



**NOOSA HEADS SURF LIFE
SAVING CLUB**
JUNIOR COMPETITIVE HANDBOOK



UNDER 8 - UNDER 15
SEASON 2023/24

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INTRODUCTION

WHAT IS JUNIOR SURF SPORTS?

Junior Surf Sports is broken into two age groups. U8's - U10's is an introduction into carnivals and is all about participation and giving it a go! There are generally only three carnivals per season. U11's - U15's is more competitive, there are officials, places given and a structured program to follow. There are between 12 and 16 carnivals per season for these age groups. It is important to understand that Nippers do not have to compete in all disciplines or all events. Your Nipper should always be comfortable with conditions before competing. Noosa's focus is all about participating, giving it a go and teamwork.

WHAT IS THE PROCESS TO GET INVOLVED?

Your nipper MUST complete a Competition Evaluation, This is organised on the first day of Nippers after the Beach Evaluation where they will have to complete a second run-swim-run. Each age group has a different distance requirement. Evaluations are finalized within the first couple of weeks of the Nipper season.

We encourage all Nippers (competitors or not) to attend training to better their skills in the water and on the beach.

Once your Nipper has completed their Competition Evaluation, they are ready to nominate for their first carnival. See the competition section of this handbook to learn more about the nomination process.

CLUB CARNIVAL ROLES

- Age Managers are responsible for running activities for their group of nippers during Club Sundays and attending Carnivals as they encourage children to learn and progress in their surf lifesaving activities.
- Team Managers are to efficiently and effectively manage the Nipper teams at carnivals.
- Coaches are here to help develop our Nippers techniques in the water and on the beach, they also assist in assigning the Nipper teams.
- Water Safety are responsible to help the kids in the water, nippers require 1:10 ratio of water safety crew.
- Officials play a critical role within the Surf Sports environment. Their responsibilities revolve around providing safe, fair and fun surf sport competition environments, in which participants develop a love of Surf Sports and of competition. Each club is required to provide 1:10 ratio of officials based on competitors entered.
- Carnival Tent Set Ups crew are important so that the kids competing have a home base set up to go to between events.

SURF SPORTS

DISCIPLINES/EVENTS

WATER EVENTS

The U8's - U10's are tested on their water skills with events such as:

- Wading races
- Board races
- Ocean swims

The U11's - U15's are encouraged to display their skills by competing in events such as:

- Iron Person
- Ocean Swims
- Rescue simulation
- Fiberglass board events

For more understanding watch here: <https://www.youtube.com/watch?v=PCBy9UjGpbl>

BEACH EVENTS

All age groups are able to participate in these events. All beach events are the same just varying in distances, from our youngest Nippers to our oldest Master Competitors. Our Nippers participate in the Beach Sprints, Beach Flags and and our U11's to U15's compete in 1km & 2km Beach Relays.

For more understanding watch here: <https://www.youtube.com/watch?v=PCBy9UjGpbl>

SURFING EVENTS

Only U11's - U15's are able to participate in these events. These Carnivals are held on surf beaches in the Sunshine Coast and Gold Coast and held in heats. Scores are given based on Surfing Queensland guidelines.

For more understanding watch here: <https://www.youtube.com/watch?v=Y-wx2e1HsvA>

TEAM EVENTS

U8's -U10's are able to compete in Wade, Board, Camerons and Beach Relay team events. U11's - U15's are able to compete in Surf Race, Cameron and Board Relay team events. These events demonstrate comradery and team work.

SURF SPORTS

DISCIPLINES/EVENTS

SURF RESCUE EVENTS

Only U14's & U15's are able to compete in these events (Nippers must hold their Surf Rescue Certificate (SRC) as a pre-requisite) Lifesavers are tested on their theory knowledge, physical skills, and problem-solving in scenario-based competition. Surf Rescue events test the Nippers lifesaving skills with events such as Patrol Competition, Champion Lifesaver, and First Aid Competition.

For more understand watch here: <https://www.youtube.com/watch?v=l7ArblRyup4>

MARCHPAST AND RESCUE & RESUSCITATION (R&R)

U11's - U15's are able to compete in these events. These events are a traditional and proud part of a competition that is usually represented at Branch and State carnivals only. These events demonstrate the past traditions and lifesaving techniques and we encourage everyone that is able to get involved.

For more understand watch here: <https://www.youtube.com/watch?v=HPsYc2bxSE8&t=105s>

POOL RESCUE EVENTS

U11's - U15's are able to compete in these events. These events are held in the winter season only. Our Nippers get to develop their skills in the pool with various rescue simulated events, such as:

- Line throw
- Mannequin carry
- Obstacle races
- Relays

For more understand watch here: <https://www.youtube.com/watch?v=uEmZhVvrM4w>

TRAINING

INTRODUCTION TO TRAINING

Junior Surf Sports training is held throughout the week for U9-U14's, and is optional to attend but we encourage everyone to get involved. We have a crew of professional coaches who develop our Nippers techniques in the water and on the beach. All equipment is provided for the training sessions. Each nipper will be required to pay \$100 training Levy to attend the training sessions. This fee is payable via your member's portal. This levy covers the coaching fees and use of equipment during training sessions.

TRAINING SCHEDULE

Training schedules are released fortnightly via the Stack Team App. There is a Training levy that once paid the nipper will be added to the group access. There are opportunities for Nippers to train most days of the week depending on their age. Please ensure your email and phone number are correctly entered for your nippers by checking your members portal in case last minute changes are sent out.

EXPECTATIONS

Nippers attending training sessions **MUST** have completed all of their competencies. The required uniform for water training sessions is the pink high vis rashie.

Before every training session nippers are expected to be signed in by their parent/guardian who must also be present the whole duration of training in case of emergencies.

During any water activities, we are required to have water safety. We need parents/guardians or siblings who hold an SRC or Bronze to jump in to help with these sessions. Without enough water safety, these training sessions can not go ahead. To get your SRC or Bronze follow the link to register:

<https://www.noosasurfclub.com.au/register-for-courses/>

CARNIVALS/COMPETITIONS

NOMINATION PROCESS

To be able to compete, you must nominate your nipper for a carnival. Generally, 2-4 weeks before a carnival nippers will receive an email nomination form for the upcoming carnival. You are to complete this online nomination form before the closing date. Some carnivals do not allow late entries and others attract a late fee.

It is important to note that your child must have already completed their competition evaluation before nominating for any carnival. If you enter your Nipper and do not attend the carnival you will be charged the full entry fee.

LAYOUT AND STRUCTURE OF A CARNIVAL

Each carnival will be slightly different in beach setup and timetable. The Club will have tents set up on the beach which corresponds with a colored water area. Water areas will be designated to an age group or gender. It is recommended that your Nipper stays within the tent as much as possible to avoid missing races and to stay out of the sun. There will be at least one Age Manager per age group and gender. The Age Managers will chaperone Nippers to and from marshaling areas. If you have any issues or concerns please talk to your Nippers age groups Age Manager, if your questions cannot be answered by the Age Manager please direct it to the Team Manager.

COMPETITOR EXPECTATIONS

When Nippers are competing they are acting as Club Ambassadors. They should be dressed in the correct uniform wearing a Pink High Vis Rashie, Club comp cap with Noosa Club togs. Competitors should always act in a good sportsman-like manner and support fellow club members where possible.

When in team events competitors are expected to help fill teams where possible to encourage participation for our Nippers as a whole.

WHAT TO PACK

Most carnivals will run between 7 am - 4 pm and can span over the course of a weekend. It is important to pack your bags as if you are heading down to the beach for the entire day. We suggest also packing: Zinc, a rain/wind jacket or long sleeve shirt, an esky full of water and snacks, strapping tape, vasoline, hat towel and goggles.

CARNIVALS/COMPETITIONS

PARENTAL EXPECTATIONS

To be eligible to compete as a club we need to supply Water Safety personnel and Officials. If we do not meet these criteria we are unable to compete. (We require parent's assistance in order to help to get our kids in the competition) The more helpers we have the more we can rotate your shifts (AM & PM) so you can spend time with your Nipper on the day. You must nominate for one of these positions in the nomination form.

To sign up for these roles head to: <https://www.noosasurfclub.com.au/register-for-courses/>

Competing should be fun for our Nippers and we advise against pushing your Nipper to do something they don't want to do.

Watersafety must have a SRC/Bronze and Officials need to complete an online course.

ACCOMODATION & TRAVEL

Noosa Nipper Parents are to organise their own accommodation for any carnivals held away from the Sunshine Coast, The Club will not take responsibility for booking accommodation. For carnivals held away from the Sunshine Coast there will be a home base for everyone to meet, all of this information will be given to all participants before the events, but parents are still expected to book their own accommodation.

TEAM SELECTION

Noosa Nippers has a team selection process in which the Age Manager, Head Coach and Junior Head Coach delegate the teams. If there is a conflict of interest the Team Manager will assist in the selection process. These teams may be changed on the day based on injured competitors or unforeseen circumstances.

For the full policy head to: <https://www.noosasurfclub.com.au/wp-content/uploads/2013/07/JAC-Team-Selection-Policy-V3.pdf>

BRANCH CARNIVAL INFORMATION

All U8-U15's nippers interested in competing in Branch **MUST** nominate!

All U11's need to qualify in the top 6 in ALL events, individual and teams alike in order to compete at the States.

All U12 - U14's need to qualify in Ironperson and Beach sprint events as well as ALL Team events in order to compete at the States. These team events are:

- Surf Teams
- Board Relay
- Board Rescue
- Cameron Relay
- Beach sprint relay

STATE CHAMPIONSHIPS

STATE QUALIFICATIONS

ONLY U11-U15's are able to compete in State Championships. All U11-U15's nippers interested in competing in States MUST nominate! Nominations close earlier due to uniform arrangements. Nominations will be released in late 2021 and close during the Christmas break.

All U11's wanting to compete at the States require qualification in both individual and team events from the Branch Championships in order to progress .

All U12 - U14 Team events, Iron Person, and 1-2km Beach running events also require qualification from the Branch Championships in order to compete for those events at State Championship.

FAQ'S

DO YOU HAVE TO COMPETE TO ATTEND TRAINING?

You do not need to compete to be eligible to attend training! We encourage all Nippers to develop their skills and confidence through training. Feel free to attend as many sessions or as few sessions as you wish, there is a training levy for the season that is payable via the members portal at any point in the season.

DOES YOUR NIPPER NEED TO ATTEND EVERY CARNIVAL?

Carnivals are much like training. You can attend as many as you wish. Please keep in mind that from a team perspective we would love to create teams at the beginning of the season and continue them through, this builds team work and friendships. Just remember that if you nominate you must attend. If you nominate and do not attend the carnival, you will be charged the full entry fee.

WHAT CARNIVAL FEES ARE INVOLVED?

Noosa Nippers pay for all your carnival entry fees (excluded to Branch & States) within the annual membership fee. There is an additional training levy for the season as mentioned. We give our Nippers the opportunity to earn their State uniform through raffle ticket sales.

WHAT SAFETY PRECAUTIONS ARE INVOLVED?

For all Nipper events, training or programs, a risk assessment is done prior to all Nippers events commencing. Based on this assessment, the authorized person may change the activities prepared or move the session to a safer location. If at any time you feel a situation is unsafe, please bring it up with an Age Manager, Coach, Team Manager, or a member of the Junior Activities Committee as soon as possible.

CONTACTS

CLUB CONTACTS

Board of Directors

President	Ross Fisher
Duty President	Brett Leckie
Director of Finance	Rob Harney
Director of Administration	Barry Leek
Director of Lifesaving	Roger Aspinall
Director of Surf Sports	Alan Rogers
Director of Junior Activities	Shaun Baker

Junior Activities Committee

Deputy Director of JAC	Nick Caple
Age Manager Coordinator	Andrea Baker
Senior Team Manager	Adam Cant
Junior Team Manager	Kate Farley
Water Safety Coordinator	Gary Javonena
Sponsorship Coordinator	Vacant
Seahorse Nippers Coordinator	Stephen Mawby
Gear Steward	Adam Cant

Administration Staff

General Manager	Byron Mills
Club Administrator	Tanya Duncan
Finance Administration	Sharon Henderson
Education Manager	Sacha Tapara-Beaton
Surf Education Coordinator	Lyndon Forlonge
Lifesaving Administration	Anna Widdicombe
Surf Sports Administration	Jan Nel
Membership Development	Renee Scully
JAC Administration	Sheridan Bird
Head Coach	Darren Mercer OAM
Receptionist	Justine Gorton

CONTACT DETAILS

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Email: admin@noosasurfclub.com.au or nippers@noosasurfclub.com.au

Find the information you need on our website: www.noosasurfclub.com.au