

TH&C Nippers

Season 2023-24
*Training &
Competition
Program*



TH&C Nippers Program

Est. 1966

Tweed Heads & Coolangatta Surf Lifesaving Club
Marine Parade & Hill Street
Greenmount Beach, Coolangatta

Welcome

At Tweed Heads & Coolangatta SLSC we encourage development through participation in our club training sessions and inter-club competitions. By participating in this part of our program, our junior members can work towards improving their beach skills, confidence and fitness levels and continue to build close and supportive friendships.

We provide a very comprehensive competition and professional training program each season for those junior members wanting to participate in SLSQ and SLSC carnivals. If your Nipper would like to participate in carnivals, they can join our **Training and Competition Squad** by paying our levy as a membership 'add-on' which includes:

- Nipper board storage.
- Carnival entry fees.
- Junior surf and beach training program.
- Holiday training camp.

This levy must be paid before any Nippers can participate in training or inter-club competitions. The current levies are:

- Under 8s - \$70/season.
- Under 9s to Under 10s - \$100/season
- Under 11s to Under 14s - \$140/season
- Family (2 or more Nippers) - \$170/season



Training Program

At TH&C Nippers, we are very fortunate to have a team of dedicated and knowledgeable Coaches specialising in both beach and surf sports:

Beach Coach - Chelsea Lane
Surf Coach - Kane Haley

Training session days and times are advertised on our 'TH&C Training & Competition Squad 2023/24' facebook page. Our club operates on Qld times, regardless of the location of training.



Before attending any training sessions, Nippers must:

- Be a financial member of TH&C SLSC.
- Paid their Training & Competition levy.
- Completed their Pool Evaluation, Competency Beach Evaluation and Competition Evaluation.

For insurance and safety reasons, Nippers must also **SIGN ON** and **OFF** for each training session attended.



Beach sessions can be attended by Nippers aged Under 8 and above and surf sessions can be attended by Nippers aged Under 9 and above. Beach sessions may be held on the sand or grass. Some surf sessions will be held in the harbour.

We strongly recommend that Nippers attending surf training sessions are attending external pool squad training to ensure base fitness and stroke competency. Nipper Sundays are provided to develop skills in Surf Lifesaving. Whilst they are extremely beneficial and Nippers are expected to attend, these sessions are not intended as training days. Instead, our mid-week and Saturday training program is provided to build fitness, improve technique and prepare for competition. Please discuss an appropriate training schedule for your Nipper/s with our Coaches.

Competition Program

TH&C SLSC participates in the Point Danger Branch carnivals, as well as Gold Coast, Queensland and Australian Titles. The training and competition levy covers the cost of all entry fees.

In our junior program, we have two **Carnival Coordinators** who oversee our competition program - **Jaime Millar** and **Sam Alford**. They work closely alongside our **Water Safety Coordinator - Matt Dickens** and **Officials Coordinator - Suzie Keith**. Our carnival coordination team is closely supported by our Coaches, Office Administration Team, Age Managers and Junior Committee.

Once the training and competition levy is paid, Nippers will be given access to our training and competition program. The carnivals scheduled for the 2023/24 season are:

- U11-15 Gold Coast City Titles - Saturday 4th/Sunday 5th November 2023 (TBC)
- U8-10 Teams Carnival - Saturday 11th November 2023 (TBC)
- U8-10 Little Mates Carnival - Saturday 2nd December 2023 (Bilinga)
- U11-13 Gold Coast Carnival - Saturday 3rd February 2024 (Bilinga)
- U11-15 PDB Youth Championships - Saturday 24th/Sunday 25th February 2024 (North Kirra)
- U8-10 PDB Branch Championships - Saturday 9th March 2024 (Currumbin)
- U11-15 Qld Youth Championships - Thursday 21st March to Sunday 24th March (Burleigh Heads)
- U13-15 Australian Youth Championships - Saturday 13th/Sunday 14th April 2024 (Alex Headlands, Maroochydore, Mooloolaba, Coolum).

It is each family's responsibility to enter their Nipper in each carnival. We will **NOT** be chasing families for entries this season. There is an expectation that all Nippers in our Training & Competition program participate in Carnivals.

Once entries are open, details will be advertised on our designated facebook page. Families will also be emailed. Entries can be made by completing the '**jotform**' to confirm which events your Nipper would like to compete in. One jotform is required for **EACH** Nipper competing.

Entry jotforms will be issued approximately 3 weeks prior to each competition, and families will have 5-7 days to respond. Once jotforms are submitted, entries will be collated and information will be published on our facebook page for families to check.

Each Age Group has different events they can compete in:

Under 8s	Under 9s	Under 10s	Under 11s – 14s
Wade Sprints Flags	Swim Wade Board Sprints Flags	Swim Wade Board Sprints Flags	Iron person Swim Board Sprints Flags Beach Runs

Once individual entries have been submitted, teams will then be put together by our Coaching Team. This information will be published prior to the start of each Carnival.



Carnival Days

We love seeing our Nippers wearing our club gear when representing TH&C at carnivals. **Club Swimwear** is available and can be purchased from our uniform shop. It is preferable for your Nipper to wear sun safe clothing for UV protection. Umbrellas are also helpful and available for purchase.

All competitors must wear a **pink high visibility rash vest** and **Club Nipper cap** when competing.

Leading up to carnivals, please regularly check our Training and Competition facebook page for instructions and possible late changes. Our Nippers Committee, Administration team and Age Managers dedicate many hours to planning and coordinating our carnivals. We do not have time to chase families or provide individual communications. It is each family's responsibility to stay informed.

Carnivals generally start at 8am, although some events can be scheduled earlier. Dedicated warm-up times are set for each Carnival and typically begin around 7am. Please aim to arrive at the carnival tent between 6.30am and 6.50am and report to your Age Manager. All carnival times will be issued in Qld time.

Events are subject to change and schedules can alter significantly on the day. At times there can be big time gaps between events, but other times, events can run back to back fairly rapidly. These are hard to predict, but there's always plenty of action on the day!

Nippers and their families are expected to stay close to the TH&C tent during the Carnival. Nippers **MUST** inform their Age Manager if they are to leave the club area for **ANY** reason. Age Managers won't chase children that aren't in their correct area when marshaling commences or when their event is ready.

TH&C rewards their U11-U15 Nippers with a 'State Team Pack' prior to the start of the Queensland Youth Championships. We ask all families to pay a small amount toward this pack. This year the State Commitment Fee is \$90/competitor, which only subsidises part of the cost.

A helpful carnival checklist can be found on the following pages.





CARNIVAL CHECKLIST

✓ **ESSENTIAL ITEMS** (you can't participate without them):

- Club pink rashie. It **MUST** be bright pink no faded or old ones. The kids will not be allowed to enter the water with faded rash shirts for safety reasons.
- TH&C cap. For carnivals the club cap must be worn, again it can't be faded for safety reasons.
- Swimmers - TH&C club swimmers/jammers available to purchase.
- Board (waxed prior to carnival) - This only applies to U11's and above, foam boards will be provided for U8's to 10's.

✓ **RECOMMENDED ITEMS**

- Goggles
- At least 2 Towels (one for the chair and one for their body). TH&C Hoodie towel is great because it offers sun protection as well as keeping them dry or warm on cold/wet days.
- Wide Brim Hat
- Long sleeve shirt or jacket for sun protection
- Jacket for the wet windy days
- Thongs (sometimes a long walk to the beach and the sand can be super hot)
- Sunscreen (zinc for face and cream for body)
- Chair
- Esky / lunchbox packed with nutritious easy snacking food
- HEAPS of water to drink – recommend to freeze some bottles and use as ice blocks in the esky

CARNIVAL CHECKLIST CONTINUED

✓ AND FOR THE SUPPORT TEAM...

It is a long day on the sand for you too so make sure you have your :

- Hat
- Sunnies
- Sun protection
- Snacks & water bottles
- Umbrella for shade whilst watching events
- Beach umbrella/shade tent
- A sense of humour & helping hand...

Age Managers, Team Managers, Water Safety personnel and Officials all have kids participating so they rely on other parents to help with their own kids, keep all kids sun safe and together and be prepared to help wherever and whenever you can especially at set up and pack down times.

✓ KEY FOR A SUCCESSFUL CARNIVAL

- **Manners** – always thank your officials and congratulate your competitors from all clubs
➤ the TH&C team spirit is a vital to a great carnival day!
- **Big Smile** – it should be fun ALWAYS!
- **Arrival** - arrive when advised by the club and allow extra time for parking. Check in with Age Manager on arrival and always check out with Age Manager before leaving the Carnival.
- **Parents/Carers** - nippers should be under the supervision of their parent/carer. Please don't take your child to the bathroom, to get some lunch or to go for a swim **WITHOUT** informing your Age Manager. Schedules often get changed with little notice, so it is important that the Age Manager's know where their competitors are at all times

QUESTIONS?

Contact your Age Manager. Follow the TH&C Training & Competition Facebook group for Carnival specific details.

Carnival Selection Policy

Once individual entries have been submitted, our Coaching team will select Nippers to compete in teams. As TH&C is a large club, often A, B and C teams will be entered in any one age group. There is an expectation that Nippers have regularly attended Club and/or external training programs in the lead-up to Carnival days.

As part of the selection process, Coaches will consider a range of factors including each Nipper's skills, attitude, effort, competitiveness and commitment.

At each Carnival, Coaches may still make changes to team composition prior to marshalling. Factors that may be considered include fatigue, injuries, weather conditions and achievements on the day.

Nippers can be brought up from a younger age group to form a team. TH&C Nippers can even combine competitors with other Clubs.

To compete at the U11-U15 **Queensland Youth Championships**, Nippers must have completed their Age Awards for that season. Other requirements include:

- Under 12s to U15s can nominate for all individual events (except Ironperson and Beach Runs).
- Under 12s to 15s wanting to compete in the Ironperson and Beach Runs must qualify at the Point Danger Branch (PDB) Titles.
- Under 11s need to qualify for all individual events by competing at the PDB Titles.
- All U11-15 teams have to qualify at the PDB Titles.
- Under 10s can compete in Under 11 team events (that qualify at PDB Titles).

If TH&C qualifies in a team event to compete at the Qld Youth Championships, that entry belongs to the Club, not individuals. It is sometimes necessary to make changes to teams leading up to the Qld Youth Championships. The Coaches will select the team members who they believe are most likely to perform at their best. They will consider factors like performances across the season and during training, as well as weather and surf conditions and order of events.

If any families would like to seek any additional information about team selections, please approach Iain Rogers, our Nipper President. We ask that families **DO NOT** approach Age Managers and Coaches on the day of competition to question any Club decisions made as this can be extremely disruptive to our program.

Consistent with our Code of Conduct, we also expect all families to be supportive and encouraging of **ALL** Nippers in our program, regardless of team selections.

Board Storage

Any use of Junior Activities equipment must be arranged through the Nippers Committee. This includes **ALL** club gear from tent pegs to rescue boards.

Once you pay your Training & Competition levy, you are entitled to store your Nipper board in our Nipper shed. Please **DO NOT** use any fibreglass boards that **DO NOT** belong to you. We strongly recommend that all Nipper boards are locked up after every use. Please **USE YOUR DESIGNATED STORAGE BAY** each and every time the board is used.

All Nippers in Under 11s to Under 14s need to provide their own fibreglass board. Nippers in Under 9s and Under 10s will be permitted to use our Club foam boards. However, it is recommended that Nippers planning to compete in board events consider purchasing their own foam board for use on training days, Nippers Sundays and carnivals. These can then be locked up in our Nipper Shed.

Boards are extremely expensive assets and need to be cared for. Some basic guidelines include:

- Carry your board on the beach, do not drag it.
- Do not throw the board down on the sand.
- Do not sit or lay on your board out of the water.
- Lay your board with its fin up when not on the sand.
- Inspect your Nipper's board before and after each use to ensure no damage is done that could cause long term or irreparable damage.
- Repairs need to be done by a board specialist.
- The board is to be **WASHED OFF WITH FRESH WATER AFTER EVERY USE** and before being stored in the Nipper shed.



Volunteering Roles

Surf Life Saving Queensland is a grass-roots organisation built on the foundation of volunteering. To run a successful junior program at TH&C Nippers, we have many volunteers who contribute hundreds of hours whilst balancing full-time jobs and family commitments.

We encourage all families within our TH&C Nippers program to contribute in some way. This is not only important for us to function effectively and safely, but also provides a critical opportunity for us to model to our children the importance of community participation and involvement.

It is expected that all families who have a Nipper/s participating in our Training & Competition program must take on **ONE ROLE** within our Club. Of particular importance to ongoing competition participation is **Water Safety** personnel and **Carnival Officials**. To compete at any carnival, TH&C SLSC must provide both Officials and Water Safety personnel. If we do not meet our quotas, we can be asked to reduce our competitor numbers. This would present an extremely difficult situation as it would mean that some Nippers would not be allowed to compete or our Club could be asked to withdraw from the carnival.

A range of training programs are offered throughout the season to qualify in our volunteering roles. When Nippers join the Training & Competition program, families will be asked to commit to the role they plan to take on within the Club. If families are not participating, their Nipper may not be allowed to continue to train or compete. We follow this policy to ensure that roles are shared as equally as possible across families.

Whilst we recognise that it can sometimes be daunting to become involved in a new organisation, we have a welcoming and fun culture at TH&C SLSC and are confident that you will quickly feel comfortable within this environment. We have many people available to help and guide our families when questions arise. Our junior program provides a wonderful foundation for building friendships and feeling connected to your local community. Welcome to our TH&C Surf Life Saving Club!

