

Pacific SLSC Nipper Handbook 2013 – 2014



Pacific SLSC
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2013/2014 Junior Activities Committee

Kevin Schofield- Junior Activity Chairperson

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Nipper Committee

Chairperson.....	Kevin Schofield
Deputy Chairperson.....	Greg Bowers
Secretary/ Registrar.....	Rachel Atkinson
Treasurer.....	Nicole Bowers
Team Manager.....	Kevin Schofield
Gear Stewart.....	Sean Harvie
Water Safety officer.....	Shaun Slattery
Fundraising.....	Morgan Marrinon, Tammy Fenech, Rachel Atkinson
Head Coach.....	Sean Harvie
March Past R&R.....	Michelle Slattery
Uniform Shop.....	Tammy Fenech
Canteen and BBQ.....	David and Amanda Wade/Terry Place
Photographer.....	Troy Fenech

Age Managers

Under 6.....	Ian James
Under 7.....	Ian James
Under 8.....	Tif Newton
Under 9.....	Anthony Folliot
Under 10.....	Michelle Slattery
Under 11.....	Morgan Marrinon
Under 12.....	Andrew Shepherd & Rodger Lewis
Under 13.....	Greg Bowers
Under 14.....	Travis Buchanan
Cadets.....	Kevin Schofield

Important Dates To Remember

- Ⓢ Sunday 18 August 2013 – Sign On & Pool Evaluation @ Palm Beach Olympic Pool – 1 Thrower Drive, Palm Beach
- Ⓢ Sunday 25 August 2013- Second sign on and pool evaluation @Palm Beach Olympic Pool – 1 Thrower Drive, Palm Beach
- Ⓢ Sunday 8th September 2013 – Beach Evaluation @ Pacific SLSC.
- Ⓢ Sunday 22th September 2013 – First Day of Nippers @ Pacific SLSC.
- Ⓢ Saturday 19th October---- Wave warrior's carnival @TH&C SLSC.
- Ⓢ Sunday 27th October 2013 – Teams Carnival U8-U10 @ Currumbin SLSC.
- Ⓢ Sat & Sun 02/03 November 2013--- u11-u14 Gold coast titles @North Kirra SLSC.
- Ⓢ Sunday 17th November 2013 -U8-U10 Little Dudes @ Coolangata SLSC.
- Ⓢ Sunday 2 December 2013 – NO Nippers – Surf Safe Appeal
- Ⓢ Saturday 7 December2013 - Round One Club Championships – Twilight Meet @Pacific.
- Ⓢ Sunday 16 December 2013 - Christmas Break Up
- Ⓢ Sat/ Sun 3rd/4th January 2014--- PDB Surf rescue champs @ Kirra SLSC
- Ⓢ Sunday 12 January 2014 –Nippers resume for 2013
- Ⓢ Sunday 19January 2014 - Round Two Club Championships
- Ⓢ Sat & Sun 8th & 9th 1 February 2014 - PDB championships U11-U14 @ Coolangatta SLSC
- Ⓢ Sunday 16th February 2014 - PDB championships U8-U10 @ Kirra SLSC
- Ⓢ State Titles Friday 7th -9th 1 March 2014 @ North Kirra SLSC
- Ⓢ Last nipper Day Sunday 9th ...also senior state titles (for u14)
- Ⓢ Saturday 15th March 2013 - Presentation Day

Please note all dates are correct at time of printing. These dates may change without notice due to Poor Beach or Bad Weather conditions beyond our control.

Also all proficiency, competency & carnival requirements, details and entry information are correct at the time of printing. These may change with new or updated SLSC/SLSQ policies. These changes are beyond our control and MUST be followed. We will ensure you are kept up to date with any changes as soon as they come to hand.

Our Junior Development Program

Nippers

The primary aim of the Junior Development Program, or Nippers, is to teach our juniors to become capable lifesavers. In addition we aim to also instill in our juniors a sense of community-mindedness.

While our primary focus is on the children, the parents of the children are vitally important to the success of our Nippers' program. Volunteer parental assistance plays an integral role in the successful conduct of the Junior Development Program. In fact, a substantial number of parents become qualified lifesavers and go on to become active patrolling members of Pacific SLSC's senior division. Such parents provide wonderful examples for their own children. At Pacific SLSC we place much emphasis on our tradition of being a family oriented, volunteer, community-based organization. That means that our focus is not driven by winning competitions at all costs, indeed, our focus is fostering a competitive spirit that is also sportsmanlike, gracious, and fair. It also means that we recognize and encourage those who may fill the varied roles within surf lifesaving, e.g., First Aid Officers, Patrol Captains, IRB Drivers, Surf Life Saving Trainers, Assessors and Administrators.

Our Members

While we have been around for the last 67 years, we are now seeing record growth in membership and participation. As a volunteer organisation we now attract some 286 members including 128 Nippers (6 years to 14 years) and 93 active patrolling members. During the 2012-2013 season our club performed 4,430 person hours of unpaid voluntary patrols, performed 9 rescues, 849 preventative actions, and 27 first aid treatments.

General

Pacific SLSC Inc is affiliated with Point Danger Branch (PDB) and Surf Life Saving Queensland (SLSQ). The Branch covers the eleven (11) surf clubs south from Tallebudgera SLSC to Rainbow Bay SLSC on the Queensland/New South Wales border. Pacific SLSC's colours are blue, brown, and gold. These colours represent the sky, the sand, and the sun, respectively.

Pacific SLSC conducts a Nipper program every Sunday morning at 8:15am to 10:30am from 22 September 2012 through till 16 March 2014.



Age Eligibility

The age group for Nippers is calculated as of the 30 September 2012.

Under 14	1 Oct 1999– 30 Sept 2000
Under 13	1 Oct 2000 – 30 Sept 2001
Under 12	1 Oct 2001 – 30 Sept 2002
Under 11	1 Oct 2002 – 30 Sept 2003
Under 10	1 Oct 2003 – 30 Sept 2004
Under 9	1 Oct 2004 – 30 Sept 2005
Under 8	1 Oct 2005 – 30 Sept 2006
Under 7	1 Oct 2006 – 30 Sept 2007
Under 6	1 Oct 2007 – 30 Sept 2008

Registration / Sign On

To sign up for Nippers you will need to:

- Bring along your child's birth certificate - new members only
- Complete one registration form for each Nipper which includes completing the child's Medical History and Authorization, as well as signing a Photography consent form
- One adult must join Pacific SLSC as an Associate member
- Sight and record parent/ guardian Blue card or complete Blue card application form.
- Forms will be available to download and print off website closer to sign on dates.
- This will save time on registration day. Or alternately sign on packs will available at sign on.

Evaluations

To assess each Nipper's ability, a pool evaluation swim is first undertaken, followed by a surf evaluation swim. These swims and their distances are set out by SLSQ and explained in the table on page 7.

Nippers must be prepared to swim the distances specified by SLSQ; therefore, we recommend that they join a local swimming club to further their swimming ability. The surf is not a suitable place to learn to swim.

Pool Evaluation – Sunday 18th & 25th August 2013 8:30am

Every Nipper is required to participate in a pool evaluation, prior to undertaking any junior activities. This includes a pool swim and a timed survival float. This is not a race, but an assessment of the Nippers' ability to swim. The specified swim distances and floats are listed in the table on page 7.

Beach Evaluation – Sunday 8th September 2013 9:00am

After completing a pool evaluation every Nipper **MUST** then complete a beach evaluation, i.e., a Run-Swim-Run prior to competing or gaining their Age Award. The beach evaluation is also specified in the table on page 7. Such evaluations ensure a level of competence in the necessary beach skills required for weekly Nipper sessions. If your child completes the pool evaluation only, and does not complete the beach evaluation they may still participate in weekly **land-based** activities. During this time such children will receive training so they can be reassessed. This training will be on a one-on-one basis with a water safety officer.

Competition Evaluation – Sunday 8th September 2013 9:00am

From Age 7 (Under 8) Nippers may begin to compete in inter club competitions – Carnivals. To be eligible to be able to compete every Nipper **MUST** then also complete a competition evaluation to assess their ability, strength, and fitness. This is an open water swim based on the distances listed in the table on page 5. Like the Beach Evaluation if a full pass is not attained on the first attempt Nippers will have the opportunity to re-train for the assessment and try again at a later date. A full pass **MUST** be attained prior to entering any Carnivals.





Junior Preliminary Skills Evaluation

The distances below are the minimum requirements. Some Branches may set distances above the minimum requirements. Please ensure that you liaise with your respective Branch to meet their requirements.

	Preliminary Evaluations		Competition Evaluation	Age Award
	Pool Evaluation	Competency Beach Evaluation (Run-Swim-Run)		
Under 6	Kick on wall with face in water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 1
Under 7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	NA (No Competition)	Surf Play 2
Under 8	25 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	Run - Wade - Run (25m x 25m x 25m)	Surf Aware 1
Under 9	25 metre swim (freestyle) 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Aware 2
Under 10	25 metre swim (freestyle) 1.5 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim (competition course distance as per competition manual)	Surf Safe 1
Under 11	50 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Smart 2
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim (competition course distance as per competition manual)	Surf Rescue Certificate
Assessor	Bronze Accred Swim Coach; OR SLSA Level 1 Surf Coach; OR AUSTSWIM Instructor; OR Assessor (SRC/Bronze).		Assessor (SRC/Bronze)	
Notes	Every junior member must successfully Complete the Pool Evaluation, prior to undertaking competency beach evaluation. This is a minimum standard water proficiency requirement.	Every junior member must successfully complete the Beach Evaluation prior to undertaking the competition evaluation Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities.	The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a minimum standard open water proficiency requirement. Distances may be adjusted by the Chief Assessor dependent on risk assessment.	If a child wishes to compete in a Branch and/ or State Championship event, their respective age award must be completed prior to close of nominations.

This information is correct at the time of print, however, from time to time; new policies and procedures are developed by SLSA, SLSQ, and Point Danger Branch. Your JAC will notify you of any changes.

Age Awards

Nippers are required to learn basic surf safety / awareness, resuscitation, and first aid skills. The required level of knowledge for each age group is determined by SLSQ, and is contained in each Age Award as set out in the table on page 7. Each age group participates in some form of surf awareness/surf theory as well as developing practical surf skills.

Weekly Nipper sessions run on a half hour rotational schedule. See page 16. Each session concentrates on a skill required to become a lifesaver. Nippers participate weekly in activities including: Water Skills – Board skills – Surf Swims and/or Wades – Beach Skills – Sprints – Relays – Flags and one half hour session is set aside for Age Awards. During these sessions Nippers will develop their lifesaving and surf skills required to gain their appropriate Age Award.

Sunday Nippers

7:45 am	Age group leaders/ Gear Steward/ Set up Crew **Check roster for your Age Group Day
8:00 am	JAC meeting with age managers
8:15 am	Coordinator's address followed by roll call
8:30 am	Activities commence
10:30 am	BBQ **Check roster for your Age Group Day

** All rosters are on website and on page 17 of this handbook

Important new, dates, upcoming events, carnivals and information are announced at the Coordinator's address at 8:15am. Please ensure you are there to make sure you do not miss any announcements!



Age Group Managers

During the hours of activities, Nippers are in the care of their Age Managers who are easily recognisable by their distinctive Shirts. In the interest of safety, Nippers are required to comply with requests and directions from their Age Manager. Also in the interest of safety, Nippers must request permission from the Age Manager before leaving their, respective, age groups. It is imperative that the Age Managers know where each Nipper is at all times.

NIPPERS MUST BE SIGNED ON AND OFF BY THEIR AGE MANAGER AT ONE DESIGNATED LOCATION.

Parents must let the Age Manager know if their child is to leave early for any reason. Parents must also ensure that their child is wearing the correct Nipper cap and that it is tied securely. Further, adequate sun screen must be applied before the start of Nippers.

N.B. Children in Under 7 and 6 must have a parent/guardian accompanying them at **all times** during Nipper activities.



Club Championships

Two Nipper days throughout the season will be designated as Club Championship days. To be eligible for Age Champion, the Nipper must attend at least 60% of Sunday Nipper activities.

The best overall aggregate of points over the two days will decide placing. Points will be awarded as follows 6 points = 1st place, 5 points = 2nd place, 4 points = 3rd place
3 points = 4th place, and so on.

Club Championships will run over two days during the season. See page 3 for important dates. Please be aware that due to bad weather or poor beach conditions these dates may change. *Safety is always paramount, therefore, NO Nipper session will take place without Water Safety & Committee FULL approval, including Club Championships.* If beach and/or surf conditions do not allow a full and clear result of Club Championship points, we may consider a change of venue and/or date. See Important Dates – page 3 of this handbook.

The Club Championships will run under a Carnival style rotation. The first round will be a Saturday Afternoon Twilight Carnival commencing at 1.30pm and will conclude with a Nipper family function. The second round will run as a normal Sunday session commencing at 8:30am.

End of Year Presentation Day

The 2013-2014 Presentation Day will be held on a Saturday afternoon (see 'Important Dates to Remember' on page 3 of this handbook) at Pacific SLSC from 3:00 pm sharp. A Family Fun event will run first, followed by the presentation of season Awards. The presentation will be followed by a BBQ and a function for Nippers, their parents, and family.

Trophies

The following trophies will be awarded at the Presentation Day for each group U6-U14.

- Age Champion, 2nd place & 3rd Place
- Age Manager's Award
- Jeff Deegan Spirit Award Junior Activity Chairperson Award

Carnivals

Before the carnival

- Carnival Nomination Forms must be returned by the due date. (Forms will be given out by the Age Group Managers).
- Team selections will be based on consistent performances at Sunday Nippers, carnivals, And training. Teams will be emailed and placed on the notice board prior to the carnival.

Carnival day

- Please ensure each Nipper brings healthy food, water, sunscreen, club swim wear, competition cap and hat.
- Assistance of all parents before and after carnivals, pitching and taking down tents and setting up equipment will be required
- Please be at the club tent at least 60 minutes before the carnival commences for a team warm up.
- Nippers are not allowed to go for a swim or paddle during the carnival. A supervised swim will be organised.
- No jewelry to be worn during competition, girls or boys
- All non-officials and non-competitors are required to stay out of the competition area.
- Age Managers will be responsible for their respective age groups and under the direction of the Team Manager.
- When not racing, all competitors must remain under the tent. If you leave the tent you must inform your Age Manger.
- The club tent is for club officials, club water safety and most of all, our competitors. Please bring extra shelter if needed.
- Parents must let the Age Manager know as soon as possible, if their child has decided not to attend a carnival or participate in an event once nominated. If not, this could cause a whole team to be withdrawn. Communication is the key.
- Nippers who have been nominated for a competition and do not attend will be required to reimburse the club for the entry cost.
- No child will be forced to compete if they do not want to or the Age Manager thinks they are not capable. Their decision is final and we ask all parents to support this.
- NO DRINKING OF ALCOHOL and NO SMOKING within the carnival area. This can cause DISQUALIFICATION OF THE CLUB.
- No PHOTOGRAPGHY or VIDEOING in the competition area without a permit.
- If you use club equipment please respect it and return it when finished.
- Most of all enjoy, have fun and support each other at the carnival and be proud to wear the blue, brown and gold.

What events are there?

Beach Flags - Competitors lie down in the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) placed in the sand. There is always less flags than competitors. Anyone who fails to gain a flag is eliminated until there is only two nippers left. The competitor who wins the last flag, wins. **U8 - U14**

Beach Sprint - the beach sprint course is usually set over 70m. Starting when the whistle is sounded the competitor sprints across the soft sand through the finish line. The first competitors' chest across the finish line is deemed the winner. **U8 - U14**

Beach Relay - the beach relay consists of a team of four competitors and a baton (rubber hose). Members 1 and 3 are stationed at one end of the course whilst members 2 and 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries. First across the line wins. **U8 - U14**

Board Race - this race is done using a board to negotiate the break, follow a set course of buoys and return to shore surfing the waves back to the beach. Board requirements for the U9-10s are on 2m long foam boards; U11-13s are 2m long fibreglass boards and U14s use a Malibu fiberglass board, 3.2m in length **U9 - U14**

Board Rescue - consisting of 2 nippers, a swimmer and a board paddler. The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both competitors paddle to the beach, both carrying the board over the line. **U11 - U14**

Board Relay - a board relay team consists of three competitors all with their own board. The first team member paddles out around the buoys then heads back towards the shore and tags with the second team member who does the same. The final team member has to complete the same course and then run through the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner. **U9 - U14**

Surf Race - the surf race involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, as well as the return to the beach negotiating the waves, but then to be a lifesaver you must be tough. The distances for the U9-U10 is approx 200m and 300m for the U11-U14. **U9 - U14**

Surf Teams - consisting of four members, all competitors swim in the same race, around the buoys and back to the beach. Each placing is given a certain amount of points e.g. First = 1 point, tenth = 10 points. The team with the least amount of points win or in the case of a draw, the team who crossed the line first, wins. **U9 - U14**

Ironman/Ironwoman - in the nipper age groups the ironman/ironwoman race involves three legs including the board and the swim sections with a run in between each of these. This is a tough event which requires endurance, strength and plenty of skills. **U11 - U14**

Cameron Relay - involves 4 members, a swimmer, a board paddler and 2 runners. The swimmer completes a swim race, and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the last runner who sprints towards the finish line. **U11 - U14**

Wade Race - Athletes have to wade, dive or swim their way through waist depth water around the three Water Safety Markers from left to right, then make their way back up the beach through the finish line. **U8 - U10**

Wade Relay - this relay race consists of 4 competitors. The first member runs and wades around the water safety markers, back to the beach where they tag the second member who does the same. They tag the third and finally forth and final member who runs through the finish line. **U8 - U10**

R & R - 2 and 5 person R & R teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points, wins. **Combined U11 - U14**

Marchpast

Teams of 12 are judged on their ability to march correctly to a predetermined drill around the carnival arena. Points are given for incorrect procedures. The team with the least amount of points, wins. **Combined U11 - U14**

First Aid

2 members are required to apply first aid procedures to patients in a scenario. **U12 - U14**

Champion Lifesaver

Members complete a range of physical races plus a theory paper and are allocated points for each event. **U11 - U14**

Patrol Competition

Members form a team and complete a range of physical races plus a theory paper and are allocated points for each event. **U14**

Board Riding

Normally 4 competitors enter the water for a heat and catch waves. Maximum 10 waves are scored with best 2 waves counted. Points are judged on the most radical moves in the most critical part of the wave for the longest ride. The nipper with the highest total proceeds to the next round or wins. **Combined U11 - U14**

U8 - U10 team events can be mixed (male and female)
11 - U14 team events are single sex (all male or all female)

Volunteers

As a volunteer organisation, anyone you see on the beach with our Nippers is a VOLUNTEER, involved for the benefit of your child. Anyone with experience to offer in any of our endeavours is welcome to contribute. Water Safety Officers must be a proficient holder of a Surf Rescue Certificate or Bronze Medallion and attired in the club approved water safety cap and wet shirt.

All parents who assist on the beach, as well as Age Managers and Assistants are required to complete a “Working with Children” form (Blue Card). These forms can be obtained from the Junior Registrar. The “Working With Children” form MUST be completed correctly or it will be immediately rejected.

Any parents interested in attaining Surf life Saving awards to help with water safety and beach activities should contact the Age Manager for further information. We ask that all nipper parents help in some way.

Set Up

Help is also needed to set up the beach each Sunday morning, as well as pack away equipment. The Gear Steward will issue a roster, permitting of rotating responsibilities among age groups, and will be available on the club notice board and web site.

BBQ

Each Sunday after Nippers the BBQ will be in operation up at the club house. All are welcome and it is an excellent opportunity to meet other club members and the committee.

All age groups will be asked to provide volunteers to help with serving the BBQ. At least four parents per age group are required. Your cooperation and participation in this is appreciated.

Fundraising

Funds are needed to update the equipment used by your children, to improve coaching, raise the skill levels of our officials, and for general improvement. We also seek to defray the running costs of our club; consequently, we need to undertake fundraising events during the season. Details of events will be posted on the notice board, newsletter, and website. Please make the effort to become actively involved and come along and have a great time. Raffle tickets will also be sold at Sunday Nippers, as well as major fund raising events. Your support for, and participation in, the raffles will be appreciated. In addition, any parents willing to sell raffle tickets will be especially welcomed.

Pacific SLSC Swimwear

Swimwear Order Form 2013- 2014



Boys size 4 – 14 Men's size 16 & above

Girls/Ladies one piece	\$ 50.00	Boys Racer	\$ 30.00
Girls/Ladies two piece	\$ 65.00	Men's Racer	\$ 40.00
Boys Knix/Skins	\$ 50.00	Men's Knix/Skins	\$ 55.00
Fluoro Pink vest	\$ 22.00	Club Competition cap	\$ 12.00

Garment Girls/ Ladies or Boys/Men's	Size	Quantity	Amount
		Total	

Name: _____

Phone: _____

Signature: _____ Date: _____

To place an order or if any questions:
Email Tammy Fenech tdf76@bigpond.net.au or office@pacificslsc.com

Membership Fees for season 2013/2014

<u>Membership Category</u>	<u>Cost \$</u>
Active Senior	\$75.00
Active Junior	\$60.00
Associate	\$90.00
Nippers (U8-U4)	\$60.00
Family - fourth and subsequent membership is reduced By 50% (applicable to the least expensive memberships)	

Note one parent must join as either an associate or active member with their child/ children.

Codes of Conduct

Parents have an important role in the delivery and support of sporting activities for their own and others' children. With it comes a clear responsibility to act in a constructive and encouraging manner at all times. As part of this responsibility the following Codes of Conduct have been adopted by Pacific SLSC Junior Activities.

Parents, caregivers and spectators Code of Conduct

- Remember that children participate in sport for their enjoyment and development.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing. Set realistic goals.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect official's decisions and teach children to do likewise.
- Show appreciation for coaches, age managers, committee members, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of others.
- If you disagree with an official, coach, age manager, raise the issue through the appropriate channels rather than question the officials judgment and honesty in public. Remember that most officials, coaches, and age managers give their time and effort for your child's involvement.

Nipper's code of conduct

- Compete within the rules, and within the spirit of surf life saving and Pacific SLSC.
- Never argue with an official. If you disagree have your age manager, coach or team manager approach the official during a break or after the competition.
- Control you temper. Verbal abuse of officials and sledging of other competitors, or deliberately distracting or provoking an opponent is not acceptable or permitted behaviour.
- Work equally hard for yourself and /or your team.
- Be a good sport.
- Treat all participants as you would like to be treated. Do not bully, interfere or take unfair advantage of another competitor.
- Cooperate with your coach, age manager, team mate, officials and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the equipment you use, wash it, and return it after use. Report any damages
- Respect the club house. Treat it as you treat your own home. Leave it tidy. By joining Pacific SLSC junior activities the nipper, parent or caregiver acknowledges and accepts the code of conduct.

Pacific SLSC Nippers Timetable				
	Water One Boards	Water Two Swim/Wading	Beach One	Awards
8.30am-9.00am	U9/U11	U13&U14	U6&7/U8	U10/U12
9.00am-9.30am	U6&7/U8	U10&U12	U9/U11	U13&14
9.30am-10.00am	U10/U12	U9/U11	U13&U14	U6&7/U8
10.00am-10.30am	U13&U14	U6&7/U8	U10/U12	U9/U11
10.30am-11.30am	BBQ for Nippers and Friends of Pacific			
The end of each session will be signaled by the ringing of the siren.				
Age Managers are responsible for getting children to each session.				
Each child must attend each session including Awards				
The Final board session for Under 13&14 will finish at 11.45am				

Set Up Roster – Help Set Up for Days Activities

Under 9	Under 10	Under 11	Under 12	Under 13/14	Cadets	Under 6/7	Under 8
15/09	22/09	29/10	06/10	13/10	20/10	27/10	03/11
10/11	17/11	24/12	01/12	08/12	15/12	12/01	19/01
26/01	02/02	09/02	16/02	23/02	02/03	09/03	16/03

BBQ/Canteen Roster – Help Canteen counter Sales & Serving BBQ

Under 9	Under 10	Under 11	Under 12	Under 13/14	Cadets	Under 6/7	Under 8
03/11	10/11	22/09	29/09	06/10	13/10	20/10	27/10
02/02	09/02	17/11	24/11	07/12	14/12	19/01	26/01
22/09	29/09	16/02	23/02	02/03	07/03	16/03	15/09