



Queenscliff Nipper Handbook

Welcome to Season 2022 – 2023 for all our returning nippers, and if you are new to the club, thank you for choosing Queensie!

We are looking forward to the season ahead. Let's pray for lots of sunshine and calm seas.

Sunday sessions are the main component of the nipper's season, but that is not the only activity we do for our nippers. Our amazing coaches run board training and beach running sessions through the week and before nippers on a Sunday. We also have March Past and Rescue and Resuscitation teams.

Important Dates for the Season

Our season will commence on Sunday 16th October, 2022.

All age groups U6 - U14 from 8.45am - 10:30am.

For further information head to the Important Dates section on www.queensie.com under the Nippers Tab.

Communication

All important dates and notifications about nippers are on the Stack Team App site. Follow Queensie Nippers.

Please download this onto your phone if you haven't already done so. If you don't have Stack Team App you will miss out on important notices about Nippers, Training, Carnival and any relevant cancellations!

Step 1: Download Stack Team App from your favourite app store – it's free!

Step 2: Sign-up within the app

Step 3: Log into the app, search for Queensie Nippers and request to become a member.

Step 4: Check out the groups and request any memberships.

Step 5: wait patiently while the admins approve

Step 6: enable notifications....we'll try to keep TeamApp updates to just the super important stuff!



Proficiency

All nippers are required to be signed off as proficient in the pool before they can participate in water activities.

Please see below for the relevant levels for each age group.

This season we will run proficiency in the Queensie Pool on Sunday 9th October. 8am-11am for U8-U13.

U6-U7 will complete their proficiency during Nippers.

Age Group	Preliminary Evaluation	Competition Evaluation
Under 6	Push and glide from wall (1-2m) recover to stand. CONTINUOUS SKILL - Wade through water (5m) float on back or front (5 sec's) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.	NIL
Under 7	Push and glide from wall (2-3m) recover to stand. CONTINUOUS SKILL - Wade through water (5m) float on back or front (5 sec's) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.	NIL
Under 8	Swim on front (20m) followed by swim underwater (2-3m). CONTINUOUS SKILL - Swim on front through water (20m) followed by back or front float (5 sec's) followed by submerge to retrieve object from bottom of water with hands, do not recover to stand between tasks.	Nil (no water competition, except for wade which takes place in waist-deep water)
Under 9	Front to back float or back to front float - 5 sec's per side. CONTINUOUS SKILL - Swim on front through water for 50m, followed by tread water for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 150m open water swim
Under 10	Front to back float or back to front float - 5 sec's each side. CONTINUOUS SKILL - Swim on front through water for 50m, followed by tread water for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 150m open water swim
Under 11	Front to back float or back to front float - 5 sec's each Swim on front through water using freestyle for 100m, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge forward or backward roll to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 200m open water swim
Under 12	Front to back float or back to front float - 5 sec's each Swim on front through water using freestyle for 150m, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge forward or backward roll to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 200m open water swim
Under 13	Front to back float or back to front float - 5 sec's each Swim on front through water using freestyle for 150m, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge forward or backward roll to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 200m open water swim
Under 14	PART OF THEIR SRC QUALIFICATION. 200m swim (front crawl, in less than 5 minutes) 3-minute survival float and submerge with front roll.	Minimum 200m open water swim

First Nippers for the Season

Sunday sessions will commence 16th October – wetsuits are recommended for the first few weeks!

The Queensie Paul Hammond beach carnival will be held on Queensie beach on SUNDAY 6th NOVEMBER – this is a great opportunity to represent your club at our home carnival! It's also a great introduction to carnivals if this is your first time.

Nipper Christmas party will be on SUNDAY 18th DECEMBER – details to come, we have a special guest coming along!

Branch carnival details of dates and venue will be on Stack Team App and on our Important Dates section on our website. In the past our nippers have done an amazing job against the best on the Northern Beachs.

State Carnival - All competitors welcome.

State Champs will be on our home turf at the end of Feb - dates on the website. This is a great event. Our Queensie competition team is growing and becoming stronger - train hard all season towards this huge event! Our nippers show amazing team spirit, fair play and are brilliant representatives of our club.

What to expect at Nippers

Nippers is all about getting our kids Surf Confident, Surf Competent and SURF SAFE. Our program involves a range of activities aimed at increasing fitness, skills and knowledge. These include:

- Beach – sprinting, flags and relays.
- Board – skills on handling the board in the surf
- Swimming – up to 300m surf swim depending on age group.
We also teach the older nippers how to use a rip to get out behind the breakers quickly.
- Lifesaving – a huge part of nippers is training to be a surf life saver.
At Queensie we believe that everyone can learn to save a life no matter what age.
Nippers learn the basics of resuscitation and first aid from day one.
- Surf safety – from understanding rips and currents, to reading the waves and knowing what to do if you get stung by a blue bottle – Queensie nippers get taught how to stay safe while having fun on the beach.

Sunday sessions

Marshalling for the nippers Sunday sessions starts at 8:45am. Nippers are expected to be signed in and ready to go at their Age Group flag so please arrive with plenty of time. Remembering that parking is at a premium!

Parents are expected to stay on the beach while nippers is running. Parents are also asked to assist with running events. Mindful of current COVID-19 restrictions and guidelines.

Nippers rarely gets cancelled. We do run it in the rain. Make sure you have Team App for all updates and to be notified if it is cancelled.

Club Swim

After nippers finishes for older nippers (and parents) there is a club swim that happens from 10:30. A great club event to be part of that brings all ages together. You must be a Queensie member to participate.

Uniform

All nippers are required to wear a high vis pink rashie. This is an essential piece of safety equipment and it makes sure they are visible at all times on the beach and in the water.

We also need all nippers to wear a Queensie cap. These are compulsory and must be worn during the Sunday session and at carnivals. Remember to put your nipper's name on the cap in marker pen!

Queensie swimsuits are also available. These are not compulsory for normal Nippers, but Queensie swimmers look great! Competitors must wear Queensie swimmers and uniform to represent our club.

The uniform shop is open on Sunday mornings throughout the season and on registration days. They take cards as well as cash.

Club championships

Queensie runs an annual age group championship. Awards include first and second boy and girl in each age group as well as the age manager award for nippers who have shown particular dedication, team spirit and bravery.

The age champions are calculated by the race results at Club Champs. Additional points are awarded for each attendance at carnivals. With 1 point for every standard carnival and 5 points if you attend branch and 5 points if you attend state. Three extra points are awarded for nippers who achieve team medals at branch or state and five extra for individual medals.

We also have a very special award given to two nippers in each age group who have shown particular bravery and spirit over the season. This award is given to honor the memory of Carys Bradshaw who fought a very brave battle with cancer. Carys' parents launched the Carys Bradshaw Courage and Determination award and we will continue this tradition of awarding nippers who show particular bravery over the season.

Carnivals

All entry for carnivals will be done via the online form on the Queensie website. A link will be sent for each carnival. We do have a date our entries close for our club which may be different to the Branch closing date. Make sure you check for details.

The club will pay for entries done within the closing date. Late entries will be the responsibility of the individual nipper. See our website for more details.

Call out for March Past and R&R teams

These events are unique to surf lifesaving and are an opportunity for nippers of all abilities to compete at events and win points for Queensie.

March Past involves marching as a team around an arena. It's very technical, but the best thing is wearing your team colours and representing your club!

Rescue and Resuscitation or R&R involves a simulated rescue and resuscitation. Teams of 2 and up compete depending on age group. It's another technical activity, but loads of fun. Queensie R&R teams regularly win medals and we have the legend Col White as our head trainer!

Volunteering

Queensie is a family club and is run by a large and dedicated team of volunteers. We need your help to make sure Nippers runs smoothly and our kids can compete in carnivals. There are a large number of opportunities for volunteering. These include:

- Helping out on Sunday sessions (beach set up/pack up; uniform shop; barbeque duty)
- Officiating at carnivals (please contact nippers@queenscliffslsc.org.au if you want to volunteer as this requires training)



- Water safety
- Patrol – patrolling members are the backbone of the club.
We run regular Bronze training sessions.
Email education@queenscliffslsc.org.au if you are interested!

All nippers parents are required to complete a minimum number of volunteering hours in a season or you will need to pay a levy on your membership. Signing up is easy via our website. Volunteering is fun and you get to meet some great people.

Your Club

Being a member of Queensie means being a member of a 99 year old family. There is a barbeque every Sunday during nippers and the bar is open for drinks Sunday afternoon and other special days.

The First Friday of every month is a club social, everyone is welcome! We have many events throughout the year, so please keep an eye out on our social media pages. Everyone is welcome upstairs at your club, come in and say hello!

Queensie Coaching Team

All Queensie Nippers have access to our amazing coaching team FOR FREE! Our coaches run sessions on a Sunday as well as during the week. The details of these will be posted on TeamApp.

WATER COACH – TBC.

BEACH COACH Michael Gedz – 37 x time Australian Gold medalist in Open and Master's Competitions over the last 40years. Michael has quite a full schedule currently holding the following roles as well as getting our Queensie kids to excel on the sand:

NSW u/14-15 Pathways Beach Coach

NSW High Performance, Development Beach Coach.

SNB Interbranch, Development, Beach Coach and SNB selector.

Michael has led Multiple Australian, NSW beach sprint and flags champions.

We are very lucky to have Michael as our Head Beach Coach at Queensie Nippers.

Important contacts

Queensie nippers is run by a dedicated Nipper committee. Our committee members are always looking out for people to help! Please contact the relevant person if you would like to discuss.

Anthony Rose is the current Junior Activities Director. If you would like to discuss anything or have any issues drop him an email.

Position	Name	Contact
Junior Activities Director	Anthony Rose	jad@queenscliffslsc.org.au
Nipper Administrator	Shona Rose	nippers@queenscliffslsc.org.au
Sunday Co-ordinator	Matt Aberline	
Junior Competition/Coaching Head	Catriona Ormond	simcato@bigpond.com
Water Safety Co-ordinator	Paul Sholl	paul@austinsfs.com.au
Nipper Team Captains	Aly Rounsely Connor Hibbitt-Boyd	
Gear Steward	TBC	
Transition Co-ordinator (cadet program)	Matt Rowe	mrowe2001@hotmail.com

FAQ

Renewing memberships online

If you are a returning member you can renew all memberships online through the Surf Lifesaving Portal. Head to our website for the full steps and links.

I don't live around Queensie, can I still join?

Of course! Queensie has families from all over Sydney, the news has gotten around that we are the best!

How old must my nipper be to join?

Children need to be 5 years old by the opening of the nipper season.

Do I have to qualify for carnivals?

All competitors regardless of whether they are in the water or on the beach need to be water proficient. We will run everyone through their ocean proficiency early in the season to make sure they are eligible.

While we have no rules around the minimum number of Sunday and training sessions nippers need to attend to be able to compete, it is important that they do come along regularly.

Is there a cost to competing in carnivals?

The club will pay for all nippers to attend carnivals. However, it is really important that if you have registered you turn up. The number of nippers competing dictates how many officials, water safety, IRB and first aiders Queensie is required to provide.

When are the carnivals?

These dates and locations are set by Surf Life Saving Sydney Northern Beaches and will be available at the beginning of the season, and listed in the Nippers Calendar.



Guide to Registration

To join us as a New Nipper Family there are a few steps to the process.

First Time Nipper Families

You have to setup an individual account for each of you (parents and nippers) - as this account follows you for life. (if you have an existing adult membership with us or any other Surf Club please contact us as a previous account may already exist).

This account setup occurs in the SLS Membership Portal NOT on our website.

Please head here to join up and this will take you through to the Surf Lifesaving Membership Area.

<https://www.queensie.com/join/>

Set up each member here.

One parent must join with your Nipper or you can join the whole family.

1 Nipper - is \$130 - 1 Parent is \$110 = \$240

or FAMILY membership for 3 or more members is \$300.

If you wish to use ACTIVE KIDS VOUCHERS (these cannot be refunded after being used)

When you set up one of the KIDS accounts - you will move to a section called MAKE A PAYMENT.

Have your active kids vouchers ready to go. (If you log out it no longer prompts you for the vouchers and we have to reject you and start all over again) - it's tricky!

You will only be prompted in the kids account for the vouchers - so best to pay here.

Once that is done we also require ID for each new member including parents - basically we have to check your Date of Birth.

You can upload them up here.

<https://www.queensie.com/joining-members-forms-nipper-families/>

And this form will also ask you to sign a proficiency agreement and a volunteer agreement.

Proficiency is a pre-swim test the kids must do so we can make sure they have the ability to swim. We will announce the Proficiency date soon - it will be held at Queensie pool and is for U8's and up.

Volunteer agreement - we require our parents to do a number of sessions throughout the season to help us run it all... 3 sessions for 1 Nipper and 6 sessions for 2 or more Nippers.

Or you can pay a Non-Volunteer Fee.

There are many options for volunteering. Parent Nipper Helper - BBQ Duty - Beach Setup - the signup sheet is in our Nippers section on the website once the season starts.

If you have any questions along the way please get in touch with us at nippers@queenscliffslsc.org.au