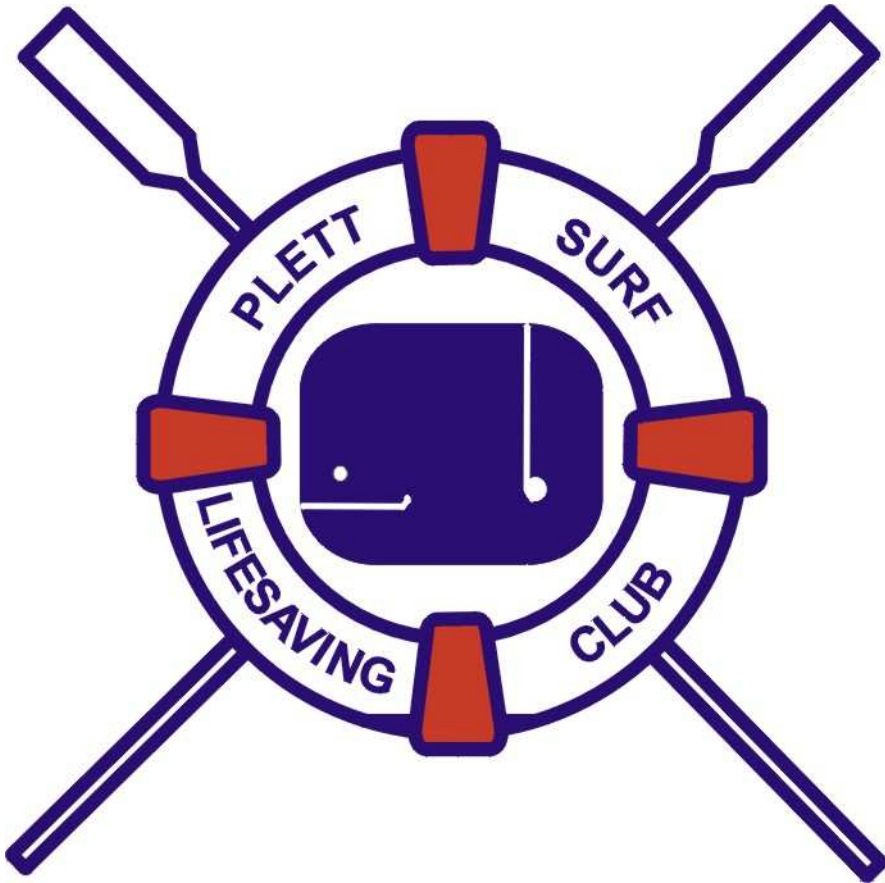


PLETT SURF LIFESAVING CLUB



Nippers 2008/09

Plett Surf Nippers

Information Booklet 2008/2009 Season

A Nipper is the term used to identify a young member of the lifesaving movement who is between the ages of 8 to 14 years old. Children start learning about surf awareness and safety through the Nipper Program run by the Plett Surf LifeSaving Club at Central Beach. They are also able to participate in board paddling, surfing, swimming, running, wading and other fun activities and games. Practicing these skills allows children to compete in Club, Provincial and National surf life saving carnivals representing their clubs.

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. 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 surf. Children who are afraid of the surf can develop through encouragement, education and training to be confident in the water.

When is Nippers?

Nipper training takes place every Friday at Central Beach in front of the Plett Surf LifeSaving Club. Training starts promptly at 3pm, and ends at around 5pm once all the equipment has been cleaned and put away by the children.

Age Groups

Children can join Nippers from an age of 6 years as Micro Nippers, then from Under 10 (8 years) to Under 14 as full Nippers. If a child is 10 years of age or before 30 September, they will be in the Under 10 age group for the entire season. Age is determined as at 30 September each year.

Proficiency

Before any child is allowed to participate in Nippers, they are required to perform a proficiency check. This requires:-

1. A 100m swim in less than 3 minutes without stopping, in a swimming pool.
2. Treading water continuously for 5 minutes.
3. Retrieve an object 1.5 metres deep in a pool.

How do we join Plett Nippers?

That's the easy part! Look out for registration details; contact the Nipper secretary (details at rear of this booklet) or simply go to the Plett Surf Lifesaving Club on a Friday afternoon and ask anyone for help.

What are Micro Nippers?

Micro Nippers are children who can join Nippers from the age of 6, until they become full Nippers at 8. They need to be able to swim, but do not do an entrance test. **A Parent must accompany their child to Micro Nippers.** Micro Nippers enjoy a fun introduction to the activities of Nippers, including running, flags, and board relays, but do not compete in carnivals.

What does it cost?

Micro Nipper – R100 per year

Nipper (U8-U14) – R300 per year

Nipper Single Parent - R150 per year

Additional Nipper Parent – R100 per year

Parents will need to join in order to use the facilities of the wonderful clubhouse we have right on Central Beach.

What to Bring?

About the only items needed are a Plett Surf costume, a towel, sun protection (applied before you arrive) and a smile. Nippers are encouraged to bring swim goggles, and a change of clothing.

The club supplies all other required equipment, which is available for the use of all registered Nippers.

GENERAL INFORMATION:

The 2007-08 Nipper season will start on Friday 10 October, at 3pm

Nippers are held each Friday, unless there is a Carnival. Only registered, fully paid and therefore insured members are able to participate. A Calendar of all Nipper events will be supplied for your information as soon as it can be finalised.

For the Under 10 to Under 14 members, regular events such as a Long Run, Beach Sprints and relays, a swim, Board races and relays, and Flags will be conducted with the emphasis being on learning Surf Life Saving skills and having fun.

Micro Nippers do running, flags, wades, and board relays. The emphasis here is on having fun and learning to work and move with the water

ON THE DAY:

Nippers starts at 3:00pm each Friday. Please do not be late. Other training days may be arranged, and parents and Nippers will be advised of these. Any announcements that need to be made will be made through your Coach or Plett Surf Web site.

The Plett Surf Skull cap needs to be worn by all competitors for the duration of Nippers. This is a safety measure so that Nippers are easily identifiable on the beach and in the water.

It is required that all those in the competitive age groups (U10-U14) wear Plett Surf costumes. Board shorts and t-shirts may not be worn. Girls may wear hotpants over their costumes provided they are blue or black. At carnivals, Plett Surf costumes, rash vests and skull caps must be worn in all events, and NO shorts are allowed to be worn.

All competitors need to line up in their age groups to have their name marked off. Competitors are then expected to stay with their age group until the end of Nippers.

At the end of Nippers, at about 5:00pm, all equipment needs to be returned from the beach, washed and put away. Each age group will alternate as a duty crew each Friday, where their responsibilities will include packing away of equipment and craft. Nippers is not over until this has been finished.

All parents are encouraged to help with Nippers, as parent assistance is vital to the smooth running of the day.

SURF EDUCATION:

One of the main areas in Nippers is the development of surf skills and knowledge of the surf and surf life saving.

Each week, an age group from the Under 8 to Under 14's, will start their Nipper Friday in the Clubhouse with their Coach and an Instructor. Each Nipper will need to bring their Red Book, which will be supplied, to each Nipper at registration. Inside are various activities that each Nipper must complete. Parent assistance in this area is again required.

MICRO NIPPERS:

Micro Nippers may join when they have turned 6 years old on or before 30 September, 2008. They need to be able to swim, but do not perform the entrance test. **A parent must accompany their child to Micro Nippers.**

Micro Nippers may not under any circumstances participate on a Friday without the presence at all times of a parent or guardian. This is to ensure the safety of the children, and also to lend a hand to the coaches. You will also benefit from being involved in the fun and education of your child. NIPPERS IS NOT A CHILD-MINDING PROGRAM and Micro Nippers without parental supervision will be asked to sit in the clubhouse. Please do not put your child in this position.

LEVEL TESTS:

All U/10 to U/14's must prove their proficiency in order to compete in water events at Club level, do water training and attend carnivals, even if they are only competing in beach events. If you have not met or completed your level test, you may not enter a carnival. Dates for the level tests will be advertised on the website, and in the clubhouse.

	Nipper Competition Qualification	
	Timed Pool Swim	Run-Swim-Run
Level 1 Under 10	300m pool swim within 8 minutes	Run-Swim-Run (75m-150m-75m)
Level 2 Under 12	400m pool swim within 10 minutes	Run-Swim-Run (100m-150m-100m)
Level 3 Under 14	400m pool swim within 9 minutes	Run-Swim-Run (150m-200m-150m)

COACHES :

Each age group has at least two Coaches with most having more. They will be in charge of competitors in their age group each week and will make team selections, based on regular attendance and performance. It is important to remember that *they are volunteers who are trying to do their best*. Please help them as much as possible. No special skills are required to coach, and the club encourages parents to become involved at any time in coaching. A coaching clinic will be held during the course of the season.

Coaches do an excellent job in looking after Nipper equipment, but their job is made easier if all personal equipment clothing, goggles etc is clearly marked with Nipper's names.

PARENTS RUN NIPPERS :

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 the Club will therefore always be in need of fresh ideas, new office bearers and volunteers.

Ways you can get involved are:

- Coaching
- Managing equipment
- Setting up and putting equipment away
- Water Safety
- Education and Training
- Fundraising
- Carnival Assistance
- Judging
- Any other help and ideas.

THIS IS AN OPEN INVITATION TO ALL PARENTS TO BE INVOLVED AND PARTICIPATE IN PLETT SURF NIPPERS

EQUIPMENT:

The club tries to ensure that we have quality equipment for the competitors to use. Please encourage all Nippers to respect equipment and help return it to the storage areas after use. All equipment should be cleaned before being returned. Remember that cared for equipment saves you money and allows the club to offer better facilities to your child. We need parents to assist with the cleaning and putting away of the equipment each week.

WATER SAFETY:

The club provides water safety whilst water events are being conducted. This includes club members on boards and swimmers. During Carnivals, water safety officers wear red and orange caps and are holders of a Lifeguard Award.

If you are interested in helping out in water safety, please see any of the water safety parents. Assistance in this area is vital to the running of Nippers each Friday and any help is very much appreciated. During Carnivals, the club is required to have a number of water safety officers and without these we are not allowed to compete.

CARNIVALS:

The Carnivals are held as competition between nippers of different surf clubs, culminating with the East Cape Championships, followed by the Nipper National Championships at Ishaka Beach, Durban on 3-5th April, 2009.

Carnivals are full day events held at beaches where Plett Surf Beach Nippers (U/8 to U/14) compete against Nippers from other clubs. Competitors must wear the Club skull cap and Club costume when competing at carnivals.

Micro Nippers do not compete at carnivals.

Carnivals are open to all Nippers to attend, as long as they have completed the Run-Swim-Run and a Timed Pool Swim, thereby passing their level test, and obtaining their Nipper Number. A Nipper Number must worn by every Nipper attending a carnival, regardless of whether they will be competing in water or beach events. All Nippers are able to enter individual events.

To participate in carnivals, each Club must supply a specified number of accredited officials, and water safety officers.

A Carnival or Championship Entry Form needs to be submitted to Lifesaving South Africa bearing the names of all competitors one week before the carnival. It is therefore vital that those planning to attend the carnival to let their coaches know the week beforehand.

It is vital that we get help from parents of those competing at carnivals. IF AN AGE GROUP DOES NOT HAVE ENOUGH VOLUNTEERS FOR CARNIVALS THAT AGE GROUP WILL NOT COMPETE.

NIPPER EVENTS:

Beach Events

BEACH SPRINTS - running over a set distance in the sand (50m - 70m depending on age).

FLAGS - lying flat on sand, then getting up, turning, and running a short distance to grasp lengths of hosepipe standing in the sand.

BEACH RELAYS - teams of four run a relay over similar distances to the beach sprints.

LONG RUN – Individual, long distance running on the beach.

Water Events

SURF SWIM – swimming from the beach, around a “U” shaped course - distance depends upon age.

MALIBU AND BODY 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 NIPPER - a race involving running on the sand, swimming and paddling a board around a set course.

MALIBU AND BODY BOARD RELAY - a team paddle their boards in turn around the course.

TAPLIN RELAY – Similar to Iron Nipper, but in relay form.

All junior competition and events are conducted under the rules and regulations specified by LifeSaving South Africa. These are available from the Nipper Officer.

TEAM EVENTS AT CARNIVALS:

While all level tested Nippers can enter individual events at Carnivals, Relay teams will be selected based on the following criteria:

- 60% attendance required prior to a carnival to be eligible for teams;
- Coaches will select the teams.
- If & when required, run-offs will to be held prior to a carnival between the top boys and girls to determine make-up of relays

AGE GROUPS:

	<u>BIRTHDAY</u>
Under 10	01 October 1998 to 30 September 2000
Under 12	01 October 1996 to 30 September 1998
Under 14	01 October 1994 to 30 September 1996

MEETINGS:

The Executive Committee meets monthly.

General meetings are held in the Clubhouse immediately after Nippers when required. *General meetings are open to ALL parents* and parents are encouraged to attend these meetings so that we can gain the benefit of everyone's ideas and input.

SIPPERS:

Each Friday afternoon from about 5:00pm Plett Surf Surf Club bar is open for "Sippers". This gives all members a chance to meet and mix socially over a few drinks while the children also mix and play together. All parents are welcome and we especially invite all new members along.