

SURF CARNIVALS

From Under 9's and upwards, all registered and proficient nippers are invited to represent MSHSLSC at a series of carnivals made up of clubs from the Mid North Coast area. Carnivals are not compulsory, although participation can challenge our nippers at a personal level and allows them to compete against others in their age groups.

This season we will also be having a fun gala day between Nambucca and Macksville Scotts Head Surf Clubs. An afternoon of friendly competition and making new friends. This will be at a date to be confirmed.

WHAT DO YOUR CHILDREN NEED TO BRING?

Sun smart is our policy. We will supply a surf club rash vest and high visibility vest for the season but these must be returned at the final nippers. All children must wear these plus their nippers cap and plenty of sunscreen. Please remember to bring a water bottle and towel, swimming goggles can also be worn.



Uniform

Swimwear is available for purchase from the club although not compulsory unless participating in carnivals. All nippers will be supplied with a rash vest and high visibility vest for the season but this will need to be returned on the final nippers day. We ask that parents try to care for these items so they may be passed down to the next age group in the following years. Other merchandise is available for purchase at the club house.

PARENTAL INVOLVEMENT

Age Managers

All age groups need an age manager to guide them through the events of the day and make it a fun time in the water. This is a volunteer role that will come with training and all the help required to fulfil the role. If anyone is interested in becoming an age manager, we would love to hear from you!

MSHSLSC is run completely by volunteers. We encourage all parents to see that the nippers experience is not just for kids but a fun way for the whole family to spend a Sunday. Parents are welcome to use the facilities and enjoy all the club has to offer including our Sunday sips sessions after nippers.

For further information, visit our website or Facebook page or email us at admin@macksvillescottsheadslsc.com



Nipper Program 2016-2017

Fortnightly Sundays 12:30 - 2pm
Oct 23, 2016 - Mar 26, 2017

Registration day
25th Sep, 2016



GET FIT AND HAVE FUN IN THE WATER

Very few things typify the Australian culture of "having a go" more than Surf Life Saving. Children and families come together to have fun, make new friends, learn to live healthy and active lives and give to their community.

Through improving their surf, beach and technical skills, children will also be able to participate in competitions and at a number of surf carnivals throughout the summer. The skills children will develop may also help them to one day save a life.

This brochure provides some of the initial key information for parents, including:

- What your children will do at nippers
- Age groups
- What do your children need to bring to the beach
- Uniforms
- Surf carnivals
- Parent involvement
- Key contacts at the club

This year we are trialling something NEW... Sunday afternoon nippers starting at 12:30pm every fortnight. We will be finishing just in time for our Sunday sips session at the club, a cold beverage and catching up with friends whilst overlooking the beach!



WHAT WILL YOUR CHILDREN DO AT NIPPERS?

Our Nipper Program aims to teach children surf awareness, surf skills, lifesaving skills, competitive and teamwork skills, as they progress through the age groups from Under 6's to Under 14's.

On nipper days, the children will meet their age managers on the beach wearing sun protection, a high visibility vest and their club caps. At the end of the session, caps must be removed and parents are to collect their children from the age manager so names can be marked off. It is important that all children have their name signed on and off by a parent. This ensures a safe environment for all.

Activities include:

- Surf safety
- Flags
- Wading
- Surf swimming
- Running
- Surfing
- Rescue & Resuscitation
- Board paddling

Certificates

Children in the Under 13 age group will sit for their Resuscitation Certification. Under 14's will sit for their Surf Rescue Certification that enables them to commence beach patrol duties at the club.

Swimming Skills

While surf swimming skills are developed, it is important that parents understand that children must have an existing knowledge of water sense and be willing to help their children enhance skills.



Surfing

Living in such an incredible part of the world, we are lucky enough to have the perfect beach for all ages and skill levels to have a paddle on a board. At MSHSLSC, we have made surfing and paddling on either a surfboard, nipper board or paddle board more accessible by providing all the equipment necessary for children to enhance their skills in the water. We have found that everyone looks forward to getting in the water and building their confidence on a board, using the encouragement and support from the water safety and patrol crews. An important part of our nippers program will be based around getting on a board and having fun!