

# BRONTE

SURF LIFE SAVING CLUB • 1903

## Welcome to Nippers in 2024!

We can't wait to see everyone at Nippers soon! We are excited to welcome our U6 nippers for a special introductory session on Sunday 13 October, and all our nippers on Sunday 20 October.

Well done to all our U8-U14 who did their pool proficiencies at St Catherine's. Catch up proficiencies will be held during normal Nippers timeslots in Bronte Pool on Sunday 20 October for all who couldn't make it.

Please take the time to read the information below. It's long and detailed, but please read the sections relevant to your family.

### FIRST DAY OF NIPPERS

- Sunday 13 October: **Under 6 only** from 8am-9am.
- Sunday 20 October: all nippers. See timetable [here](#).

### THE ESSENTIALS

- All nippers must wear their swimmers and Bronte SLSC age cap.
- Nippers from U8 and up **must also wear their pink rashie** during their Nippers session. This is **highly recommended** for all age groups.
- Wetsuits are a great idea – the water is cold!
- Arrive on time to your Age Group flag, dressed and ready to go. Each Nipper must sign in and sign out of Nippers. Please take off your Nippers age cap and pink rashie after your session.
- Catch up proficiencies (pool and ocean where relevant) will run for the first couple of weeks and must be completed before U8+ nippers can undertake water activities.
- Nippers is volunteer run and we need plenty of willing parents to assist, particularly in U6-U8. To do this, SLS requires parents to have either their Bronze Medallion or their 'Age Manager Award' plus a Working With Children Check number. The Age Manager Award is a short online course – see below and [here](#). A WWCC is free for volunteers ([apply here](#)).
- The online age manager qualification enables you to wear a 'yellow cap' and help out on the beach, in the pool and in the bogey hole. You can't help out in the ocean without a current Bronze Medallion (see [here](#) for details of the Bronze Medallion course, if you're interested).
- Qualified parents must wear their uniform (Age Manager white shirt, Water Safety orange rashie, or yellow Bronte cap). All other parents are requested to \*remain nearby but not get involved.
- At Nippers, we get in the water at every opportunity! Swimming at Bronte is challenging and we do not teach nippers to swim. **We expect all nippers to be in regular, year-round swimming lessons or squads.** Those who are will be safer and have so much more confidence and fun.
- A request from the Council: please keep the steps in front of the lifeguards' window clear (no bags, changing etc) so that they have a clear view of the beach.
- \*Finally - **Nippers is not 'drop and go'** – we are in a marine environment and parents are expected to remain present at Bronte Beach with eyes on their children. As with everything, the more you give, the more you get out of it, so we recommend you get qualified and pitch in – it's really rewarding!

## MERCHANDISE/UNIFORMS

The merchandise stall will be open:

- Friday 11 October: 3pm-5.30pm
- Friday 18 October: 3pm-5.30pm
- Sunday 13 October: 7.45am-9.30am
- Sunday 20 October (and all Nippers Sundays thereafter): 8am -11am

We recommend attending on the Fridays if possible - the queues on the first day of Nippers can be long.

## BRONTE NIPPERS TURNS 50!

Nippers at Bronte started in 1974 and we are excited to celebrate 50 epic years this season. We plan to celebrate at the last nippers session for 2024 (15 December) and are looking for a volunteers who are keen to plan and execute this celebration. [Let us know here](#) if you're keen to get involved!

## BBQ

Each Nipper group will be rostered on to assist with the BBQ **from 8am-11am** (a full morning!). BUT: most groups will only be rostered on once for the whole season. What a great way to help out our Club – no experience required! BBQ roster is [here](#).

## AGE MANAGER AWARD + ANNUAL PROFICIENCY

**Age Manager Award:** If you don't have your Bronze and would like to get involved at Nippers, we strongly encourage you to do the 'Age Manager Award'. It's a short online course and open to all members. You'll find all the details on how to complete it [here](#). In doing the course we do not expect you to become Age Leaders! It is simply the SLSA pre-requisite to assisting.

Those who have done the Age Manager course online – please send your certificate of completion and WWCC to [nippers@brontesurfclub.com.au](mailto:nippers@brontesurfclub.com.au). You will then receive a yellow cap to wear at Nippers.

**The annual 'proficiency':** those who hold the Age Manager award need to complete an annual 'proficiency'. Don't worry – it's just a short video + questions and takes a couple of minutes. You can access it via your SLS Members Area Account.

## CHILD SAFETY AT BRONTE

Bronte SLSC takes child safety – prevention of harm, injury, abuse or exploitation – very seriously. If you have, see or hear of any concerns, please immediately contact Ant, Jess or the Child Safe Committee ([childsaf@brontesurfclub.com.au](mailto:childsaf@brontesurfclub.com.au)). Keep an eye out for regular guidance and tips from the Child Safe Committee in our Club newsletter.

## WATER SAFETY (BRONZE MEDALLION HOLDERS)

As in past years, **please sign in to each group you assist with**. This is the only way your water safety hours will be recorded and they cannot be retrospectively allocated. You can do this either on the roll in your area or at the sign in desk at the front of the Club.

There is an expectation that each water safety will volunteer 30 hours per season. These can be made up in patrol hours or by volunteering at the Bondi-to-Bronte.

Time is running out to complete your annual proficiency (skills maintenance) so make sure you have signed up. All information regarding your proficiency and the skills maintenance timetable is [here](#).

## BOARD AND SAND TRAINING U9-U14

The Club offers terrific training for Nippers who are interested in improving their skills and representing Bronte at Nipper carnivals.

### Board paddling

There are 3 levels of board training squads: Beginners, Development and Competition. The U14 group will train on longboards during their 'wet sessions' for the SRC program. Those participating in board training will need to bring their own board, goggles, drink bottle and wear their pink rashie.

Board training groups require water safety to go ahead and all participants must sign in and out. Water Safety parents are expected to bring orange rashies and to get wet.

All communication in relation to board training squads is via Stack TeamApp. Log into Stack TeamApp, search 'Bronte Board Training', join and request access to your relevant group.

### Buying a Board

Under 9 and Under 10 nippers use foam boards and U11+ use fibreglass boards. All nippers participating in training will need their own board – **the Club does not lend, rent or sell boards**.

- New boards are available direct from the manufacturer (popular brands include Race One, Kracka, Bennett, Infront etc):
  - all foam nipper boards are similar in size and volume – brand is personal preference.
  - fibreglass boards are categorised by weight (your nipper's weight + 5kg-10kg).
- 15% discount available for Race One (use code Bronte15% to secure a 15% discount off your board and a 10% discount off a cover).
- New foam boards: Bronte offers a buy-back scheme for new foamies. Bronte will buy back your one year old foam board for \$300 and your 2 year old foam board for \$200, as long as it is in good condition and you email us your receipt of purchase.
- Secondhand boards:
  - check Facebook marketplace, this private group on Facebook: 'Second Hand Surf Lifesaving Craft, Surf Lifesaving Only', Geartrade and Gumtree.
  - Join and check this group within the Bronte Nippers WhatsApp Community: 'Bronte Secondhand Nipper Boards – buy & sell'.

### Sand

We are continuing to build a program to help our Nippers improve foundational sprinting skills, sand event skills, fitness and speed as well as an opportunity to get 'competition-ready'.

We have some amazing sand runners at Bronte and we are keen for our program to support existing, emerging and aspiring sand athletes! This season, we have a terrific coach lined up and seek your input to finalise the details. Please [let us know here](#) if your U9+ nipper is keen to train.

All communication will be via the 'Bronte Sand Team' chat on the Bronte Nippers WhatsApp Community (join [via this link](#) if you are U9+ and are interested in training). ]

Session	Monday	Tuesday	Wednesday	Saturday
<b>Beginners Boards</b> Coach: Jo Mermaid (commencing 22 Oct)		3.45pm-4.45pm Bondi Beach (on sand, north of Bondi SBLSC)		
<b>Development Boards</b> Coach: Jo Mermaid		4.45pm-5.45pm Bondi Beach (on sand, north of Bondi SBLSC)		3.30pm-4.30pm Bronte Beach
<b>Competition Boards</b> Coach: Jo Mermaid		4.45pm-6.15pm Bondi Beach (on sand, north of Bondi SBLSC)		3.30pm-5pm Bronte Beach
<b>Sand training</b> TBC (see <a href="#">EOI</a> )	<b>TBC</b> 4pm-5pm Bronte Beach (infront of Club)		<b>TBC</b> 4pm-5pm Bronte Beach (infront of Club)	

## Training fees

Training fees for the season are as follows and payable via your SLS Members Area Account:

- Board training: \$330
- Sand training: TBC, depending on sessions – see [EOI](#) (indicative price: \$220 for 1 session p/w and \$330 for 2 sessions p/w)

## NIPPER BOARD CARE

How much fun are Nipper boards?! Please let's show them some love this season. We have a room full of boards, newly repaired by our incredible team of board repairers. Let's keep them in Nippers-ready shape:

- Handle them / put them away CAREFULLY. Most damage occurs off the water.
- CHECK the hard boards before paddling - we had to write off several boards last season as they were cracked and became waterlogged when used.
- REPORT any damage and use the red tape in the nippers room to mark damaged boards. The quicker we know about the damage, the better chance we have to fix the board.
- The nippers will be embarrassed about damaging the boards. Please encourage them and let them know that we don't mind boards being accidentally damaged - but we do want to know when they have been damaged so we can fix them.
- Redbacks are for U6-U8 ONLY. Big kids – please leave them for the younger ones.

Board training kids need to have their own board and bring it to training. Contact Steve Brown ([stevetbrown@icloud.com](mailto:stevetbrown@icloud.com)) if you would like advice or wish to participate in our buy-back program.

## NIPPERS CARNIVALS

Nipper Carnivals are a great way to meet new nippers, challenge yourself and improve skills. Local carnivals (hosted by various Clubs on most weekends) are open to all proficient nippers and the draft Sydney Branch Carnival calendar is [here](#). For interested U8-U14, please diarise these key dates:

- Sunday 17 November: Waverley Shield at North Bondi
- Friday 7 – Sunday 9 February: Sydney Branch Carnival (U9+)
- Thursday 6 March – Sunday 9 March: NSW State Championships at Queenscliff (U9+)

We encourage all our U8-U14 Nippers to attend the Waverley Shield. Branch and State Championships are only for U9+ competitive kids who train.

Carnivals are volunteer run and each Club must fulfil a quota of various volunteer roles as a precondition to their Club competing. **Every family who sends a child to a carnival is expected to volunteer** either as water safety (Bronze Medallion required) or as an official (short course - details [here](#)) or in a very small range of other roles. Please discuss with your child whether they would like to compete this season and **complete your qualifications early**.

## WAVERLEY SHIELD NIPPERS CARNIVAL – SUNDAY 17 NOVEMBER

The Waverley Shield Nippers Carnival is a friendly, annual competition between the surf clubs of the Waverley Council area. It's a great morning for all interested kids to 'have a go' at competing amongst club mates, school mates, and new mates in a familiar environment.

The Carnival is held at North Bondi and **is volunteer run**. All age groups from U8-U14 can expect to play a role (set up, pack down, water safety, officials etc). Many of the jobs are small and many hands make light work! More to come on this, but if you know your child is keen to compete, please be prepared.

## SUNDAY SIPS AND SOCIAL ACTIVITIES

The Club has a terrific range of social and training events for adult members:

- Sunday Sips is held upstairs at the Club every Sunday afternoon.
- Pilates with Harries at 6am on Monday and Friday mornings (\$22 card-only payment). Bring your own mat. Spots are limited so don't be late!
- Sunday Surf Race at 11am on Sundays with Barry Brignell. Handicapped swim race around the cans, and available to all proficient Bronze Medallion holders, SRC, and Competition Squad members (comp squad participants subject to the approval of Al Visch).
- Swim group with Garry Luscombe, Wednesdays 6am at Bondi (meet in front of North Bondi SLSC). Contact office to sign up to the WhatsApp group.
- Paddle groups (beginners and intermediate) for proficient Bronze Medallion and SRC holders - check the website and join the relevant Club WhatsApp groups for details. Intermediate paddlers usually meet at 6am on Tuesdays and on Sunday afternoons at 3.30pm.

## WE CAN'T WAIT TO SEE YOU DOWN AT THE BEACH!!

Nippers Committee: Anthony Burrows, Jess Stewart, Al Visch, Tara O'Reilly, Neil Hayward, Steve Brown