



SURF LIFE SAVING  
**NEW SOUTH WALES**

## Cudgen Headland SLSC Junior Information Booklet



Surf Club: 02 6674 1573

Bar/Function Room: 02 6674 5573

[www.cudgenslsc.org.au](http://www.cudgenslsc.org.au)

Marine Parade

Kingscliff NSW 2487

## WELCOME

We would like to Welcome you to Cudgen Headland Surf Life Saving Club for Season 2023-2024. For those that are returning, welcome back and we look forward to seeing you again soon, and for those that are new to the club, we appreciate you registering for Nippers with Cudgen, and we look forward to having you and your child/children at the beach for the season and the years ahead.

Cudgen Nippers is the Junior Surf Life Saving Division of our Surf Lifesaving Club. Our Nipper program for U6's - U14's has been running for over 56 years with thousands of children enjoying the benefits of this amazing program.

The aim of our Nippers program is first and foremost to train our "Young Lifesavers of the Future". Training to become a surf lifesaver from a young age is a wonderful way to learn many new skills and meet many great friends.

The skills learned will deliver a mindset of being comfortable in the water and will include physical skills to allow them to enjoy and be safe in the ocean. We also hope that they develop an appreciation and understanding of the benefits and importance of serving the community through Surf Lifesaving.

As your child progresses through the age groups skills such as surf awareness, board paddling, surf swimming, rescues techniques, CPR, First Aid, leadership, and teamwork will all be taught, to educate and develop your child into a surf lifesaver. The training that your child receives prepares them for the SLS Surf Rescue Certificate award and graduation into the senior ranks as patrolling member of the club (which they can later extend to the bronze medallion).

Over the seasons our Junior Lifesaving division has trained thousands of kids to become lifesavers and produced many young adults who have gone on to take up committee or management positions within the club or the broader SLS organization.

In addition to learning and developing skills, fun and friendship is a major component of our training for the Nippers - and this is one of our main focuses during our training and activities at the beach.

Many of the Nippers also develop their skill level to a point where they wish to compete for the club in outside competition and proudly wear our club colours. Cudgen is a strong and competitive club, and we have a proud history of supporting the local branch carnivals, and helping to develop competitors who achieve excellent competition outcomes at the highest level of the sport. We facilitate the growth and progression of our Nippers through several weekly training sessions, details of which are provided via our monthly training program that is sent out prior to the commencement of every month.

As with all volunteer programs involving young people, it's the parents that make it work.

Being involved at Nippers in a practical way is a great way to involve yourself in the community and develop some great friendships, whilst also supporting your child. You don't need to be a swimmer or a runner to assist at Nippers, you just need a positive and encouraging attitude, and a desire to get involved and have some fun. Unlike many other sports, Nippers provides a platform for you to be actively involved and close to the action with your child as they progress and develop their skills.

We do have specific training for all the parents, grandparents and guardians who want to get involved. This ensures we have a safe and quality training program for our kids, and the activities are all run effectively, efficiently, and all with a fun element.

Your child's Age Manager will be with them as they progress though the seasons. They too will be in touch in the weeks ahead, but please make yourself known to them in the first few weeks of the season.

We encourage all interested persons to peruse the Cudgen SLSC website ([www.cudgenslsc.org.au](http://www.cudgenslsc.org.au)) Nippers sections for more information.

## CUDGEN JUNIORS – OFFICE BEARERS 2023/24

POSITION	NAME
Junior Activity Coordinator	Greg Brown <a href="mailto:dir.nippers@cudgenslsc.org.au">dir.nippers@cudgenslsc.org.au</a>
Vice Junior Activity Coordinator	Sarah Whitrod <a href="mailto:nippers@cudgenslsc.org.au">nippers@cudgenslsc.org.au</a>
Secretary	Maree Beatty <a href="mailto:nippers.admin@cudgenslsc.org.au">nippers.admin@cudgenslsc.org.au</a>
Treasurer	Deb Arghyros <a href="mailto:jactreasuer@cudgenslsc.org.au">jactreasuer@cudgenslsc.org.au</a>
Registrar	Kim Brown <a href="mailto:jacmembership@cudgenslsc.org.au">jacmembership@cudgenslsc.org.au</a>
Attendance Sheet/Carnival Recorder:	Maree Beatty
Carnival Entries	Kylie Mison <a href="mailto:nippers-carnivals@cudgenslsc.org.au">nippers-carnivals@cudgenslsc.org.au</a>
Water Safety Supervisor	Erin Kill and Ash Blake
Club Coach & Coaching Coordinator	George
Assistant Coaches	Luke Hutchinson, Adam Mills, Kylie Mison, Ben Allsopp, Sarah Whitrod, Adam Mills, Phil Klein
Age Manager Coordinator	Sarah Whitrod
Team Manager	Adam Mills with Kylie Mison, George
IRB Coordinator	Sven Loemker with Luke Hutchinson, Ben Allsopp, Josh Heta, Ash Blake, Greg Brown
Gear Steward	Nick Goodwin, Deb Arghyros, George, Maree Beatty
Events & Social Committee	Marni Wessell, Melissa Allsopp, Emma McCollum,
Fundraising Committee	Marni Wessell, Melissa Allsopp, Emma McCollum,
Awards & Presentation Committee	TBA
March Past	Kloe Mills
Social Media Officer	Tiarny Prichard
BBQ Co-ordinator	Emma McCollum plus 2-3 TBA, S
Home Beach Coordinator	Adam Poole
Assistant Home Beach Coordinator	Chris Carrodus
Grievance Officer	Marni Wessel
Child Safety Officer	Marni Wessell
Team App Co-ordinator	Carsten Loemker
JAC Youth Development Officer	Erin Kill
Merchandise & Uniform Shop Manager	Clare George
Merchandise & Uniform Shop Assistant	Melissa Allsopp
Officials Coordinator	Maree Beatty

AGE MANAGERS	
Under 14 Assistant	Adam Poole Adam Mills
Under 13 Assistant	Dan Seaton Ben Black
Under 12 Assistant	Marcus McCollum Joe Prichard
Under 11 Assistant	Nick Goodwin Rob Beacroft/Mackellar Ewington
Under 10 Assistant	Janthea Anderson Ash Blake, Rob Kelly
Under 9 Assistant	Sarah Whitrod TBA
Under 8 Assistant	Julie Blake Chris Carrodus, Ross Chapman
Under 7 Assistant	Beverley Ward Kate Hochmuth
Under 6 Assistant	Kyle Staite Rob Miles

## CUDGEN JUNIORS – CLUB CAPTAINS

- Jack Cross
- Isaac Whitrod
- Charli Mills
- Skye Campbell

As you can see, we have some vacant positions so if you think you can help, please approach a committee member or email [nippers.admin@cudgenslsc.org.au](mailto:nippers.admin@cudgenslsc.org.au)

## AGE GROUPS

Listed below are the age groups members will be in for the 2023/24 season. These age groups are determined as at midnight on 30 September 2023.

Birthdate between these dates	AGE GROUP
1 <sup>st</sup> October 2017 to 30 <sup>th</sup> September 2018	<b>U6</b> (Surf Play One)
1 <sup>st</sup> October 2016 to 30 <sup>th</sup> September 2017	<b>U7</b> (Surf Play Two)
1 <sup>st</sup> October 2015 to 30 <sup>th</sup> September 2016	<b>U8</b> (Surf Aware One)
1 <sup>st</sup> October 2014 to 30 <sup>th</sup> September 2015	<b>U9</b> (Surf Aware Two)
1 <sup>st</sup> October 2013 to 30 <sup>th</sup> September 2014	<b>U10</b> (Surf Safe One)
1 <sup>st</sup> October 2012 to 30 <sup>th</sup> September 2013	<b>U11</b> (Surf Safe Two)
1 <sup>st</sup> October 2011 to 30 <sup>th</sup> September 2012	<b>U12</b> (Surf Smart One)
1 <sup>st</sup> October 2010 to 30 <sup>th</sup> September 2011	<b>U13</b> (Surf Smart Two)
1 <sup>st</sup> October 2009 to 30 <sup>th</sup> September 2010	<b>U14</b> (SRC)

A child may join as soon as they turn five years of age. We cannot accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches five years of age after 30th September may join nippers at that time for the remainder of the season; however, this child will be required to stay in the U6 nippers age group again the following season.

Note: Proof of age/birth certificate must be sighted for all new children joining. A child may join as soon as he/she turns five years of age.

**U6 / U7** - It is all about making new friends and having fun, such as: Playing Beach Games, learning about Sun Safety and Building Confidence in the Surf under controlled conditions. During this time however, one of the most important aspects for your child development is learning to swim or improving on his/her swimming ability and we would encourage you to also get your child enrolled in learn to swim classes at your local pool.

**U8** - Under 8's are old enough to compete in their first Nipper Carnivals. In this age group events are primarily restricted to the beach (sprints & flags) and shallow water (Wade and Wade relay events).

**U9 / U10** - In Under 9's and Under 10's we continue to train our Nippers in ocean swimming, and they are introduced to paddling a nipper board (a mini rescue board also known as a 'foamie'). We also aim to: Expand on your child's surf education, continue participation at carnivals with more emphasis in the surf. This is where the pool swimming training becomes important to build ocean confidence.

**U11 / U12 / U13** - Nipper's graduate to fiberglass boards and we further develop their training to include iron racing and board rescue technique. They will commence aspects of the Surf Rescue Certificate including Resuscitation Certification and Radio Operators Course.

**U14** – **The competitive** nippers start using full size racing boards and move into the senior training squad and we introduce pathways for our future Lifesavers. This includes more emphasis on First Aid, emergency search and rescue and other Surf Life Saving specific education. They will have completed the Surf Rescue Certificate (SRC) making them eligible to become patrolling members.

As part of your child progression into the senior movement, your child is encouraged to nominate for the 'Junior Lifesaver of the Year award'. Nominees are interviewed by a club selection panel and one male, and one female is chosen to represent the club. The Club representatives then go through another selection process for selection as the Far North Coast Branch representative and if selected attend a junior leadership training course in Sydney with candidates from throughout the state for a chance to become the junior lifesaver of the year. The criteria for the selection will be based on the nominee's achievements in the following areas: Attained Surf Rescue Certificate (SRC). Contribution to Surf Life Saving. Demonstration of leadership roles in club activities. Contributions made to the club, Awards received in Surf Life Saving and the community. Involvement in community events outside of Surf Life Saving. Awareness of club events and current affairs. Initiative applied to club and community activities. Promotion of Surf Life Saving to the community.

## JUNIOR CLUB CAPTAINS

The under 14's will be asked to nominate candidates from their age group for the position of Junior Club Captains. These positions will be appointed after an interview process has taken place with the Junior Committee. The committee are looking for a candidate that can act as a role model for the club and its younger members, has shown leadership qualities and a commitment to the club and its values.

### FEES

U6's – U7's: \$115 or \$65 if redeeming an Active Kids Voucher

U8's – U14's: \$210 or \$160 if redeeming an Active Kids Voucher

Nippers Family 3 or more Children – there is a 15% discount available per Nipper. (Please contact [jacmembership@cudgenslsc.org.au](mailto:jacmembership@cudgenslsc.org.au) for details.

Parents: \$19 Active Associate Membership

New members must provide a Birth Certificate or Passport as proof of age.

It is essential that at least one parent per family join as an Active Associate member which entitles you to use of club facilities, lifesaving award training, insurance cover for all approved surf lifesaving activities and entitles you to receive 5% discount on food and beverages in our Club. Parents are not allowed to assist or participate without Insurance, so we encourage you to join, and join the fun! Membership cards are available to collect at the Bistro.

### PROFICIENCY

For safety and development reasons all children from U6's to U14's must successfully complete proficiency before competing in junior surf water activities. Preliminary Evaluation is undertaken prior to commencing any surf water activities, training, or competition. It consists of a survival float, a timed pool swim and an open water swim.

	Under 6	Under 7	Under 8
Flotation	Back or front float for a minimum of 5 seconds, recover to stand.	Back or front float for a minimum of 10 seconds, recover to stand.	Back or front float for a minimum of 15 seconds, recover to stand.
Submersion	Submerge to touch the bottom with hands.		
Propulsion	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).

	Under 9	Under 10	Under 11
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.		Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum of 2 minutes.
Submersion	Submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.
Propulsion	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres.	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.

	Under 12	Under 13	Under 14
Flotation	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.		
Submersion	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.
Propulsion	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.

## NIPPER ACTIVITY DAYS

The majority of Nipper activity day are held on a Sunday morning. The following timeline covers a typical activity day:

Activity	Who	Time (Sunday activity days)
Briefing on conditions and activities	All Age Managers, Safety Water Supervisor & Water Safety	8:15 am
Beach setup (tents, flags arena and sprint track) & BBQ setup	Nipper parents	8:15 am
Water setup (launch IRB, set buoys, water safety equipment)	Qualified water safety persons (and patrol members)	8:30 am
Briefing	Nippers and parents	8:45am
Nippers sign on	Nippers and parents	8:50 am
Activities commence	Nippers	9:00 am
Activities complete (nippers sign off)	All	11:30 am

A briefing for both parents and children on the grassed area of the club house is held prior to commencement of activities. The children then proceed down to the beach to have their attendance recorded.

Parents are required to always stay with their children's age group unless they are assisting with other nipper related activities in which the age manager should be notified.

Attendance and participation are recorded for all U/6-U/14. This is done to encourage regular attendance and participation in all activities. Regular activities include the following:

**WADE (U8's only)** - Competitors run & dolphin dive through a line of parents in the water about waist deep helping them to develop skills for surf racing and water confidence.

**SWIM & SWIM TEAM** - Competitors sprint into water where they swim around a string line of set cans to the finishing line on the beach.

**SPRINT** - Soft sand running approx. 50-70 metres.

**FLAGS** - Competitors lie on the sand facing the water, when a whistle is blown, they spring to their feet, turn & sprint to obtain a flag at the other end of a 15-metre arena.

**BOARD EVENTS**- Competitors run with their boards from the start line, paddle around a triangle of cans (set in the water at varying lengths–dependent on age), to the finish line on the beach.

## SURF EDUCATION

This is a very important component of the sport. All members are required to gain the Surf Education award appropriate for their age group during the season. Members must endeavour to complete the Surf Education criteria by the end of December each season under the guidance of their Age Manager to be able to compete at carnivals.

## PARENT PARTICIPATION

Like any community sporting organisation Nippers is 100% dependant on volunteers. Whilst the Committee do the bulk of the work parents are required to help from time to time. If you are not sure what to do or how you can help, please don't hesitate to ask your Age Manager or one of the Committee Members.

We are always in need of water safety to allow us to conduct water events. If you are interested in becoming qualified as a water safety officer, please see your Age Manager and ask to be included in the next Surf Rescue Certificate (SRC) or Bronze Medallion (BM) course.

We encourage all parents to be an Associate Member of the Cudgen Headland SLSC. You can obtain a membership form from the club house. Persons who are not members of the club are not permitted to assist with any junior activities for insurance purposes.

Another way parents can assist the club is by becoming a Carnival Official. This entails helping to run and officiate at the carnivals. We have approximately 4-5 carnivals a year and our club need to provide an "official to child ratio" of 1-20 competitors. It is very important for us to keep providing officials as families retire from nippers. Please talk to your Age Manager to obtain more details on what is required.

### **Many hands make light work, other ways you can help include:**

- Assist the Age Managers.
- Help with the weekly BBQ.
- Assist by bringing boards and other equipment up from the beach at the conclusion of the weekly beach activities. Many hands make light work!
- Wash the equipment and help put it away.
- Attend the monthly Committee meeting and have a say in the running of the Club. Meetings dates are posted on the surf clubs' website.
- Be prepared to volunteer your time when the Club is running the Cudgen Classic or hosting events.
- Support the Club by utilising the bar and bistro.

### **UNIFORMS**

All nippers must wear a pink rashie and coloured age group cap. All new Nippers will receive their age cap which remains with them through their time at the club.

#### **The club cap is compulsory and must be worn during weekend junior activities and at all carnivals.**

The Nipper Cap must be always worn on your head (not around your neck or in your hand) during nipper activities. It can only be taken off when parents/carers have signed their child out with their age managers at the end of the days' Nippers activities. These are in age group colours and are a safety measure so when on the beach we can distinguish Nippers from the rest of the public using the beach.

A fluoro rash vest (SLS approved in pink colour) is also compulsory during all water activities and during training sessions for safety reasons. Club swimwear isn't compulsory, but we strongly encourage all nippers to wear club swimwear to create a better club environment.

For merchandise orders: <https://www.cudgenslsc.org.au/shop>

*Cudgen has a NO CAP, NO RASHIE, NO NIPPERS policy.*

### **COMMUNICATION**

All communication once the season commences will be done via Stack Team App. It will be a requirement for parents to download the App and ensure you have notifications enabled for "Club Chat", specific "Age Groups" for your children and any other chat group you are a member of. Some communication maybe via email and SMS but primarily we will be using Stack Team App this year. We post updates to Facebook and Instagram which can include photographs of children adhering to photo policy. Please do not hesitate to contact anyone on the committee with any queries or concerns. Contact details are listed at the front of this booklet.

We also have a new Facebook page – please follow this for updates:

<https://www.facebook.com/CudgenSLSCNippers>

### **SUN SAFETY – BLOCK THE SUN, NOT THE FUN!**

As a club we recognise the importance of sun care protection. Everyone must take personal responsibility by applying sunscreen before you come to the beach and reapplying regularly. Long sleeve Cudgen Headland SLSC shirt and broad rim hats are available for purchase from the Uniform Officer. All parents are encouraged to assist with setting up and storing the portable sunshades.

### **TRAINING**

**Board** training sessions are available for all proficient members from U/9 - U/14. Members must be signed in and out by an adult who must be present throughout the training session. If this policy is not adhered to, or the correct ratio of children to water safety officers is not available, children will not be able to train. Board training sessions are typically held Wednesdays and Fridays from 4.30pm until 5.45pm. **Beach** training is typically available on Thursdays from 4pm to 5pm for U/9 - U/14. **Iron person** training is typically held on Saturdays at 10:00am until 11:30am and is for U11s and up. For all training enquiries please see the Club Coach (board training is generally extended to U8 in the second half of the season to assist with preparing them for next season)



## **CARNIVALS**

There are several carnivals each year that our club participates in. Every member is encouraged to represent the club at these carnivals. Age Managers will ask members several weeks before each carnival whether they intend competing at the carnival, so teams and entries can be finalised. Please, if your child indicates they are attending ensure they turn up as non-attendance may mean other children will be without a team. Alternatively ring the Age Manager and let them know if you cannot attend.

**Withdrawal/Failure to compete:** If the Club pays an entry fee and the competitor does not compete, the competitor will be requested to reimburse the Club the cost of any entry fees paid.

We must also supply water safety and carnival officials to enable our children to compete at these carnivals. Please see you Age Manager regarding becoming qualified in these areas.

## **AWARDS**

Awards are calculated in a points system based on participation and achievement. Please refer to the website for the Policy document

<https://www.cudgenslsc.org.au/cudgen-headland-slsc/documents-policies/>

Awards include Club Day Champion, Age Champion, Participation award, Encouragement award, 100% Nipper Attendance

To be eligible for end of season awards, nippers are required to attend a minimum of 70% of activity days or any carnival that replaces a nipper activity day.

## **CUDGEN CLASSIC**

The Cudgen Classic is our major fundraising event. It consists of an individual iron person and a team's event for competitors U10 to Opens. The Cudgen Classic was established in 1997 and is traditionally held on the last Saturday 17<sup>th</sup> February 2024. Competitors from clubs south to Coffs Harbour and north to the Sunshine Coast attend. See the Cudgen Classic Coordinator to find out ways you can assist.

## **WATER SAFETY REQUIREMENTS**

Adequate water safety must be provided before any junior surf water activities can be conducted. This relates to both scheduled weekend junior activities and training sessions.

A beach safety assessment must be completed before any water activities take place and must have met the following requirements:

- ◆ A fully operational patrol must be on the beach (NOT REQD FOR TRAINING).
- ◆ The Patrol Captain has the authority to cease all water activities, if in his/her opinion the conditions are deemed to be unsafe.
- ◆ The Patrol Captain in conjunction with the Junior Activities Program Coordinator must ensure enough water safety officers are available.
- ◆ Only qualified personnel i.e., registered members with a minimum qualification of Surf Rescue Certificate (SRC) are eligible to act as water safety officers for junior surf water activities.
- ◆ Clubs must ensure all water safety officers are proficient in the SRC or are bronze medallion holders.
- ◆ The orange lycra 'water safety' rash-shirts or yellow 'surf rescue' rash-shirt must be worn by qualified water safety personnel during all junior surf water activities, training, and carnivals.

### **Water Safety Personnel Ratios**

The minimum ratio of water safety officers for junior surf water activities are:

- ◆ One water safety officer per 5 participants in the water at one time.
- ◆ Approximately 50% of these water safety officers shall be on a rescue craft (IRB, Board).
- ◆ All in-water safety officers not on rescue craft shall have a rescue tube.
- ◆ Dependent on conditions, an IRB may be deployed in the water when there are 20 or more participants.



## **MEMBER SAFETY**

All NSW SLS members and employees (over 18 years) require a WWCC if undertaking a child-related role.

### **Some of the Roles within our club are: -**

- Junior Activity Chairperson
- Age Managers and assistants
- Water safety personnel for Nippers
- Sports Coaches for under 18 squads and teams

### **Exemptions for WWCC are: -**

- Children under 18
- Administrative, clerical and maintenance workers not involved with children for extended periods
- Volunteering by a parent or close relative with a team in which the child participates

### **How to apply for a WWCC**

1) Apply for a WWCC on-line at [www.ocg.nsw.gov.au](http://www.ocg.nsw.gov.au)

2) Take this form to the Motor Registry for a clearance (no charge for volunteers). You will receive an email with your WWCC number.

3) Provide a copy to the clubs Member Protection Officer who will record your Registration Number and expiry date on SurfGuard. This clearance will last for 5 years.

Evidence that this check has been completed must be submitted to the Cudgen Headland SLS prior to the commencement of the season. It is an offence under the Child Protection (Offenders Registration) Act 2000 for a person convicted of a serious sex offence to apply for club positions.

## **GRIEVANCE PROCEDURE**

Cudgen Headland SLS recognises you can't do a good job or be fully productive, if you feel other members or officers or anyone else is treating you unfairly, discriminating against you or harassing you. The SLSA Regulations also provides guidance on the judiciary and disciplinary procedures. The key principals of this policy include, confidentiality, impartiality, free of unfair repercussions or victimisation, sorted out at the local level, if possible, sensitivity and timely resolution.

Should you have a grievance we ask that you follow the following steps:

- STEP 1:** If you can, discuss the issue with the person or people involved. We have found that most issues can be sorted out by a simple explanation or apology.
- STEP 2:** If this does not satisfy you or you aren't sure how to handle the issue yourself, speak to the Grievance Officer. The Grievance Officer will assist you to see someone who can help.
- STEP 3:** If you need further assistance, the Grievance Officer will speak with an appropriate Committee Member on your behalf.

## **CUDGEN HEADLAND CLUB STRUCTURE**

There are 5 entities which make up the Cudgen Headland SLS and are overseen by a Club Board of nine representatives:

1. **Junior Activities Committee (JAC)** -The nippers, their parents, and the Juniors Committee.
2. **Surfsports** -The Competitive members from 15 through to Seniors
3. **Lifesaving** -The patrolling members from U15 through to Seniors and the Seniors Committee.
4. **Cudgen Coldies** -The winter ocean swimming members and the Coldies Committee.
5. **Club Limited** -The bar, bistro, and building.

## **FAIR PLAY CODES**

### **Parent's Code**

- ◆ Do not make an unwilling child participate in a sport.
- ◆ Children are involved in sport for their enjoyment, not yours.
- ◆ Encourage children to play by the rules.
- ◆ Encourage the effort being as important as the result.
- ◆ Work towards improving skills and sportsmanship.
- ◆ Do not yell or abuse a child for making a mistake. They are trying as hard as they can.
- ◆ Recognise and encourage good play or efforts.
- ◆ Do not publicly question an official's decision.
- ◆ Recognise the efforts of volunteer coaches and managers.

### **Age Manager / Coach's Code**

- ◆ Make sure opportunities for participation are available for all children.
- ◆ Do not demand too much of children. They have other interests as well.
- ◆ Teach participants that the rules are for their safety and should not be broken.
- ◆ Avoid encouraging and rewarding the talented participants all the time. All the children deserve equal encouragement.
- ◆ Children play for fun. Don't take the fun out of sport by yelling if they make a mistake.
- ◆ Make sure all facilities are safe.
- ◆ Do not make young children over practice. Take age and maturity into account when designing training programs.
- ◆ Encourage respect for the opposition's ability and officials.
- ◆ Keep up to date with all the latest coaching principles and methods.

### **Participant's Code**

- ◆ Play to enjoy the sport.
- ◆ Follow the rules.
- ◆ Do not argue with officials' decisions. The Age Manager or Team Manager can ask necessary questions.
- ◆ Control your temper and be a good sport.
- ◆ Treat other participants as you like to be treated.
- ◆ Remember it is your aim to have fun and improve your ability.
- ◆ Listen to your coach, Age Manager and mates.

### **Official's Code**

- ◆ Modify the events and rules to suit the ability of the participants.
- ◆ Do not over run the game and its enjoyment by over officiating.
- ◆ Always set a good example. Your behaviour must be exemplary as all participants are watching you.
- ◆ Praise the participants on good behaviour, sportsmanship and skill.
- ◆ Remain up to date on all current rules and information relating to officiating.

### **Spectator's Code**

- ◆ Children play for fun not for your enjoyment or satisfaction.
- ◆ Do not use bad language or yell at the participants, coaches or officials.
- ◆ Encourage and reward good performance by all participants.
- ◆ Do not yell at participants for making mistakes.
- ◆ Do not criticise officials and their decisions.

## **SPONSORSHIP**

We ask you to please support our generous sponsors who support our club.



We are always actively seeking to expand our sponsorship base. If you would like to help or know someone who might be able to support us, please let a committee member know.

**2023/2024 CALENDAR**

Dates subject to change – please refer to the website.

## CUDGEN NIPPERS CALENDAR 2023/24 as at 27/09/2023

DATE	EVENT	VENUE	HOME	BBQ Duty	Beach Duty
Sept 2023					
1	Nipper Registrations Open Online	SLS.com.au/join			
9	Registration & Pool Proficiency 10am-12pm	Surf Club & Kingscliff Pool			
16	Registration & Pool Proficiency 10am-12pm	Surf Club & Kingscliff Pool			
29	U14 Team Building Day	Currumbin			
Oct 2023					
7	Interbranch Selection Day	Cudgen			
14	Coolangatta Gold Youth Challenge	Coolangatta			
15	1 <sup>st</sup> Day of Nippers Season 23/24	Cudgen		U12	U11
22	FNC Branch Carnival (U12-14)	Cudgen		Carnival Roster Applies	
22	Nippers Day	Fingal			
24	U12-U17 Session with Ironman, Matt Bevilacqua	Cudgen			
27	Friday Training – Pizza Night	Cudgen			
29	Nippers Day	Cudgen		U13	U14
Nov 2023					
5	JAC Branch Carnival	Yamba			
5	Nippers Day	Cudgen		N/A	U9
11 TBC	U13 Fingal Sleepover	Fingal			
11	Parents Welcome Drinks & Nibbles	Cudgen			
12	Nippers Day	Cudgen		U14	U13
19	Nippers Day – Beach Clean Up/Sustainability Day	Cudgen		U8	U12
24	Friday Training – Pizza Night	Cudgen			
25	FNC Interbranch Team Clinic	Cudgen			
26	Nippers Day	Cudgen		U9	U10
Dec 2023					
2-3	Interbranch	Fingal Beach (Hunter Branch)			
3	Nippers Day	Cudgen		U10	U7
9-10	FNC Branch Championships	Byron Bay			
10	Nippers Day	Cudgen			U6

15	Nippers Xmas Party	Cudgen			
Jan 2024					
7	Nippers Day	Cudgen		U7	U11
13	JAC Teams Carnival	Cudgen		Carnival Roster Applies	
14	Nippers Day	Cudgen		U6	U9

19	Friday Training – Pizza Night	Cudgen			
TBC	Country training day	Cudgen			
21	Nippers Day	Cudgen		U12	U10
26–28	Country Championships	Warilla Barrick Point SLSC			
28	Nippers Day	Cudgen			U8
Feb 2024					
4	Nippers Day	Cudgen		U11	U7
11	Nippers Day	Cudgen		U13	U6
17	Cudgen Classic	Cudgen		Carnival Roster Applies	
18	Nippers Day	Cudgen		U14	U12
23	Friday Training – Pizza Night	Cudgen			
25	Nippers Day	Cudgen		U10	U13
March 2024					
7-10	NSW Junior State Championships	Queenscliff SLSC			
17	Nippers Presentation Day	Cudgen			
April 2024					
13-14	Aussies- Youth	Sunshine Coast QLD			
Sept 2024					
3-8	World Championships	Kurrawa SLSC			