



Manly Nippers

October 3, 2011
Issue 3

NSW Age Champions 2010 and 2011

www.manlylsc/nippers



Manly Nippers would like to thank and encourage all our Nippers and Nipper parents to choose and use our sponsors whenever possible, and to take the time to thank them for their commitment to Manly Nippers and Manly LSC.

Season 2011-2012 – Let the Fun Begin

The season is upon us!!

The Committee, Coaches, and Age Managers have been extremely busy preparing for the upcoming fun filled, action packed season. The past month has been hectic with Registration Days; Board Allocation; Swim Proficiencies; Winter Training; Sawtell Training Camp etc etc.

This season sees the introduction of our exciting Ripper Nipper program for those nippers that may not be so interested in competition.

The majority of our communication is electronic so please ensure we have your correct contact details. Please check the website regularly for the latest information; training timetables; handbook; and calendar etc. Also please advise your Age Managers of any pre-existing medical conditions.

A significant change this season is the operation of our major fundraiser - the Sunday morning BBQ. Every family will be rostered on the BBQ during the season. Please check the roster, and if you are unable to attend your rostered duty it is your responsibility to find a replacement. Please note the roster is by Family and not by Age Group as in previous seasons.

Swim Proficiencies

By now all U9-U14's should have completed their Participation Proficiency, as we have now held 5 proficiency sessions!

All nippers from U8 - U14 must undertake proficiency testing at the being of each season. There are 2 levels of proficiencies:

- 1) Participation Proficiency - a supervised pool swim of 200m freestyle (U9-U14's) and a float, and a 25m freestyle swim and a float for the U8's. **This must be completed before any nipper activity (even beach activities) is undertaken.**
- 2) Competition Proficiency - for U9- U14's wishing to take part in competition; mid week board training; or compete in Club Championships you must also complete an ocean swim.

U8's

Will conduct their swim proficiency during the first few weekends of nippers.

Competition Proficiencies U9- U14's will be undertaken over the first few weekends of nippers.

If any U9-U14 has not yet completed their Participation Proficiency, please contact your Age Manager urgently.

Full details of the Proficiency requirements can be found in the Nipper Handbook on the MLSC website - Nippers page.

Nipper Registration and Renewals

Not registered or have not yet renewed your registration??

Only current members of Manly LSC can participate in nippers activities, so if you have not registered for this season please do so immediately.

Registration and uniform sales will be taking place upstairs next Sunday (October 9th) from 0745.

Congratulations

Congratulations to Remi Krenkels and Harrison Stone for their selection in the SLSNSW Talented Athlete Program, and ex-nipper Cooper Krenkels for being selected in the SLSNSW High Performance squad.

Sawtell Training Camp

An absolutely first class training camp was held for Manly nippers last week at Sawtell (Mid-North Coast). The camp was attended by 138 Manly nippers, and nippers from Sawtell SLSC, Coffs Harbour SLSC, and Byron Bay SLSC also attended. The total contingent (nippers, siblings and parents) from Manly totalled over 350!

A huge thanks to camp organisers Louise Bochner, Simone Grout and Tim Cuthbert.

We are so fortunate at Manly LSC to have the best coaching team in the state - Thanks to Brucie; Trent Herring; Cam Coghlan; Naomi Flood; Susie Stock; Michael Bochner; Bec Crawford; Simone Grout.

***Important!** Given the environment in which we undertake our activities it is mandatory for the Participation Proficiency to be completed prior to any Nipper activities being undertaken.*

Training Timetable

Our summer training timetable has commenced.

Training Timetables are issued on a monthly basis and will be published in the newsletter and on the Manly LSC website - manlylsc.com.au/nippers

Summer Training Timetable is now underway!

Water Training; -Tuesday & Thursday: 4.30pm (U9 - U14 with competition proficiency level only)

-Saturday 2pm: (U9-U14 all levels of proficiency)

Additional Water Training times for the U14's will be advised by the Under 14 Age Manager or check Training Calendar on the club website.

Beach Training

-Wednesday: 4.30pm to 5.15pm - sprint training open to all U8's to U14's

-Wednesday: 5.15pm to 5.45pm - flags training open to all U8's to U14's

-Wednesday 5.45pm to 7pm - beach training for beach competitors only. Invitation from Beach Coach.

SNB Interbranch Selection Trials

The SNB Interbranch Trials for U12-Opens are being held as follows:

- Beach Competitors - October 9th @ North Curl Curl 12 noon
- Water Competitors - October 16th @ North Curl Curl 12 noon

Trial for the SNB Representative Team

Further information and Nomination forms can be obtained from Glenn Stone - 0419 699 124 or gastone@bigpond.net.au

Nipper Parent Cocktail Party

Don't miss the event of the year! Tickets are selling fast for this not to be missed event.

WHEN: Friday Oct 28th

WHERE: Manly LSC

COST: \$35 per head

Tickets are available from Simone Grout or the BBQ on Sunday mornings.

Training Opportunities

A great way for parents to contribute to Manly Nippers and Manly LSC is assist with water safety. To assist with water safety you are required to hold a current Bronze Medallion. Many Nipper Parents step out of their comfort zone and undertaken the Bronze Medallion and it is a great way to share the life saving experience with your children. Special Nipper Parent Bronze course will be held throughout the year. If you are interested in finding out more please contact Tim Cuthbert at tim@mad4city.com

If you are Nipper Parent currently with a Bronze Medallion you may wish to up skill in IRB's - again please contact Tim Cuthbert at tim@mad4city.com

Nipper Parent IRB Skills Training

This Saturday we will be holding a Pre-Season IRB Refresher course. The course is a single session between 12:00 - 15:00 (Saturday 8th October) and it is highly recommended all Nipper parents who currently hold an IRB Driver/Crew certificate attend. The syllabus is to concentrate on best practice driving/crewing in close proximity to swimmers, managing water areas and fully update you with new SLSA policy for the upcoming season.

It is imperative we concentrate on this area as to ensure the continued safety of our nippers in the water.

Nipper Handbook

This season Nipper Handbook (All you need to know about Nippers) is on the website. Keep checking the website for the latest information.

Season Calendar

The action packed calendar for 2011-12 is also on the website.

March Past – Training and New Members

The iconic 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. Our teams have previously been 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. **TRAINING COMMENCES THIS SUNDAY.**

R & R – Competitors Urgently Required

Rescue & Resuscitation (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. Please contact Glenn Stone or your Age Manager for further information.

Win a Nipper Board

Thanks to Westpac, we are raffling 2 Dolphin nipper boards (1 Foamie, and 1 fibreglass). Tickets available from Fred Thorpe or they will be available at the BBQ.

If you have any questions about Nippers at Manly please contact a member of the JAC or your Age Manager.

JAC Contact Details

Name & Position	Mobile	Email
Chairperson Glenn Stone	0419 699 124	gastone@bigpond.net.au
Secretary Fred Thorpe	0423 497 335	fthorpe@bigpond.net.au
Superintendent Tim Cuthbert	0429 916 380	tim.cuthbert@optus.com.au
Treasurer Mark Hulme		Hulmem@cba.com.au
Registrar Rebecca Crawford	0414 776 926	rl_crawford@hotmail.com
Education Officer Essie Kassulke	0439 671 192	essiekassulke@y7mail.com
Gear Steward Annie Gleeson	0418 255 172	annietpg@y7mail.com
Age Managers Rep U9-U14's John Stratton	0400 313 733	john_nicky_stratton@bigpond.com
Age Managers Rep U6-U8's Vinny Dermody	0403 812 904	vinny@mcmorrowdermody.com
Training & Skills: Water: Graham Bruce (Brucie) Beach: David Hume Manly Point Boardriders: Steve Coulter	0418 405 698 0419 414 221 0414 292 233	Brucie_ge@hotmail.com dhume@highgatemanagement.com.au juiceplus@stevencoulter.com
General/Child Protection Officer Rep Dru Newling	0419 249 836	dsn@bigpond.net.au
Uniforms Kiera Hulme	0412 139 072	kierah@bigpond.com.au
Social Co-coordinator Simone Grout	0411 340 806	grouts@bigpond.net.au
BBQ Co-coordinator Michael Bochner	0414 550 400	Michael.bochner@bigpond.com
General (risk advisor/IRB co-coordinator) Robin Barham	0418 670 868	Robin.barham@catlin.com
Camp Co-coordinator Louise Bochner		Louise.bochner@bigpond.com

Child Protection Officers

Dru Newling	0419 249 836	dsn@bigpond.net.au
John Zdrilic	0414 938 393	johnzdrilic@bigpond.com
Jill Walters	0414 990 842	

Age Managers

Name	Mobile	Contact
U/14 John Stratton	0400 313 733	john_nicky_stratton@bigpond.com
U/13 Steve Wilton	0412 865 572	steve@detech.com.au
U/12 Simone Grout - Girls	0411 340 806	grouts@bigpond.net.au
Dru Newling – Boys	0419 249 836	dsn@bigpond.net.au
U/11 Tony Garrett – Girls	0419 773 365	laratony@bigpond.net.au
Kemble Cowan – Boys	0411 625 855	ige@d2.net.au
U/10 David Hume	0419 414 221	dhume@highgatemangement.com.au
U/9 Deborah Murdoch – Girls		djr@tpg.com.au
Annie Gleeson – Boys	0418 255 172	annietpg@y7mail.com
U/8 Julian Shelbourne	0414 603 553	jshellbourne@gmail.com
U/7 Maria Mury	0433 655 274	murycm@hotmail.com
U/6 Vinny Dermody	0403 812 904	vinny@mcmorrowdermody.com

BBQ Roster – October 9th & 16th

Please check the roster, and if you are unable to attend your rostered duty it is your responsibility to find a replacement. Please note the roster is by Family and not by Age Group. The complete October will be on the website soon.

Miles	Abell	Under 9	9th October	0700-0830
Indra	Adnyana	Under 8	9th October	0700-0830
Jack	Agnew	Under 7	9th October	0700-0830
Grace	Agostino	Under 10	9th October	0700-0830
Ella	Alcock	Under 11	9th October	0830-0930
Emily	Allen	Under 10	9th October	0830-0930
Morag	Anderson	Under 11	9th October	0830-0930
Maxilien	Balard	Under 11	9th October	0830-0930
Rachel	Barrie	Under 8	9th October	0830-0930
Finn	Beachley	Under 7	9thOctober	0930-1030
Thomas	Bedingfield	Under 10	9th October	0930-1030
Milly	Bellamy	Under 8	9th October	0930-1030
Joshua	Benneyworth	Under 10	9th October	0930-1030
Julian	Berger	Under 8	9th October	0930-1030
Ronan	Connolly	Under 10	9thOctober	0930-1030
Natasha	Bernard	Under 13	9th October	1030-1130
Olivia	Beytagh	Under 7	9th October	1030-1130
Alexander	Bjorkman	Under 10	9th October	1030-1130
Emma	Black	Under 9	9th October	1030-1130
Hugo	Blackley	Under 10	9th October	1030-1130
Luke	Blahuta	Under 9	9th October	1030-1130

Maeve	Boakes	Under 13	16th October	07300-0830
Tegan	Bowring	Under 10	16th October	0730-0830
Maddison	Bowyer	Under 10	16th October	0730-0830
Charlie	Borg	Under 9	16th October	0730--0830
Oliver	Brooks	Under 9	16th October	0830-0930
Joshua	Brown	Under 7	16th October	0830-0930
Chelsea	Buckley	Under 8	16th October	0830-0930
Poppy	Burgon	Under 7	16th October	0830-0930
Max	Burke	Under 9	16th October	0830-0930
Sebastian	Bush	Under 8	16th October	0930-1030
Laura	Busse	Under 9	16th October	0930-1030
Dylan	Calderon	Under 8	16th October	0930-1030
Leo	Carlile	Under 11	16th October	0930-1030
Jack	Carpenter	Under 11	16th October	0930-1030
Brooke	Caulfield	Under 10	16th October	1030-1130
Daniel	Chambers	Under 8	16th October	1030-1130
Ned	Checketts	Under 13	16th October	1030-1130
Paris	Chye	Under 9	16th October	1030-1130
Stella	Clarkson	Under 7	16th October	1030-1130
Ruby	Clarkson	Under 7	16th October	1030-1130