

NIPPER NEWS 2023-2024

WELCOME TO THE 2023-24 SEASON!

We're planning for a fun-filled summer at the beach. Here's everything you need to know

Registrations & Subs

Were you a member with us last year? No worries, all you have to do is pay your subs and you're sorted (no need to fill in any forms). New members will need to fill in the online registration - go to <https://paekakarikisurflifeguards.wordpress.com/membership/join-the-club/> for more info. Subs for 2023/24 are \$90 per Nipper and \$50 for each subsequent Nipper in the same family. Alternatively you may wish to pay the Family subscription of \$175, this covers 2 adults and all Members U23 from the same family. Subs can be made direct into our account 03-0502-0593096-000 - please note Subs and the Nippers surname in the reference. Subs will need to be paid before any competition entries can be confirmed.

Nipper Beach Training

Takes place every Sunday at 1:45 p.m. All Nippers please sign-in on their way in and then gather on the grass next to the patrol container before we get underway. Please try to get there for 1:45pm to ensure you get the full beach safety briefing. Parents also please listen as you will also get the latest news and updates.

Supervision

An adult must stay with each child while they are at the beach, this is a part of our safety requirements. A child without a caregiver present may be unable to attend our Beach Sessions. Please introduce yourself to your child's coach on the beach when they sign in. Ensure your child is prepared for the beach and that they bring their wetsuit, nipper hat (beach beanie), sunscreen and goggles each week, along with warm clothes to change into after.

Surf Ages

All surf ages for this season are as at 30 Sep 2023. At times competent 9 year olds may be placed "up" an age into the older groups during training sessions. This will only apply to very able swimmers (normally at a Wellington Swim Champs level) and is at Senior Coaches' discretion.

Little Nippers

We're excited to be trialling a Little Nippers programme this year, for kids aged 4-6. This year we will be opening the programme to siblings and children of club members only, and are planning to kick off in late November once the weather is warmer. We have lots of fun planned with a focus on beach activities and water confidence. Little Nippers will need to be actively supervised by an adult who takes part with them, and will need a beanie and rashie. Register your interest with us now!

KEY DATES

200m Badge Testing

Tues 26 Sept 6.30-7pm at Arena (Porirua)
28 Sept, 3 Oct, 5 Oct 7-8pm at CAC

Tues 10 Oct 5.30pm

Board Training starts, Paremata Inlet
(U11 - U14 200m badge only)

Thurs 12 Oct 7pm

Pool training starts, CAC

Sun 15 Oct 1.45pm

Nipper Open Day at Paekākāriki

Sun 29 Oct 1.45pm

First full Nipper day at Paekākāriki

Sun 26 Nov

Little Nippers Start Day

Sun 3 Dec

Junior Surf Carnival #1, Worser Bay

Sun 17 Dec

Junior Surf Carnival #2, Venue TBC

Fri 12 Jan

Central Region Champs, Fitzroy

Sun 21 Jan

Junior Surf Carnival, Riversdale

Sat 3 Feb

Capital Coast Champs, Venue TBC

Thur 22 - Sun 25 Feb

Oceans 2024, Mt Maunganui

Date TBA Mar

Club Champs, Paekākāriki

Beach Training Structure

What happens at Beach Training is very much age and weather related. We try to have our younger age groups (U10 and below) doing beach activities first and then weather dependent they get into the water. This way they are as dry and warm for as long as possible. After water activities they will be released back to their guardians, If they wish to continue playing in the surf they need to take off their beanies, swim between the flags, and you must stay with them in the water. The older age groups (U11 and above - with 200 metre badges) will spend more time in the water and their trainings will be more competition focused. Beach training does not take place when Nipper Surf Carnivals are on. All gear used by the kids on the beach does need to be washed off prior to being returned to the trailer or containers. We try to encourage our kids to do this but Nippers will need adult help in carrying the bigger fibreglass boards.

Boards & Equipment

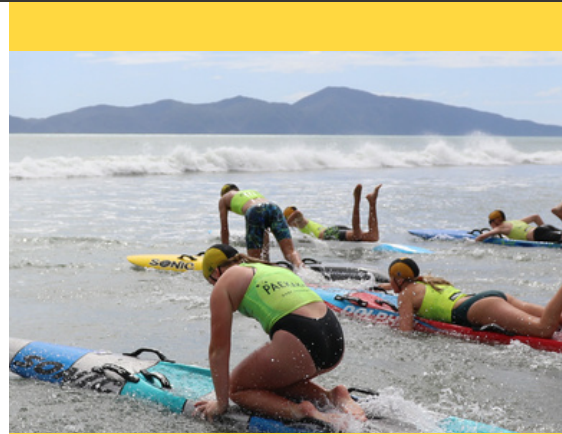
We aim to provide enough equipment for all our members but we do have limited numbers of boards. Please wait for a coach to open the trailer or container before taking the boards out. Nippers new to boards must start with a foam board. If you're not sure which board your nipper should be using, please check with a coach first. The bigger fibreglass boards must always be handled with care in and out of the water. These boards are easily damaged and any little ding means the boards are out of action until repaired. Not only are repairs expensive but it also reduces the number of boards available for our members. Please note that the fibreglass boards come in 2 sizes, 8'10" and 10'6". Only approved nippers in the U11 and U12 groups can use a 8'10" fibreglass board and only nippers U13 and U14 can use the larger boards. All Nipper boards can only be used by Nippers with 200m safety badges, more info on that follows (note this does not apply to body boards).

200 Metre Safety Badge

A SLSNZ safety requirement is that children have a 200 metre safety badge prior to being able to take Nipper Boards into the water. This safety badge requires children to swim 200 m and then tread water (with face/chin clearly above the water) for a minute all in under 8 minutes. They must therefore be able to swim 200 metres in under 7 minutes. The 200 metre badge becomes relevant for Nippers moving into the U11 year who will be restricted from some training and competitions without this. These badges must be re-tested annually and you are able to do so at the end of any of our Pool Sessions, or in the school holidays (see key dates above). A Nipper must have this tested this year prior to taking out our boards this season.

Uniform

Every Nipper must wear their yellow and black Nipper hat (beach beanie) at each Sunday session. These are \$20 each. When entering the water at any of our trainings or carnivals each member must wear a bright coloured Safety Vests. This is compulsory, and a SLSNZ requirement. We also have t-shirts, hoodies, jackets, towels, singlets, and caps available for sale and order. Our "shop" will be open most Sundays during Nipper sessions.



Nipper Board Training

We will start Nipper board training at Paremata Bridge on Tuesdays. We will aim to move this back to Paekākāriki as soon as possible, once the wind and surf settles down. Tuesday night board training sessions start at 5:30 pm and are strictly for U11 Nippers and over with a 200m safety badge. You must have done a 2023-24 200m badge test to attend these sessions (even if you have passed a 200m badge before). Nippers wanting to attend Oceans should aim to start board training as soon as possible. We always appreciate offers to tow the trailer to the inlet too!

Nipper Pool Training

Pool training takes place on Thursday evenings, 7 p.m. at Coastlands Aquatic Centres, Paraparaumu. These are not learn to swim lessons but are particularly good for our Nippers who are currently not in swim squads or under a swim coach. We also try to introduce surf equipment into the pool sessions so that Nippers can get confidence on equipment in a safe controlled area. Please make sure you sign in when you arrive at the pool and that your nipper doesn't get in before the session starts.

Nipper Surf Carnivals

These take place on some Sundays during the season. Carnivals are the competition aspect of our sport and a great chance for our kids to pit their skills against other kids in our Region. These are fun days with kids enjoying the competition plus getting to spend more time with their surf club mates. We encourage all our Nippers to attend carnivals. You do have to be pre-registered to attend a carnival, the club will enter you for the event. **Important notes:** Nippers have to attend at least 2 carnivals during the season to be eligible for our club trophies. There is a charge for entering Carnivals, the club pays this direct to SLSNZ. If not attending a carnival that you have entered please let us know as soon as possible to avoid paying the entry fee.

Helping on the beach

This year we will be running a volunteer roster on the beach, where nipper parents can sign up to set up and run flag pits, help out in the water, operate the BBQ and more. These are small things but will make a big difference! Please keep an eye out for this and take the opportunity to sign up.

Clubrooms

We are close to getting underway with our new clubhouse. Keep an eye out for Club comms for ways that you can help out and upcoming fundraising events. If you have any skills or contacts that could help with the fit out of the building, we would love to hear from you!



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