



# Paekākāriki Surf Lifeguards Member News 2018-19 Season



**Welcome** to 2018-19 surf lifesaving season.  
Here are the key dates for Nippers for 2018-19.

- Thursday 11<sup>th</sup> Oct, 200m badge testing, CAC, 7pm
- Tuesday 16<sup>th</sup> Oct, Inlet Training starts, Paremata Inlet, restrictions apply, see notes further in.
- Thursday 25<sup>th</sup> Oct, Pool commences, CAC, 7 pm, 200m badge testing
- Sunday 28<sup>th</sup> Oct, coaches training session, 12 noon at Paekākāriki, email Sandra for more info.
- Sunday 28<sup>th</sup> Oct, 1:45 pm Nipper Open, Registration Day and fun day on the beach. Nippers come prepared to play wet and dry if weather/surf ok, Paekākāriki Beach
- Sunday 4<sup>th</sup> Nov First Nipper Beach day at Paekākāriki
- 18<sup>th</sup> Nov, Worsler Bay Nipper Carnival
- 13<sup>th</sup> Dec, Last Pool Session 2018
- 16<sup>th</sup> Dec, Last Beach Nipper Day 2018, Christmas Cheer Nippers @ Paekākāriki
- 14<sup>th</sup> Jan, informal Nippers @ Pae
- 20<sup>th</sup> Jan, Riversdale Nipper Carnival
- 29<sup>th</sup> Jan, Normal Nippers @ Pae
- 3<sup>rd</sup> Feb, Capital Coast Nippers Champs, Titahi Bay
- 16<sup>th</sup> Feb, Nipper Carnival Maranui
- 23<sup>rd</sup> Feb, Central Regionals Champs, Maranui
- 7 to 10<sup>th</sup> March, NZSLS U14 Champs, aka Oceans, Mount Maunganui
- 17<sup>th</sup> March, Nipper Club Champs

## **Registrations/Subs**

All new members must fill in the online registration on SLSNZ website.

<https://webportal.surflifesaving.org.nz/new-members/hip/>

Existing members will already be on the database and only need to pay subscriptions. Subs for 2018/19 are \$80 per Nipper and \$40 for each subsequent Nipper in the same family. Alternatively you may wish to pay the Family subscription of \$150, this covers 2 adults and all Members U23 from the same family. Subs can be made direct into our account 03-0502-0593096-00. Please state family name, also good to drop an email to [sandrab@orcon.net.nz](mailto:sandrab@orcon.net.nz) at the same time.

## **Nipper Beach Training**

Nipper Beach Training takes place every Sunday at **1:45 p.m.** All Nippers gather upstairs for roll call and latest news. Please try to get there for **1:45 p.m.** as late arrivals can be disruptive. Parents also please come upstairs as you will also get the latest news and updates.

If wanting to help coach Nippers please come by 1:30 so we can fill you in on beach conditions and our plans for the afternoon.

An adult must stay with each child while they are at the beach, this is part of our safety requirements and

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.

Ensure your child is prepared for the beach and that they bring their wetsuit, nipper hat (beach beanie), sun screen and goggles each week, along with warm clothes to change into after. Our hot showers are all operational, we sell sausages and drinks after Nippers, all proceeds help the club in its fundraising efforts.

## **Beach Training Structure**

What happens at Beach Training is very much age and weather related. We try to have our younger age groups: (7, 8 and 9 years old) doing beach activities first and then weather dependant 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 you must stay with them in the water.

The older age groups (10, 11, 12 & 13 yrs) 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 gear shed. We try to encourage our kids to do this but Nippers will need adult help in carrying the bigger fibreglass boards.

## **Boards and Equipment**

We aim to provide enough equipment for all our members but we do have limited numbers of Boards. The bigger fibreglass boards must always be handled with care and nippers should not take a fibreglass board out of the equipment shed without a coach present.

These boards are easily subject to damage 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, 8ft 8" and 10ft, 6". Only nippers 10 years and over can use a 8ft 8" fibreglass board and only nippers 12 years and over can use the larger boards. Boards are all marked with tape to depict which ones are which, signs will be present on the gear racks to help and Nippers will be taught which boards they can use. If in doubt don't use the board.

All Nipper Boards can only be used by Nippers with 200m safety badges, more info on that follows, this does not apply to Boogie Boards.

## **Surf Ages:**

All surf ages for this season are as at 30 Sept 2018. At times competent 9 yr. olds may be placed "up" an age into the 10 yr. groups, this will only apply to very

able swimmers (normally at a Wellington Swim Champs level) and is at Senior Coaches discretion.

**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. Most of our high vis tops are yellow but any colour of approved vest are ok. Old vests may become too faded to be high vis at which point you will need to buy a new one. (i.e. previous year's pink ones are probably now too faded to use. Vests are \$25 each.

We also have tees, hoodies, jackets, towels, singlets, togs, polos and caps available for sale and order. Our "shop" will be open each Sunday during Nipper sessions. More info on our website.



**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 mins and then tread 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 10 years and over 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 our Pool Sessions, dates above. A Nipper must have this tested this year prior to taking out our boards this season.

**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. Marco Cecioni coordinates our pool sessions.

**Nipper Surf Carnivals**

These take place on a Sunday during the season with the first one at Worsley Bay on 18<sup>th</sup> November. 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. This year you do have to register to attend a carnival, the club will enter you for the event so please get in touch prior to the carnival if wanting to attend, we do want to see you and your Nipper at carnivals. Nippers have to attend at least 2 carnivals during the season to be eligible for our club champs. There is a charge for entering Carnivals, the club pays this direct to SLSNZ and this comes out of your subs payments. If not attending a carnival that you have entered please let us know as soon as possible to avoid paying the entry fee. More info on Carnivals is on the SLSNZ website, look under the Calendar for this.

**"Oceans", 2019 U14 SLSNZ Champs**

This is an amazing event held in Mount Maunganui over 7<sup>th</sup> to 10<sup>th</sup> March 2019. We encourage all 10's and overs to attend, please ask for more details.

**Inlet Nipper Training**

We are holding Nipper Board training at Paremata Bridge on Tuesdays at 5:30 pm. When the wind and surf settles down closer to Christmas we will eventually transfer all trainings back to the beach at Paekākāriki. Tuesday night board training sessions start at 5:30 pm and are for Nippers 10 yrs. and over with a 200m safety badge. You must have done a 2018-19 200m Badge re sit to attend these sessions.

**Wetsuits**

As we all know the Wellington and Paekākāriki sea water is cold! We encourage as many Nippers as possible to wear wetsuits for our trainings and wetsuits are allowed for competitions prior to Christmas. After Christmas decisions on wetsuits in competitions will be made on the morning of competitions, bring them at all times

**Nipper Contacts:**

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are the main contacts for Nippers for this season. Please contact us with any queries.

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