

**Seacliff  
Surf Life  
Saving Club**

**BLACKHEADS**

**Junior Handbook  
Season 2009/10**

## **Table of Contents**

<b>Page 2</b>	<b>Table of Contents</b>
<b>Page 3</b>	<b>Seacliff Junior Mission Statement</b>
<b>Page 3</b>	<b>Introduction/History of Seacliff SLSC</b>
<b>Page 4</b>	<b>Seacliff Junior Philosophy</b>
<b>Page 4</b>	<b>Parental Involvement &amp; Membership</b>
<b>Page 5</b>	<b>Junior Awards Summary</b>
<b>Page 5-6</b>	<b>Training Program &amp; Requirements</b>
<b>Page 6</b>	<b>Extreme/Inclement Weather Policies</b>
<b>Page 7</b>	<b>Age Group Leaders</b>
<b>Page 8</b>	<b>Tiny Tots Program</b>
<b>Page 8</b>	<b>Safety &amp; Insurance</b>
<b>Page 9</b>	<b>Swimming Policies &amp; Gear Subsidies</b>
<b>Page 10</b>	<b>Uniforms</b>
<b>Page 11 - 13</b>	<b>Competition &amp; Carnivals</b>
<b>Page 13</b>	<b>Weekday Specialist Training &amp; Times</b>
<b>Page 14</b>	<b>Fees</b>
<b>Page 14</b>	<b>Junior Committee</b>
<b>Page 15</b>	<b>Parent/Guardian Code of Behaviour</b>
<b>Page 15</b>	<b>Parents should worry when....</b>
<b>Page 16</b>	<b>Competitor Code of Behaviour</b>
<b>Page 17</b>	<b>Resources</b>

# **SEACLIFF JUNIOR MISSION STATEMENT**

Seacliff Surf Life Saving Club aims to encourage all children to achieve, do their best and develop to their full potential whilst having fun in a safe environment. We want to foster their development through the Junior Program and prepare them to be highly skilled senior patrolling members and competitors.

## **Introduction**

Welcome to the Seacliff Surf Life Saving Club. This booklet will endeavour to answer most of the questions you may have about the club and inform you of what you may expect throughout the year. Should there be any questions not covered in this booklet that you wish to ask, please do not hesitate to contact any member of the committee. A list of contact details is located in this booklet.

## **A Brief History of the Seacliff SLSC**

The Seacliff Surf Club was founded in 1930 with 40 members, as a means of reducing the number of drownings occurring, and in the 1967-68 season created the Junior Surf Life Saving Movement in S.A. Since introduction, the membership numbers have steadily grown to now boasting well over 450 members.

Seacliff has a long and prestigious history of excellence in both Patrolling and competition, with many State Patrolling efficiency awards and National Patrol and First Aid titles. Seacliff is one of the most successful Junior Divisions in S.A with many State Championship overall titles, and State Team Members, more importantly Seacliff has produced some of the finest athletes in our sport winning World and National titles and National Team Members.

## Junior Philosophy

- That all involved in the Club (children, parents and helpers) have the right to enjoy the experience and this enjoyment should not be at the expense of others.
- That children should be encouraged to participate and compete to the best of their ability.
- A child's best is good enough and improvement should be seen as the primary goal.
- Children should be encouraged to participate with a high level of sportsmanship. Skills coaching and competition should never promote or tolerate cheating.
- No child is more important to the Club than another and no child or family deserves special treatment.
- Competition is only part of the Junior Activities experience and should not receive an excessive amount of available time, especially at the expense of appropriate lifesaving skill development.
- No child should be placed under excessive or unrealistic pressure by coaches or parents to perform in competition.
- Fun (not to be mistaken for fooling around) is a key goal. Every activity should have an enjoyment component.
- Discipline and correction is based on the philosophy that it is the action that is wrong and that needs modification not the person.

## Parental Involvement & Membership

Parents are invited and encouraged to share the experiences of Junior Activities with their children. Parental involvement within other aspects of the Club is also welcomed. This may include the gaining of awards, which will assist us with water cover, coaching specific disciplines, officiating and administration, along with participating in social and fundraising activities. All members of the family are welcome at Seacliff!

The involvement of **ALL** parents is encouraged and vital for the success of our club. There are many ways you can assist the juniors and the club as a whole and some of these are:

- Setting up the beach before training. Please arrive 30 minutes before training and offer your assistance. This will include things like setting out beach areas, carrying of boards to specific water areas.
- Washing off boards or helping to pack up all equipment after training.
- Assist the Age Group Leaders during training.
- Assist with Club Fundraising Activities
- Volunteer your services for a club roster which may include Bar Roster, Friday night Kitchen Roster, Saturday afternoon BBQ Roster
- Gain your Bronze Medallion so you are able to assist with Water Cover
- Become an Official. All clubs are required to supply Officials at all carnivals. A short training course is provided by Surf Lifesaving SA.

# Surf Life Saving SA

## Junior Awards Summary

Each year, junior members are required to complete several competencies as part of their surf life saving experience. These requirements will vary for each age group.

Age groups are determined by AGE ON THE 30<sup>TH</sup> SEPTEMBER each year (i.e. if you are 9 on the 30<sup>th</sup> September, you are in the Under 10 Age Group).

Age Group	Preliminary Skills Evaluation	Competition Evaluation
Under 6 - Surf Play 1	Shallow water activities	No Competition
Under 7 - Surf Play 2	Shallow water activities	No Competition
Under 8 - Surf Aware 1	25m Swim (any stroke) - 1min survival float	No Competition
Under 9 - Surf Aware 2	25m Swim (any stroke) - 1min survival float	150m ocean swim within 12 mins
Under 10 - Surf Safe 1	25m Swim (freestyle) - 1.5min survival float	150m ocean swim within 11 mins
Under 11 - Surf Safe 2	50m Swim (freestyle) - 2min survival float	288m ocean swim within 12 mins
Under 12 - Surf Smart 1	100m Swim (freestyle) - 2min survival float	288m ocean swim within 10 mins
Under 13 - Surf Smart 2	150m Swim (freestyle) - 3min survival float	288m ocean swim within 8 mins
Under 14 - SRC	200m Swim freestyle in 5mins - 3min survival float	288m ocean swim within 8 mins

The Preliminary Evaluation is to be undertaken prior to commencing any junior water activity training or competition.

## Training Programs + Requirements

### SATURDAY

Starting Time - 1.30pm  
 Finishing Time - 4pm  
 Club Surf Race – 400m 4.15pm  
 Surf Club is open from 4pm

Saturday training is conducted in front of the Patrol Tower at Seacliff Beach each week (bottom of Wheatland Street).

All children **must sign on** with their Age Group Leader when arriving at the beach, and **ensure they sign off** before leaving. Age Group Leaders can be recognised by their bright orange tops.

It is expected that **parents are present on the beach**, or have an **appointed guardian** whilst their children are training, in case of injury etc. Parents must advise the Age Group Leader if for some reason they are unable to be present or need to leave the beach for a period of time.

Please help us to teach the children to respect other people's as well as the club property in particular the care of boards, which are fragile and expensive. Never sit, stand or jump on boards when they are on the sand – and always carry them (not drag them). Parent help will be required if the children are unable to carry them.

There will be a whiteboard present at all trainings stating such information as: where and when training is for the next week; carnival dates with warm-up times; weekly Surf Race times etc

There will also be a Tiny Tot White Board each week stating the helper 'need' for the day and the training plan for the day.

**The following items are required each week for training:**

- Bathers
- Rash vest or long sleeve t-shirt
- Wide brimmed hat
- Sunscreen
- Goggles (optional)
- Towel
- Water bottle

Club rash vests, bathers and hats are available for purchase from our Uniform Shop. Please ensure **ALL BELONGINGS ARE LABELLED**. In addition, when your child signs on each training day, they are issued with a coloured cap, which is returned when signing off each week.

## **Junior Activities Extreme Weather Policy**

### **Hot Weather Policy**

#### **(Training Days)**

If the advertised temperature on training days is 38 degrees or higher (refer The Advertiser) the session is cancelled.

#### **(Carnivals)**

For high temperatures, a modified carnival may be run (e.g. 8am start with no beach events). The decision to modify or cancel a carnival is up to the discretion of the carnival referee on the day.

#### **(Mid week training)**

If the advertised temperature on the training day is 38 degrees or higher (refer The Advertiser) the session is cancelled.

### **Inclement Weather Policy**

Inclement weather shall be deemed as low temperatures, high winds and high seas. The junior activities training program will be modified and depending on the conditions (in adopting our duty of care), may be cancelled. The decision to cancel junior activities will be the responsibility of the Junior Coach and/or the on duty Patrol Captain.

## Supervision – Age Group Leaders

All age groups will be allocated “Age Group Leaders” who are parents or interested members who have volunteered to manage the age group. They are responsible for the coordination of activities during training days, along with overseeing event entries and activities at Sunday Carnivals. All Age Group Leaders must:

- 1) Be a registered member of their club**
- 2) Have a current Police Certificate (recognised by Surf Life Saving SA for 5 years)**
- 3) Attend and complete an Age Group Leaders course (held within Seacliff)**
- 4) View the Nipper-safe Phase 1 DVD (Over 18 only)**

There are normally at least two (2) Age Group Leaders per age group. These responsibilities may be interchangeable with other interested parents who are also encouraged to participate and assist the Age Group Leaders with their responsibilities

All water activities will be conducted under the supervision of one (1) bronze holder or qualified cadet per five (5) junior members. Water cover personnel shall wear the specified orange cap and must sign on for this period.

### Age Group Leaders 2009/10

**Tiny Tots** – Meredith Wood/Andrew Yates/Amanda Luetolf/Chris Crichton

**Under 8’s** – Carrie&Matt Collopy/Brad Jolly/Tazi Jefferies/Tahlia Collopy

**Under 9’s** – Dave McCulloch/Sam Keelan/Jaye Michie

**Under 10’s** – Dale Thomson/Lisa Holloway/Erin Warland/Ehlana Hoff

**Under 11’s** – Jo Crichton/Stuart Hosking/Mark Clarke/Nick Hill

**Under 12’s** –Grace Young/Jack Perry/Sophie Chellew/Mackinley Mitchell

**Under 13’s** – Craig Jones/Mel Jolly

**Under 14’s** – Leslie Pope/David Shaw/Amanda Dempster

(Some of these Age Group Leaders are our Under 15 members who have volunteered to help when they are not training).

### AGE GROUP COLOURS

**(These coloured hats are used at training to distinguish the age groups)**

Tiny Tots	Green	Under 11’s	Red
Under 8’s	Pink	Under 12’s	Yellow
Under 9’s	Purple	Under 13’s	White
Under 10’s	Blue	Under 14’s	Black

## Tiny Tots Program

Tiny Tots is offered as an introduction to Surf Life Saving for 5 and 6 year olds. The aim is to:

1. Introduce children and their parents to the “Family” of surf life saving
2. Provide basic beach and surf skills
3. Promote a fun, healthy and active lifestyle; and
4. Raise awareness of safety issues for the beach environment including sun and surf aspects

It is a legal requirement that a parent/caregiver remains with the child throughout the whole session. Parents will also be required to assist with activities to ensure the minimum ratio of official staff/leaders/helpers is met. We will require “green singlet” helpers each week and this is particularly important when the Tiny Tots are in the water as we need to supervise a large group in the water and teach them new skills at the same time. Overall, the safety of your child is paramount and all parents are expected to directly supervise their children in Tiny Tots.

Parents also need to be available in case their child/children need a toilet stop, drink break, towel access or if he/she becomes distressed/injured etc.

Tiny Tots participants **MUST NOT** leave the group for any reason without informing the Age Group Leaders.

## Safety

Seacliff SLSC recognises Surf Life Saving SA’s Sun Smart Policy and Sports Medicine Australia’s Safety Guidelines for children in sport and recreation.

In all water activities, one (1) bronze holder or qualified cadet shall maintain water cover for no more than five (5) junior members.

Medical conditions and any special requirements for a junior member must be brought to the attention of the Junior Coach/s and Age Group Leader prior to the undertaking of activities.

Junior activities will be undertaken in an environment that will be made as safe as possible. This includes all facilities and equipment.

## Insurance

All members who sign the SLSA membership form, pay the Club’s designated fees and are proficient in their age/category requirements are insured under Surf Life Saving South Australia’s policy. This includes participation in club training and competing at sanctioned SLSSA events

## **Swimming Policy**

Swimming is a big part of Surf Life Saving, however surf life saving is not a Learn to Swim program. We do not have the resources to provide swimming instruction for those children who are unable to swim. Minimum survival skills will be required to be displayed before water activities are undertaken (as outlined in the awards summary above).

Swimming training for all members is available on Wednesday evenings at Westminster School. This is endurance and conditioning training and not swimming lessons. All parents are encouraged to obtain qualified swimming tuition for their children.

We do recognise that swimming in the sea is a new experience for many children and that even competent pool swimmers can find this challenging at first. The role of the surf life saving club and the coaches and Age Group Leaders is to encourage children and help develop their confidence and skills swimming in the sea as well as providing surf education.

## **Swimming Scholarship**

As part of Seacliff Club's commitment to junior development, swimming scholarships are offered each year. Parents can nominate their child to receive a swimming scholarship (conditions apply).

## **Gear Subsidies**

Gear subsidies are available particularly for Juniors moving into the Senior Division up to 60% (conditions apply). Applications are done in writing to the Junior Committee.

## **Uniform Shop**

Justine Kenyon-Benson is in charge of all club clothing. The club Uniform Shop is open the following times for the purchase of **ALL** club clothing.

Friday night – 5.30pm during Board Training

Saturday – 1.30 – 4pm during training. A small selection of clothing is taken to training each week, but if a size is not available, it can be collected and paid for after Saturday training back at the clubrooms.

Cash, Cheque and EFTPOS facilities are available at all times.

### **Uniform & Clothing Available**

**Girls 1 & 2 piece bathers**

**Boys Bathers**

**Long Sleeve T-Shirts**

**Black Seacliff T-Shirts**

**Tracksuit Pants**

**Hooded windcheaters**

**Long Sleeve Rashies**

**Sleeveless Rashies**

**Wide Brimmed Hats**

**Skull Caps**

**Tiny Tots Clothing**

You will also find clothing available for purchase in adult sizes for the parents. Some of these items include:

**Hooded windcheaters**

**Tracksuit Pants**

**T-Shirts - Mens & Ladies**

**Jackets**

**Beanies**

**Sleeveless Vests**

## **Competition & Carnivals**

Informal competition is encouraged each week during Saturday training. All junior members will be encouraged to achieve, do their best and develop to their full potential, whilst having fun. Challenging competition is one element of this development process.

Formal competition will also be encouraged for children in Under 9 – Under 14 through inter-club carnivals. All competitors must have achieved the appropriate awards as detailed in the Handbook, which ensure the children are capable of completing the competition course in a reasonable time. Saturday training sessions are structured towards achieving these goals. As part of the club's commitment towards developing our junior members, specialist coaches will be organised to help train and develop those members who compete at carnivals.

Carnivals are a great way for our juniors to practice their skills in a friendly atmosphere. Children are encouraged to improve their personal bests. Under 8's do not compete at carnival. Structuring of teams and member selection is at the discretion of the Age Group Leaders – please respect and support their decisions.

On carnival days, juniors will be required to report to their Age Group Leader by a specified time. They are to remain with their Age Group Leader during the carnival as the Age Group Leader is responsible for the children during the events. Parental assistance is required to carry clothing, boards etc. – and is necessary and invaluable at a carnival.

A Qualifying Carnival is held prior to the State Championships to conduct heats of the beach flags and board rescue events.

**STATE CHAMPIONSHIPS** are held in March each year, at the end of the season. Nippers are encouraged to attend carnivals during the year to be eligible for team selection at State Titles. We encourage **ALL** children to compete at the State Championships.

## **Carnival Events**

### **March Past**

The March Past is an event which is steeped in tradition. Initially designed as an event to allow Clubs to parade in their unique colours, it consists of teams of 12 judged on their ability to march correctly around the competition area. This event allows less competitive members an opportunity to represent their Club.

### **Surf Races**

Competitors start on a line 15m from the waters edge and run into the water before swimming around a set of coloured buoys before returning to the beach. The finish line is located 15m from the waters edge between 2 green flags.

### **Surf Teams Race**

Teams consist of 4 members, all of whom must complete the same course as the Surf Race. Points are allocated in order of finish placing. The team with the lowest point score is declared the winner. A Modified course is used for Under 9 + 10's.

### **Wade Race**

This event is for Under 9's + 10's only. Three water safety personnel stand in knee deep water in a M shape. On the starters signal, competitors wade around the course finishing with a short run up the beach to the finish.

### **Wade Teams**

Conducted in the modified area only. Teams of 4 competitors compete in relay form over the same course as the Wade Race.

### **Cameron Relay**

Teams compete in relay form with 1 Swimmer, a Runner, 1 Board Paddler followed by another Runner

A ballot is done to determine whether the swim starts or the board. The course is the same as the Surf Race for the swimmer and the Board course.

### **Board Race (Under 9's to Under 14's)**

Competitors start on the beach in-line. On the starters signal, competitors run into the water and paddle either a fibreglass or foam board around 3 orange buoys before returning to the beach. The finish is 15m up the beach in control of their board.

### **Board Relay**

Teams of 3 contest the same course as the Board Race in relay format.

### **Iron person (Under 11's to Under 14's)**

The ultimate test of competitor's skill + fitness. A ballot is conducted to determine the order of the event. Competitors perform a swim (as per the Surf Race), a board paddle (as per the Board Race) and finish with a 30m run along the beach to the finish line.

### **Board Rescue (Under 11's to Under 14's)**

A very exciting event over 80m consisting of a swimmer and a board paddler. The swimmer starts on the beach in line with their coloured buoy. On the starters signal, the swimmer swims out to the line of buoys and signal. Once that signal is seen by the board paddler they paddle out around

their buoy picking up the swimmer before returning to the beach. The finish is a line between 2 flags with the width matching the width of the buoys.

### **Beach Sprint + Beach Relay + All Age Beach Relay**

A 70m track with lanes is set-up on the beach where competitors contest in waves. This event is usually consisting of Heats, Semi finals and Finals. The Beach relay consists of 4 members competing in relay form over the same course as the Beach Sprint. The all age beach relay consists of 6 members from each age group.

### **Beach Flags**

Competitors lay face down on the sand, on the starters signal, spring to their feet and run (15m for Under 11's to Under 14's and 10m for Under 9's + Under 10's) to a line of flags. Competitors are eliminated one or more at a time until there is one remaining.

## **Weekday Specialist Training & Times**

<b>Boards</b>	<b>MONDAY &amp; FRIDAY @ 5.30pm with Bly Bayliss (Caters for both Juniors and Seniors)</b>
<b>Beach</b>	<b>FRIDAY @ 6.30pm with Russell Scott (Caters for both Juniors and Seniors)</b>
<b>Iron Man</b>	<b>THURSDAY @ 5.30pm with Sam Keelan (Caters for both Juniors and Seniors)</b>
<b>Swimming</b>	<b>WEDNESDAY @ 7-8pm at Westminster School Cost \$5 per person – all members welcome.</b>

*If times and days vary during the season, this will be published in the Weekly ON THE BEACH publication which is sent to all junior families on a weekly basis via email.*

## **Fees for Season 2009/10**

<b>Seniors</b>	<b>\$100</b>
<b>Juniors</b>	<b>\$100</b>
<b>Family</b>	<b>\$220</b>
<b>Associate</b>	<b>\$50</b>
<b>Tiny Tots</b>	<b>\$100 (includes 1 Tiny Tot and 1 Adult Associate)</b>

## **Junior Committee 2009/10**

**Chairman** – Craig Jones

**Deputy Chair** – Stuart Hosking

**Secretary** – Sandy Jones

**Head Coach** – Sam Keelan

### **Committee**

Andrea Robb

Deb Ellis

Andrew Jolly

Leah Hawkins

Josie Kerr

Vanessa Thomson

**Gear Steward** – Andrew Jolly

## **Parent/Guardian Code of Behaviour**

- Remember that children participate in sport for their enjoyment, not yours
- Encourage children to participate, don't force them
- Focus on the child's efforts and performance rather than winning or losing
- Never ridicule or yell at a child for making a mistake or losing a competition
- Remember that children learn best by example. Appreciate good performance and skill by all participants
- Respect official's decisions and teach children to do like wise
- Show appreciation for coaches, officials and administrators. Without them, your child could not participate
- Be on your best behaviour. Do not use profound language or harass competitors, coaches or officials
- Show respect for your team's opponents, without them there should not be a competition.

## **Parents should worry when**

- More spectators are watching you instead of the event.
- All you see is winning
- All you see is your child
- You are more stressed than your child
- You are your child's private coach during the event
- You make the important decisions about your child's participation
- You begin to believe that you know better than the coach, the club, the state sporting association and anyone else who has a different opinion.

## **Competitor Code of Behaviour**

- Duty of care for club gear
- Never argue with an official
- Control your temper. Verbal abuse of officials and sledging other competitors are not acceptable or permitted behaviours
- Work equally hard for yourself and/or your team
- Be a good sport. Applaud all good performances whether they are made by your team or opposition
- Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor
- Cooperate with your Age Group Leader, team mates and opponents
- Participate for your own enjoyment and benefit, not just to please your parents and coach
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

## **Resources:**

### **Club Contact Names/Numbers:**

Craig Jones (Junior Chairman) – 83770607/0414377062

Sandy Jones (Junior Secretary) – 83770607/0400887720

Sam Keelan (Head Coach) – 83582261/0412 008 355

Bly Bayliss – Junior Board Coach/Club Captain – 8296 7717/0430394083

Russell Scott (Beach Coach) - 0419036472

Deb Lasscock (Club President) – 8298 6543

Josie Kerr (Junior March Past Coach) - 0411299558

Craig Jones/Bly Bayliss (Member Protection Officers)

### **Websites**

**Surf Life Saving S.A.**

[www.surfrescue.com.au](http://www.surfrescue.com.au)

**Surf Life Saving Australia**

[www.slsa.asn.au](http://www.slsa.asn.au)

**Seacliff Surf Life Saving Club**

[www.seacliffslsc.com.au](http://www.seacliffslsc.com.au)