

## Under 13 Information Sheet 2013/14 – North Cronulla SLSC

Birth Date Falls Between: 01/10/2000 -30/09/2001

- Parents/Carers **MUST** be with their child at ALL times.
- Children are encouraged to carry their own bag with them this should include Towel, Drink Bottle, Goggles & extra Sunscreen.
- All children must sign **ON** before 8.45am each Sunday morning & sign **OFF** at the finish each day. You must advise your Squad Leader if leaving early.
- Children are to wear their Squad Cap during Nippers; these identify which age group they are in. The cap **MUST** be removed at the completion of Nippers

### Under 13 = Red/Green

- It is advised that the children wear a Rash Shirt (optional) whilst at Nippers & that Sunscreen is applied prior to the start of Nippers.
- SLSA have minimum requirements for Nippers' proficiency. At North Cronulla, Nippers will not be able to compete in the ocean, unless they successfully undertake a timed pool swim (200M in 5 minutes). Nippers achieving this level (Pool Swim) will also need to complete an "Open Water Swim" to qualify to compete at carnivals.
- **This age group uses Fibre-glass Boards; they cost \$1000 each, so we ask that care be taken when carrying them to the beach & during use. Please make sure they are returned to the Gear Shed after Nippers.**

#### DEVELOPMENT CAMP:

- Each year, selected U13 children participate in an age Development Camp conducted by Surf Life Saving Sydney. Children are selected for these camps **not** on their ability but on their attitude. Age managers look at their approach, enthusiasm, willingness to be part of a team, participation, attendance and other positive attributes. The U11 camp is in December. The camp is held at Deer Park in the Royal National Park.

#### COMPETITION:

- Nipper Club Championship -Point-score events will be held at North Cronulla for this age group, these events include Beach Sprint, Beach Flags, Surf Swim, Board & Iron-person. Children **MUST** have **100%** attendance to qualify for these events
- This age group can experience Competition if desired at outside Carnivals. It is not compulsory, but the Club does encourage attendance. The events available for the Under 13's include Beach Sprint, Beach Flags, Surf Swim, Board, and Iron-person. There are also team events such as Beach Sprint Relays, Surf Teams, Board Rescue, Board Relay & 2 Person R & R available (Teams will be selected by the Team Manager)
- Branch & State Carnivals are invitation events & persons are chosen by the Team Manager & Selection Committee  
**CLUB COSTUME AND COMPETITION CAP MUST BE WORN AT ALL CARNIVALS**

#### PHOTOS:

- If wishing to take photos of your child, PLEASE advise the Squad Leaders & other parents within the group prior to doing so. If you notice someone taking photos who shouldn't be, please notify your Squad Leader, a Committee Member &/or a Patrol Person.

#### BBQ DUTY AND BEACH SET UP AND BEACH PULL DOWN

- There will be **ONE** day during the season when your Age Group will be rostered on to do **COMPULSORY** duty to assist with the smooth running of Club. - Duties included "Beach Set Up/Close Down", "BBQ Duties" & "Clean Up". Age managers will advise of your responsibilities, so please assist your Squad & work together to make the day successful.

#### FUNDRAISING

- This is also the season for fundraising for the Under 14 trip away next season. We ask all children & parents to be proactive during this time. The money raised goes to the children's tour.

#### Previous Tours have organized Fund Raising by

- Operating the Slurpy machine each Sunday (Run by the Children with 1 adult to oversee)
- Conducting the Australia Day Junior Iron Person carnival **26<sup>th</sup> Jan 2014**
- Holding a Golf Day **22<sup>nd</sup> February 2014**
- Running a Fundraising Night during Twilight Nippers
- Monthly Raffles at Caringbah Inn

Please have a think about how you can help & any ideas that you may have. The tour is for the Children & should not be left to the Squad Leaders to organize.

We hope you & your child enjoy the North Cronulla experience, whilst encouraging competition our aim is to organize "Safe Family Fun" days for all to enjoy. Look forward to seeing you on the Beach.

**The North Cronulla Nippers Committee**