, Board Race, Swim teams, Board Relay, Board Rescue & Iron Man. There is also Surf Board riding for all competitors aged 12 years to 14 years at some carnivals.

Club Competition (Team) Events for Carnivals include:

- Brace Relay/Cameron relay: March Past; R & R.; All Age Sprint Relay; and All Age Board Relay.

At all carnivals the Manly Club Cap and Manly swimmers must be worn. Competitors in Team Events should wear their uniform dress. Disqualification may result in these rules not being followed.

Participation

Not all children wish to compete in carnivals and being a good lifesaver does not depend on carnival participation, however for the majority of children, participation can be an enjoyable and rewarding experience.

We encourage all Nippers to represent our Club. We also take pride in our teams and enter as many teams as possible to represent MLSC.

It is the competitors responsibility to advise your Age Manager three (3) weeks or earlier, that you wish to compete in the event. Subject to committee approval, the club pays entry fees to the majority of carnivals. You will be asked to reimburse the club however if you enter and subsequently do not take part. The club will not enter you in future carnivals until all outstanding entry fees are paid.

Carnivals are fun and engender great team spirit.

Registration for the **State Championships** usually closes in early January. Nippers wanting to compete should inform their Age Manager by this time. It is the responsibility of the competitor to notify their Age Manager of their intention to compete.

Further details concerning Carnivals and Competition can be found later in this Handbook.

Age and Club Championships

Age Group Champions

To be awarded for each gender of each age group. Points will be accumulated towards the age group championship over the season. Please refer to the Carnival and Competition section of this Handbook for further detail.

Club Championships

In each age group, with the exception of 6yrs and 7yrs, the Club Championships will be run for both genders over three rounds; the best two results from the three rounds will count in the championship. There will be a Club Champion for Water (Surf swim and Board) and a Club Champion for Beach (Flags and Sprint). Please refer to the Carnival and Competition section of this Handbook for further detail.

Life Saving Awards

Life Saving Awards can be awarded for each gender of the U6 - U14 age groups at the discretion of the Age Manager, subject to ratification by the Junior Activities Committee. Life Saving Awards are awarded to members who represent the values of Surf Lifesaving - Sportsmanship; commitment; attitude to training and participation; surf education; teamwork and respect for fellow members, coaches, and Age Managers.

Spring Training Camp

Subject to resources, the Club will run an informal Spring training camp at Sawtell (near Coffs Harbour), usually during the NSW September school holidays. Attendance at this camp is open to all Manly LSC members U9 - U14, with emphasis on water based activities. Parents of nippers attending will be expected to assist in the running of the camp. Please refer to the season calendar for dates.



Summer Water Clinic

Subject to resources, the Club will run a summer water activities clinic, usually in early January. Attendance at this camp is at the discretion of the Committee from recommendation of the Age Managers, with emphasis on nippers intending to compete at Branch and State titles. Parents of these nippers will be required to assist in the running of the camp. This camp is not a vacation care camp. Please refer to the season calendar for dates.

Clothing and Merchandise

Club swimwear, nipper caps, rash vests, and other clothing and merchandise is available for sale at the club on Registration Days; on Sunday mornings, and sometimes during mid week training.

Nipper caps (\$15) will be available for purchase before Sunday nippers at the BBQ.

BBQ

The BBQ is the primary source of fund raising for the Nippers. Every parent will be rostered on the BBQ. If you are unable to perform your rostered duty it is your responsibility to find a replacement. Non-attendance for your rostered duty will not be tolerated. Please check the roster that will be circulated prior to the start of the season.





Carnival and Competition Handbook

"All you need to know about Nipper Carnivals"

Surf Sports

Surf Life Saving has many facets. Some Nippers enjoy the surf as a sport and participating in competition at Surf Carnivals. This section of the handbook provides information for Nippers and their parents wishing to compete in Surf Carnivals. Surf Carnivals are loads of fun, but require a commitment from both Nippers and parents. Nippers at a carnival must have either a parent or nominated guardian present at all times. All Nippers wishing to compete at carnivals **must** complete their Junior Competition Proficiency **prior** to their first carnival of the season. Board paddlers also must ensure that their equipment has the correct scrutineering sticker on it. Competitors at the Branch and State Championships must also have successfully completed their Surf Education obligations **prior** to December 31.

Surf Sports involves both individual and team events in many disciplines. Competition begins with the Under 8 Age Group

Individual events in the water are Surf Race (swim), Board Race, Surfboard Riding and Iron person.

Under 8's do the Wade rather than Board and Surf Race.

On the beach, individual events are Beach Sprints and Flags.

Team events in the water are Surf (swim) Team; Cameron Relay/Brace Relay; Board Relay; Board Rescue; All-Age Board Relay and Wade Relay (U8)

On the beach team events are Sprint Relay, All-Age Relay; March Past; R&R; Cameron Relay.

Team events (except for the All-Age Relays; March Past; Cameron/Brace Relay; & R&R) are single gender at the majority of carnivals.

Carnival Participation

Nippers generally have the opportunity to attend approx 8 or 9 Carnivals during the season, 6 of which are on the Northern Beaches. The Branch Championships are being held at Narrabeen, and the State Championships are being hosted by Cudgen SLSC at Kingscliff.

We encourage all Nippers to represent MLSC. The Club places a high priority on Team Events and will enter as many teams as possible in events. Being part of a team represents important values, such as working together for the good of the team, mateship, and sharing in the highs of success, or the lows of not doing so well. It is therefore a Club requirement that those wishing to compete in individual events make themselves available for team selection prior to the teams being selected. Refusal to compete in a team event could mean the competitor will not be permitted to compete in events for individuals.

As with all Nipper activities all Nippers and their Parents are bound by the Rules & Regulations of SLSA; SLSNSW; Manly LSC and by the Code of Conduct found in this Handbook. Any breach of these Rules and Regulations or the Code of Conduct by Nippers or Parents WILL result in the Child and parent being removed from the beach.

Entry to Competition Areas

Competition areas are limited to nominated officials per club. **If other club officials or parents are found in the competition area this may result in the club being disqualified from an event.** Also, please be familiar with the **Code of Conduct** as this will be strictly applied.

Selection Policy

1.1 Selection Policy Objective

The objective of the Manly LSC JAC Selection Policy is to select the strongest team or teams to represent Manly LSC in each Age Group. We encourage all nippers to compete and represent Manly LSC. Carnivals are fun and engender team spirit.

1.2 Selection Policy

- Age Managers are to select teams in accordance with the Selection Policy Objective.
- Age Managers will select teams primarily based on ability and performances at carnivals including but not limited to ;
 - Bennett Dee Why Board Carnival
 - Manly Junior Carnival
 - Queenscliff Junior Carnival
 - All Australian Nipper Carnival (Manly)
 - Narrabeen Junior Carnival
 - SNB Branch Championships
 - Palm Beach & Freshwater Open Carnivals (U13's & U14's)
 - Club Championships
- Other factors to be considered are availability, willingness to compete, commitment to training (attendance & performance), illness/injury, past performances, consistency.
- Results at Carnivals and Club Championships will carry greater weighting than results at Club Training Days.
- Results will be recorded at each carnival to the best of the recorders ability and submitted to the Registrar within 5 days of each carnival. These results shall be used to assess team selection and settle any dispute.
- Age Managers are able (and encouraged) to consult with the relevant coaches in deciding team selection.
- Teams for the Manly Junior Carnival; Queenscliff Junior Carnival; Narrabeen Junior Carnival shall be posted on the Club Notice Board by 1900 hrs on the Tuesday preceding the carnival. Team selections for Branch and State must be submitted to the JAC Executive for ratification at least 14 days prior to the Carnival, and the teams will be posted at least 12 days prior to the Branch or State Championships.
- At the start of the season when there have not been any carnivals team selection will be based on the previous season and/or pre-season training.
- All Age Relay, March Past & R&R teams will be selected by the relevant discipline coach, and ratified by the JAC Executive.

- Run Offs/Swim Offs/Paddle Offs may be held at the discretion of the Age Managers or Coaches. Run-offs are likely to occur between male and female competitors for the All Age relay events, and Cameron Relay events.
- Due to the complexities of the Board Rescue event, teams should be presented by the Age Managers to the respective coaches for approval. Board Rescue competitors are encouraged to train and compete in their teams from early in the season to develop combinations.
- There is no right of appeal/protest for team selection, except for the Branch and State Championships. Any notice of appeal/protest for Branch and State teams must be raised and submitted in writing to the JAC Chairman, 10 days prior to the carnival. This will allow sufficient time for the JAC Executive to undertake and a fair and impartial assessment of each hearing. Should a conflict of interest exist with a member of the JAC Executive they shall be excused from that particular hearing.
- Any individuals who voluntarily withdraw from the team after the first marshalling call for that event may not participate in individual events for the remainder of the carnival. This prevents a team member withdrawing to conserve energy for their own individual event at the expense of their team members who may have been waiting at the carnival to compete. A team withdrawing from a final also denies another club and their team members from making a final.
- Substitutions in teams may be made on the day of the carnival by Age Managers, in conjunction with the relevant coaches and the team manager, due to conditions or change in circumstances. Any change can only be made in accordance with the SLSA rules, and should only be considered in exceptional circumstances.
- If parents/caregivers wish to dispute/discuss a team selection they MUST NOT approach the Age Manager or any other parent. Parents should contact the Team Manager or JAC Chairman.
- It is inappropriate for parents to approach Age Managers or other competitors with complaints about team selection or negative comments about any competitor's performance and such behaviour will not be tolerated by Manly LSC. Equally, poor sportsmanship and "sledging" by competitors will not be condoned and will result in exclusion from team events as a minimum.

Please note that if a competitor does not wish to be considered for a State or Branch team, he or she must advise their Age Manager by December 31. Late withdrawals will not be tolerated.

Entries at Branch and State Titles

Unless event entries are limited, any Nipper who wishes to compete can take part in the Branch and State Titles, provided they have entered in and competed in two prior SNB carnivals and attended 8 Nipper Sunday Activity days, except at the discretion of the selectors, and have completed their proficiencies prior to the carnival in which they intend to compete or by December 31, whichever is the earlier and Surf Education requirements prior to December 31.

Except where events entries are limited, provided a Nipper has competed in two prior SNB carnivals and eight Nipper Sunday Activity days the selectors shall decide the entries in each event with the intent that as many members as possible compete at the Branch and State level.

Team Substitutes and Reserves

If an athlete is not in the competition area when the event is being marshaled, the Age Manager or Team Manager may immediately substitute the athlete for the reserve.

If the team then qualifies for the next or further rounds of the competition then the originally selected team shall compete in that next or further round.

In the event that the team wins a medal in the competition then any person who has been part of that team, even though they did not compete in the final, shall be recognized by the club as a medalist for that event and shall appear in all club records as part of that team.

Entry Fees

Currently the Club pays Carnival Entry Fees for Nippers to the following Carnivals:

- Manly Junior Carnival
- Team Events @ Kracka Junior Iron Person
- Bennett Board Carnival @ Dee Why
- Team Events @ Freshwater Bennett Junior Iron Person
- Queenscliff Junior Carnival
- Freshwater and Manly Open Carnivals (U13's & U14's)
- Nipper Nats (U11'-U14's)
- Narrabeen Junior Carnival
- SNB Branch Championships
- State Age Championships
- Other carnivals at the discretion of the Manly JAC.

It is the competitor's responsibility to ensure that they advise their Age Manager a minimum of three (3) weeks before the Carnival of their intention to compete. Entry closing dates will be advised in the newsletter. Age managers must co-ordinate all Carnival entries with the Superintendent.

Where a Nipper enters a Carnival, and subsequently fails to attend, or withdraws from an event for which they have been nominated (unless withdrawn by the Age Manager and/or coach), the Nippers Parents will be required to reimburse the Club for the Entry Fee of events not competed. Nippers will not be able to nominate for subsequent Carnivals until outstanding fees are paid.

Late entries are possible in some cases, but are very expensive. These entries must be paid in advance by the Nipper parents and in no circumstances will be paid by the Club.

All queries regarding Carnival Entries should be directed to the Superintendent.

Water Safety and Carnival Officials

There is a requirement that the club supply Carnival Officials and Water Safety Officials for Carnivals. If in the event there are insufficient officials, Manly LSC may be withdrawn from the Carnival and/or fined.

Parents or siblings of Nippers competing at Carnivals (U8 - U14) are expected to assist with Water Safety (must hold SRC or Bronze Medallion) or Officiating.

Courses to become an Official are conducted throughout the season, and will be advised.

Team Manager and Age Managers

The Club person nominated with overall responsibility for the team at a carnival is the **Team Manager** (usually the JAC Superintendent). The Team Manager will directly liaise with the Carnival Referee and senior carnival officials.

Within each age group the Age Manager is responsible for the group. Duties include "roll call"; warm up; organising the competitors for an event; checking off competitors in an event; ensuring competitors have registered; organising teams; and being available during and after an event should assistance be required.

Setting up

At the majority of carnivals it is the competitor's responsibility to transport the board they intend to use to the carnival. The boards can be collected from MLSC prior to the event by arrangement with the Gear Steward or JAC Superintendent. The board you take to the carnival is your responsibility until it is returned to the board room at MLSC. The Gear Steward and JAC Superintendent shall advise the competitors of collection arrangements.



Each age group is responsible for taking & setting up their own tent at the carnivals. Assistance will also be required in setting up the competition areas. This will be coordinated through your Age Manager, so please ask if you are able to assist.

On the Day of the Carnival

Competitors **must** arrive no later than 30 minutes **prior to the start of marshalling** for the first event on the program. The Carnival program will be available prior to each event. Please note that Age Managers have the right to substitute team members if an athlete is not within the Competition Area when their event is marshalled.

Nippers should be well rested (i.e., an early night prior to the carnival). Club swimwear and cap must be worn.

On arrival, the competitor should register (usually requires a stamp on your arm), then check-in with the Age Manager. During the Carnival Nippers should stay around the MLSC tents in their area and keep in contact with the Age Manager. When an event is called, the Age Manager will advise the relevant Nippers and arrange for them to proceed to the Marshalling Area. **Please note that Age Managers have the right to substitute team members if an athlete is not within the Competition Area when their event is marshalled.**

During the day, Nippers should have plenty of fluids, high energy food, keep in the shade and reapply sun-block regularly.

At the conclusion of a race, Nippers should remain at the finish (wearing their club cap), until dismissed by Officials.

At the conclusion of a carnival, parents are requested to assist packing up tents and equipment; return boards to MLSC or the MLSC trailer; and ensure the area is left clean.

A tradition of Manly LSC is that competitors wear the sky blue cap when being awarded medals, Manly nippers are strongly encouraged to continue this tradition.

Nippers should not leave the carnival without "checking-out" with the Age Manager.

Protests

Should a competitor feel he/she has been unfairly impeded by another competitor or that an irregularity has occurred, there may be grounds for a protest. Please note however that "luck of the prevailing conditions" is an integral part of surf sports and is not a grounds for protest.

Should a protest be considered the Nipper must immediately notify the Age Manager &/or Team Manager. A protest must be lodged within 5 minutes of the end of a race.

Competing Outside Age Group

In general terms, competing outside Age Groups is not permitted **in events for individuals.**

In team events it is allowable to compete in the age above in some team events, subject to: i) the competitor holding the proficiency qualification for the older age group; and ii) the approval of the JAC Superintendent or team manager.



Age and Club Championships

Age Group Champions

Age Champion will be awarded for each gender of the U8 - U14 age groups. Points will be accumulated towards the Age Group Champion over the season as specified below. The nipper with the lowest cumulative points (excluding discarded points) is ranked highest. To be **eligible** to be an Age Group Champion a member must have attended and participated in:

- ❖ At least 8 "normal" Nipper days at Manly Beach; **plus**
- ❖ A minimum of 2 Club Championship rounds; **plus**
- ❖ Completed the Surf Education Award prior to 31/12/10; **plus**
- ❖ A minimum of 2 Sydney Northern Beaches Branch Junior Carnivals; **and**
- ❖ Completed the Competition proficiency prior to the event.

Subject to a member being **eligible**, points shall be awarded as follows:

- ❖ Club Championships (2 best results for each event over the season)

<u>Overall Place in FINAL</u>	<u>Points</u>
1 st	1
2 nd	2
3 rd	3
4 th	4

ETC. Each place in the final thereafter add 1 point

Heat: Points equivalent to the number of competitors in the Final plus 1.

Do Not Compete (DNC) Do Not Finish (DNF); or are Disqualified (DSQ) receive points equivalent to the number of competitors in the Final plus 2.

- ❖ Branch Championship each event (best three events only, including teams)

<u>Overall Place in FINAL</u>	<u>Points</u>
1 st	1
2 nd	2
3 rd	3
4 th	4

ETC. Each place in the final thereafter add 1 point

Semi Final: Points equivalent to the number of Manly competitors in the Final plus 1.

Quarter Final: Points equivalent to the number of Manly competitors in the Final plus 2.

Heat: Points equivalent to the number of Manly competitors in the Final plus 3.

Do Not Compete (DNC); Do Not Finish (DNF); or are Disqualified (DSQ) receive points equivalent to the number of Manly competitors in the Final plus 4.

- ❖ State Championship (best three events only, including teams)

<u>Overall Place in FINAL</u>	<u>Points</u>
1 st	1
2 nd	2
3 rd	3
4 th	4

ETC. Each place in the final thereafter add 1 point

Semi Final: Points equivalent to the number of Manly competitors in the Final plus 1.

Quarter Final: Points equivalent to the number of Manly competitors in the Final plus 2.

Heat: Points equivalent to the number of Manly competitors in the Final plus 3.

Do Not Compete (DNC) Do Not Finish (DNF); or are Disqualified (DSQ) receive points equivalent to the number of Manly competitors in the Final plus 4 points.

Club Championships

In each age group, with the exception of 6yrs and 7yrs, the Club Championships will be run for both genders over three rounds; the best two results from the three rounds will count in the championship. There will be a Club Champion for Water (Surf Swim and Board) and a Club Champion for Beach (Flags and Sprint). The best results in the Surf Swim plus the best results in Board will be counted towards the Water Championship. The best results in Flags plus the best results in Sprints will be counted towards the Beach championship.

If a scheduled round of the Club Championship cannot be held due to adverse conditions, it may be rescheduled to an available day. A minimum of two rounds needs to be held to constitute the Club Championship. If only two rounds can be held the results from both rounds shall count toward the Club Championship. Please check for the latest dates on the calendar.

Finally

Remember, Nippers are children and their enjoyment is our first priority.

Good results are nice but sportsmanship takes precedence over winning. Unsportsmanlike behaviour will not be tolerated.

Parent behaviour should set an example to our children. Aggressive and abusive behaviour to Nippers and Age Managers will not be tolerated.

JAC Contact Details

Name & Position	Mobile	Email
<i>Chairperson</i> Glenn Stone	0419 699 124	gastone@bigpond.net.au
<i>Secretary</i> Fred Thorpe	0423 497 335	fthorpe@bigpond.net.au
<i>Superintendent</i> Tim Cuthbert	0429 916 380	tim.cuthbert@optus.com.au
<i>Treasurer</i> Mark Hulme		Hulmem@cba.com.au
<i>Registrar</i> Rebecca Crawford	0414 776 926	rl_crawford@hotmail.com
<i>Education Officer</i> Essie Kassulke	0439 671 192	essiekassulke@y7mail.com
<i>Gear Steward</i> Annie Gleeson	0418 255 172	anniemtpg@y7mail.com
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<i>Age Managers Rep U6-U8's</i> Vinny Dermody	0403 812 904	vinny@mcmorrowdermody.com
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<i>BBQ Co-ordinator</i> Michael Bochner	0414 550 400	Michael.bochner@bigpond.com
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Age Managers

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