

TH&C Nippers

Season 2025-26
*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 - TBC

Surf Coach - TBC

Training session days and times are advertised on Team App. 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.
- Be an active volunteer within the TH&C Nippers Program by having an agreed role.



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. It is each family's responsibility to enter their Nipper in each carnival. We will **NOT** be chasing families for entries this season.

Once entries are open, details will be advertised on Team App and 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. 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



This season we are also aiming to continue our March Past Program and recommence competition in R&R (Rescue & Resuscitation).

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 the Training & Competition Squad Access Group in Team App 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 marshalling 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.

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. Selection of entries in Carnivals may also depend on the clubs ability to maintain volunteer ratios. Carnival competitor selection in these cases will be based on the policy outlined on page 7 of this document.

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 Brie Jowett, 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. A sticker will be issued each season to label your storage bay.

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.

To continue to run a safe and effective program, more assistance is required. Consistent with most other clubs within our Branch, commencing this season all families part of the squad will be required to hold **ONE FORMAL ROLE** within the Club. The program will be open to applicants, and only those families who either hold a role or commit to a new role will be permitted to join the squad. New families will be given one season to learn about the volunteering opportunities available, but will then be expected to take on a formal role **BEFORE** their second season within the program.

To meet all SLSQ requirements, we currently need to provide volunteers at specific ratios. Qualified Water Safety volunteers are required at a ratio of 5 Nippers:1 Water Safety. Carnival Officials are required at a ratio of 8 Nippers:1 Carnival Official. We are also required to provide IRB Drivers and Crew at most Carnivals.

Unfortunately we did not meet all of our volunteer ratios at Carnivals last season which will not be tolerated by Point Danger Branch in the future. This means that we will be asked to reduce our entry numbers if we cannot provide the sufficient number of volunteers. The Committee has therefore decided to introduce a policy around this requirement. If we are unable to meet our volunteer ratios, we will be using the following order of priority for participation in Carnivals and Training Sessions:

1. Children of Officials and IRB Drivers/Crew.
2. Children of Committee Members and Water Safety.
3. Children of Age Managers.
4. Children of Families who hold other recognised roles within the Club.
5. All other families.

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 **WILL 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!

