

Juniors @ Moana SLSC



Parent Handbook

2017/18 SEASON

Juniors @ Moana SLSC

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Age Groups

Mini Mo's U6

5 years old as at 30 September

Mini Mo's U7

6 years old as at 30 September

U8

7 years old as at 30 September

U9

8 years old as at 30 September

U10

9 years old as at 30 September

U11

10 years old as at 30 September

U12

11 years old as at 30 September

U13

12 years old as at 30 September



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Nipper Training

Saturday afternoon training provides an opportunity for all nippers to train in each Surf Life Saving discipline... Sprints, flags, wades, boards, ocean swimming and relay events.

Times

Mini Mo's (U6 and U7's)

3pm to 4pm

U8's to U13's

2pm to 4:30

- 2pm sign on
- 2:10pm announcements
- 2:20pm warm up
- 2:30pm commence training

Important announcements will be made at the commencement of each Saturday training. Please ensure that you child/children are signed in, wearing their age group cap and sitting with their age group by 2:10pm so that announcements can be made and training can commence on time.

At the end of training children will need to be signed out and their age group cap removed.



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Beach set up and pack up

Parents are asked to arrive a little early to help with the setting up.

Each age group is assigned a set up/pack up station. The station that you set up will be the station that you pack up. You will have the same station for the whole year so you will get really good at it!

Age Group	Area
U8's	Flags help (raking and rock removal)
U9's	Flags
U10's	Sprints help (raking and rock removal)
U11's	Boards help (unload/load boards trailer, hose down boards)
U12's	Boards
U13's	Sprints



What to bring

- Bathers,
- Hi Visibility vest,
- Long sleeve top,
- Broad Brimmed Hat,
- Sunscreen,
- Goggles,
- Towel,
- Water bottle,
- Age group coloured cap (to be purchased, this colour will stay with your child each year).

Please make sure all items are clearly labelled.

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Cap Colours

Age Group	Colour
Mini Mo's	Green caps will be provided at training sessions.
U8's	Yellow
U9's	light blue
U10's	Pink
U11's	White
U12's	Red
U13's	Purple

Mini Mo's

Mini Mo's is a modified Surf Life Saving Program for children aged 5 and 6 years old.



The aim of Mini Mo's is to introduce young children to Surf Life Saving through games and fun activities.

Mini Mo's runs for 1 hour to cater for the shorter attention span of the children.

Games and activities are conducted on the sand or in shallow water only.

To ensure safety and enjoyment it is a requirement that each child is accompanied by a parent or caregiver at

all times. It is necessary for parents to be involved with the activities and to help the Age group managers as needed.

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Nippers U8's to U13's

The aim of nippers is to introduce children to the skills and knowledge needed to become a Surf Life Saver. The nipper training incorporates the Surf Life Saving Australia Junior Development Program. Topics include; surf awareness, surf skills, first aid and resuscitation.

The skills and knowledge increase progressively through the age groups and this is recognised with the appropriate Surf Certificate at the end of the season.

Nippers must be able to swim in order to participate in water activities. **Nippers is not a 'learn to swim' program** and you are strongly encouraged to enrol your child into a 'learn to swim' program. Moana offers a pool swimming session on Thursday evenings at State Swim Seaford for children who can swim but want to increase their confidence and endurance.

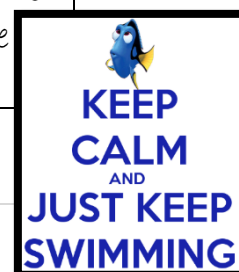


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Proficiencies

Prior to commencing water activities nippers are required to satisfy certain proficiencies to ensure their safety and enjoyment. Demonstration of proficiencies can be performed on Thursday evenings at State Swim Seaford between 6pm and 7pm. The ocean timed swim is conducted during nipper training.

	Preliminary Skills Assessment	Ocean Timed Swim	Surf Ed
Under 6	From a standing position in waist deep water perform a front glide and recover to a secure position.	Perform a back or front float holding a buoyant aid a recover to a secure position.	Surf Play 1
Under 7	From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position.	Perform a back or front float for a few seconds and recover to a secure position.	Surf Play 2
Under 8	25m swim (any stroke). 1 min survival float.	N/A	Surf Aware 1
Under 9	25m swim (freestyle). 1 min survival float.	150m ocean swim in 12 minutes.	Surf Aware 2
Under 10	25m swim (freestyle). 1 ½ min survival float.	250m ocean swim in 11 minutes.	Surf Safe 1
Under 11	50m swim (freestyle). 2 min survival float.	288m ocean swim in 12 minutes.	Surf Safe 2
Under 12	100m swim (freestyle). 2 min survival float.	288m ocean swim in 10 minutes.	Surf Smart 1
Under 13	150m swim (freestyle). 3 minute survival float	288m ocean swim in 8 minutes.	Surf Smart 2
Under 14	200m swim (freestyle within 5 minutes) 3 min survival float.	288m ocean swim in 8 minutes	Surf Rescue Certificate



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Weekday Training

Weekday training provides nippers with the opportunity to improve their skills and confidence in specific events.

Training Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Boards Jamie 5:15pm- 6:30pm	Sprints/ Flags Gary and Sonia 4:30pm Maslin Beach		Boards Joe 5:15pm- 6:30pm	March Past 12:00pm Nippers 2-4:30pm	

Parent/Caregiver Involvement

Moana Surf Life Saving Club is run entirely by volunteers. We are proud of the inclusive, friendly, community environment that the club provides. Parents/caregivers are highly encouraged to be involved with their child/children's nipper experience. **Parents/caregivers must remain on the beach during training** unless helping in another area.

Parent/caregiver help is needed each week with:

- Beach set up and pack up (see roster),
- BBQ (see BBQ roster),
- Assisting or becoming and Age Group Manager (speak to your AGM or junior coordinator if you are interested),
- Water safety (must have Senior Rescue Certificate or Bronze medallion),
- Becoming an official to assist at carnivals (please see Marion James or Sonia Herpich to find out more).

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BBQ Roster

Date	Age Group
21 st October 2017	U8's
28 th October 2017	U9's
4 th November 2017	U10's
11 th November 2017	U11's
18 th November 2017	U12's
25 th November 2017	U13's
2 nd December 2017	U8's
16 th December 2017	U9's and U13's X-mas Break-up
6 th January 2018	U10's
14 th January 2018	U11's
20 st January 2018	U12's
27 th January 2018	U13's
3 rd February 2018	U8's
10 th February 2018	U9's
17 th February 2018	U10's
24 th February 2018	U11's
3 rd March 2018	U12's



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Competition and Carnivals

Moana Triple Crown

5th November 2017, 3rd December 2017, 4th February 2018

Throughout the season Moana will host events to challenge our nippers. The Moana Triple Crown is a series of three events all involving a 500m beach run, 500m ocean swim, 800m beach run and 800m board paddle. Nippers are encouraged to participate in any or all of these challenges. Those who complete all three will receive the Moana Triple Crown!



Mid Coast Challenge

20th January 2018

The Mid Coast Challenge is organised collectively by the Mid Coast Surf Clubs. It involves an ocean swim, board paddle and beach run. Interested nippers are encouraged to enter this event. The distance is challenging and the nippers will be surprised at what they can achieve.

This year the Mid Coast Challenge is being held at Moana!

Interclub Carnivals and Junior Surf Sport Series

Finale

27th Oct 2017, 17th Nov 2017, 8th Dec 2017, 17th Jan 2018, 3rd Feb 2018, 16th Feb 2018

This season Surf Life Saving SA are introducing Junior Interclub Carnivals which lead up to the Junior Surf Sport Series Finale. This series of carnivals includes juniors and youth up to U15.

Moana is part of the Mid Coast Group of Clubs and throughout the series we will compete against Christies Beach, Port Noarlunga, Southport and Aldinga.

The Junior Surf Sport Series Finale consists only of team events. The Mid Coast Clubs will join to form a 'Mid Coast Team'. Selected competitors will represent The Mid Coast Team as we compete against the 'South Coast', 'The Bay' and the 'Western Beaches' clubs

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Carnivals

Throughout the season there are a series of Junior Carnivals, State Qualifiers and Junior State Championships (see important dates).

There is a small fee for entering carnival, the amount will be confirmed by SLSSA.

Carnivals offer nippers the opportunity to compete in a friendly environment. Interested nippers are encouraged to compete at carnivals. Carnivals are not compulsory. Mini Mo's and Under 8's do not compete at carnivals. Nippers must have satisfied all proficiencies to compete in water events.

Parents/caregivers must remain on the beach for the duration of the carnival and Age Managers will require parental assistance with organising the children and carrying towels, drink bottles, etc.

Carnival Survival Guide

- Please inform your child's AGM the week before if they will be attending the carnival
- Arrive at 7:30am and present to your AGM at the Moana tent
- Parents are to remain on the beach with their children
- Please make sure the AGM always knows where your child is
- What to bring: Bathers, Moana club cap, hi vis vest, long sleeved top, broad brimmed hat, goggles, sunscreen, towel, lots of water and lots of healthy snack foods.
- Carnivals are quite busy so encourage your child to use quiet opportunities to eat, drink, re-sunscreen, go to the toilet and stay cool.

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Officials

Moana is required to supply 3 official for each junior carnival.

Parents of children who compete at carnivals are strongly encouraged to complete and short officials course so that they can assist with our duties at carnivals. An officials course will be organised for early in the season.

We will provide support for officials at the carnivals.

An Officials roster will be made early in the season, please add your name to this roster 😊

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Nipper Safety

Surf Life Saving SA and Moana SLSC are committed to ensuring the safety and welfare of all nippers.

All volunteers who work with nippers must have a current police clearance. We also have Club Reporting Officers who are trained in ensuring nipper safety and recognising and reporting any concerns.

Our Club Reporting Officers are:

Helen Stickland

Neil Wilson

Code of Conduct

Surf Life Saving Age Manager Code of Conduct

A SLSA Age Manager (junior activities) will:

- agree to abide by the code of conduct
- be responsible for the overall safety and well-being of the group
- be responsible for the group's learning
- take time to plan and prepare the activities delivered to the group
- foster a collaborative approach to the management of the group
- instil enjoyment and fun in what they do
- be a positive role model for surf lifesavers and SLSA.

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Surf Life Saving Parent/Guardian Code of Conduct

A Parent/Guardian of an SLSA member will:

- remember that their child participate in surf lifesaving for their own enjoyment
- focus on their child's efforts and performance rather than winning and losing
- show appreciation for good performance by all participants never ridicule or yell at their child or other children for making a mistake
- respect officials decisions and teach their children to do likewise
- not physically or verbally abuse or harass anyone associated with the activities (eg. coach, official, age manager, etc)
- be a positive role model for others.

Members Code of Conduct

- respect the rights, dignity and worth of others
- be fair, equitable, considerate and honest in all dealings with others; be aware of, and maintain an uncompromising adherence to SLSA standards, rules, regulations and policies
- be professional in, and accept responsibility for actions
- make a commitment to providing quality service
- use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly
- refrain from anything which may abuse, intimidate or harass others
- preserve and protect the standing and reputation of the association
- understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.

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Important Dates Season 2017/18

Date	Event	Venue
September 2017		
Saturday 23rd	Registration Day 10am till 3pm	Moana
	October 2017	
Thursday 19 th	Proficiency swim 6pm till 7pm	Seaford State Swim
Saturday 21 st	Nippers commences including Mini Mo's	Moana
Thursday 26 th	Proficiency Swim 6pm till 7pm	Seaford State Swim
Friday 27 th	Interclub Carnival 1 (includes Youth U14 and 15)	Christies Beach
November 2017		
Sunday 5 th	Moana Triple Crown (1)	Moana
Sunday 12 th	Junior Carnival 1	Pt Noarlunga
Friday 17 th	Interclub Carnival 2 (incl Youth)	Pt Noarlunga
December 2017		
Friday 8 th	Interclub Carnival 3 (incl Youth)	Aldinga
Sunday 10 th	Moana Triple Crown (2)	Moana
Saturday 16 th	Xmas Break up	Moana
Sunday 17 th	Junior Carnival 2	Christies Beach

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January 2018		
Saturday 6 th	Nipper training resumes	Moana
Wednesday 17 th	Interclub Carnival 4 (incl Youth)	Southport
Saturday 20 th	Mid Coast Challenge No Nipper Training	Moana
February 2018		
Saturday 3 rd	Junior Branch Series Finale No Nipper Training	Mid Coast
Sunday 4 th	Moana Triple Crown (3)	Moana
Sunday 11 th	Junior Carnival 3	Normanville
Friday 16 th	Interclub Carnival 5 (incl Youth)	Moana
Saturday 24 th	Junior Qualifying No Nipper Training	Grange
March 2018		
Saturday 3 rd	Final nipper training	Moana
Friday 9 th	Junior State Championships Day 1 (R and R)	Glenelg
Saturday 10 th	Junior State Championships Day 2	Glenelg
Sunday 11 th	Junior State Championships Day 3	Glenelg

Communication

Team App

This season we are introducing 'Team App' to keep all junior families up to date with the latest information.

Please install Team App to you phone and join 'Moana slsc'

Moana Junior Parents Facebook Page

The Moana Junior Parents Facebook page can be found at

<https://www.facebook.com/groups/286874641414068/> If you are on

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Facebook please join the group to keep up to date and share any photographs you have taken.