



2025

Queenscliff Nipper Handbook

Welcome to Season 2025 – 2026 Nippers!

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 morning sessions are the backbone 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. There is something for everyone at Queensie and our best advice is for you to get involved.

Important Dates for the Season 2025

Our season will commence on Sunday 12th October *for our U6's only*.

Then All Ages back on Sunday 19th 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 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 member.

Step 4: Join Nipper parent group.

Step 5: Wait patiently while the admins approve.

Step 6: 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. 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 so do not need to attend a separate session.



PRELIMINARY SKILLS EVALUATION

STAGE ONE: UNDER 6, UNDER 7, UNDER 8

Aquatic Play and Fundamental Aquatic Skills (FAS)

Minimum depth of safe aquatic environment – 1 metre

MINIMUM AQUATIC SKILL	U6	U7	U8
Flotation	Back or front float for minimum 5 seconds, recover to stand.		
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		
Propulsion	Push and glide from wall (distance 1-2 metres) recover to stand.	Push and glide from wall, kick (distance 2-3 metres) recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).

STAGE TWO: UNDER 9, UNDER 10, UNDER 11

Applied aquatic skills

Minimum depth of safe aquatic environment – 1.5 metres

MINIMUM AQUATIC SKILL	U9	U10	U11
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 1 minute.		Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 2 minutes.
Submersion	Submerge to retrieve object from bottom of water with hands (e.g. dive ring).		Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).
Propulsion	Survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.	Swim on front through water any stroke for 50 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.

STAGE THREE: UNDER 12, UNDER 13, UNDER 14

Junior/trainee lifesaver – pathway to SRC

Minimum depth of safe aquatic environment 1.8 metres

MINIMUM AQUATIC SKILL	U12	U13	U14 (SRC)
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, retrieve object from bottom of water with hands (e.g. dive ring).
Propulsion	Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.		Swim on front through water any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.

Competition Evaluation Proficiency

Nippers who wish to compete in carnivals both beach and water events must complete the open water swim.

U8 Nil (no water competition, except for wade which takes place in waist-deep water)

U9 Minimum 150m open water swim (any recognised stroke)

U10 Minimum 150m open water swim (any recognised stroke)

U11 Minimum 200m open water swim (any recognised stroke)

U12 Minimum 200m open water swim (any recognised stroke)

U13 Minimum 200m open water swim (any recognised stroke)

U14 Minimum 200m open water swim (any recognised stroke)

Nippers

The Nippers Season Sunday sessions will commence 19th 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 21ST 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.

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 back at Blacksmiths Beach in Swansea Belmont - dates on the website. A great carnival to be part of. Our Queensie competition team is becoming very strong and 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 and safely.
- 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 from 11am. 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 age manager awards for nippers who have shown dedication and team spirit. 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. Our entries close for our club prior 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 educationtraining@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 FOR FREE! Our coaches run sessions on a Sunday as well as during the week. The details of these will be posted on Stack Team App.

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!

JUNIOR WATER COACH Cooper Robinson - This season we have Cooper Robinson joining our coaching program, working alongside Harrison with our junior age groups. Cooper has made Australian finals in both Beach and Water events during his 18 years of involvement in Surf Lifesaving. During that time, he has also gained a wealth of knowledge and insights from some of Australia's best coaches. Cooper has completed a Bachelor in Sport and Exercise Science and is also currently working in the high-performance sports environment with the Sydney Swans. He brings a specialised yet fun approach to training and is invested in the growth and development of the QSLSC Nipper program.

Beginner paddlers are lucky to be assisted by the legendary Col White and Toby Bustos on Sunday mornings in the pool. Just head there at 7.45am on Sundays before Nippers to learn skills before you are ready to hit the waves.

Beach Coach -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.

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 SLS Hub. 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

1. Go to the SLS HUB <https://hub.sls.com.au>

Choose Queenscliff SLSC.

Fill in the required details. You can choose to create a family group.

You must signup a parent and then your Nipper.

You will be prompted after this stage to MAKE A PAYMENT.

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).

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

1 Nipper - is \$150 - 1 Parent is \$150 = \$300 *or*
FAMILY membership for 3 or more members is \$340.

We also require this form completed. A proficiency agreement and a volunteer agreement.

<https://www.queensie.com/nipper-proficiency-and-volunteer-commitments/>

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