



QUEENSCLIFF
SURF LIFE SAVING CLUB



Queenscliff Nipper Handbook

Welcome to Season 2024 – 2025 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 20th October, 2024.

BUT we will run an U6's Only Session on Sunday 13th October.

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.

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 Nipper parent member.

Step 4: Admins will then approve your request.

Step 5: Enable notifications....we'll try to keep Team App 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. Nippers is not swimming lessons and we expect a certain level of competency before participating in activities. We encourage all our Nippers to be attending external swimming lessons.

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

Proficiency dates will be notified via Stack Team App and email. Please keep an eye out.

U6-U7 will complete their proficiency during Sunday 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

The Nippers Season

Sunday sessions will commence 20th October – wetsuits are recommended for the first few weeks!

Please head to your Age Group Flag around 8.45am for roll call and ready to start at 9am. The session finishes at 10.30am. Please arrive with plenty of time. Remembering that parking is at a premium!

Nippers runs from October through to mid March with a 2 week break over Christmas. Nipper Christmas party will be on SUNDAY 22ND DECEMBER – details to come, we have a special guest coming along!

Parents are expected to stay on the beach while nippers is running. Parents are also asked to assist with running events.

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

Throughout the season our competitors from u9-u14 attend a variety of carnivals but Sunday Nippers is always on apart from a couple of our bigger carnivals like State Champs. Please check the Important Dates section of our Nippers area on queensie.com.

Branch Carnival is the most competitive on the Northern Beaches and is a benchmark for our Nippers. 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 Beaches.

NSW State Championships will be on our home turf at the beginning of March - dates on the website. A great event. Our Queensie competition team is becoming very strong - train hard all season towards this huge event! Our nippers show amazing team spirit, fair play and are brilliant representatives of our club.

If you are interested in joining our Competition Team please reach out to Anthony our Junior Activities Director for a chat. jad@queenscliffslsc.org.au

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.

Club Swim

After nippers finishes for older nippers (and parents) there is a club swim that happens from 10:30am. 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, an essential piece of safety equipment making sure they are visible at all times on the beach and in the water. All nippers must 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. Card only.

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.

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. No late entries will be considered. 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 - must hold a Bronze Medallion
- 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 100 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. Our coaches run sessions on a Sunday as well as during the week. The details of these will be posted on StackTeamApp - follow Queensie Nippers.

WATER COACH Harrison Stone - We are very pleased to have Harrison heading up our Nipper/Youth Water Team at Queensie. An Elite International Athlete and an Australian Silver Medallist in Surf Life Saving, our Nippers are extremely lucky to benefit from Harry's competitive experience. Being a physio, Harrison brings a unique coaching skill set with a focus on technique for our younger athletes. He provides a holistic approach to training and is engaged in watching the kids grow, develop and most of all having fun along the way! He is assisted by a crew with a wealth of expertise from our Opens and Masters competitors. Beginner paddlers are often ably assisted by the legendary Col White as well as our expert and experienced water safety crew.

BEACH COACHES

Brian Dolly has been a successful Competitor for the past four decades and has been an outstanding Coach for the past two decades. He is dedicated to the development of our Queenscliff runners bringing a wealth of knowledge and experience to the coaching team. An Open and Masters Australian and World Beach Relay Champion himself he has coached two U17 Beach Relay Australian Champion Teams and 1 x World Youth Bronze athlete. Brian has coached several NSW Champion Nipper Beach Relay Teams, several NSW Nipper Flags Champions, NSW Nipper, U17 and U19 Sprint Champions and an U19 Australian Sprint Champion. Brian has a strong focus on technique and tactics and is an asset to this coaching team.

Milton Da Rocha, a former beach volleyball player, is a "part-time" beach sports coach. Over the past three years, as Michael Gedz's assistant, he played a pivotal role in leading the U9 girls' relay team to a gold medal in 2020, the U10 team to silver in 2021, and the U12 team to a gold medal in the 2023 State Championship. Milton's coaching philosophy revolves around fostering a positive and supportive atmosphere for all athletes, including his own daughters, Luana, and Giselle Da Rocha. He is genuinely committed to nurturing young talents and believes in cultivating passion and enjoyment for sports, ensuring their overall development and growth.

Sean Keating recently moved to Queenscliff SLSC after 25+ years at Palm Beach SLSC achieving Branch, State & Aussies Gold Titles for the 2km Beach Run Race. Sean's coaching philosophy centers around the joy of distance beach running, creating an environment where nippers can explore the joys of running while developing fundamental skills. By incorporating playful activities and positive reinforcement, Sean aims to give all young athletes a sense of accomplishment and excitement for beach running.

In addition we have our Queensie masters competitors who volunteer their Sunday mornings to help coach the nippers in beach sprinting, flags, ocean swimming and boards. Our masters are legendary!

Get in Touch!

Queensie nippers is run by a dedicated Nipper committee. Our committee members are always looking out for people to help! Please contact Anthony 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. jad@queenscliffslsc.org.au

Shona is our Nipper Admin who can help you with registration and all things Nippers. Shona can direct you to the right people to help you with any queries regarding carnivals, board allocation, training and more. nippers@queenscliffslsc.org.au

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.

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. Best to create a family group for 1 login.

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

1 Nipper - is \$130 - 1 Parent is \$130 = \$260

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

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 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 and location soon via StackTeamApp - it is for U8's and up. U6 and U7 will complete it during Sunday Nippers.

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