

## Other Activities

During each season there are a number of scheduled Junior Surf Carnivals which culminate in the Junior State Titles. These carnivals, for the U9s and above, test the skills of the Seacliff Juniors, against those of other clubs.

Seacliff also holds an annual Junior Development Camp, to develop team skills and provide an opportunity for new members to get to know their fellow members.



We also schedule several after training BBQs, and hold other social activities during the year.

## A Family Club

Seacliff is a family based club. Parents, brothers, sisters and grandparents are encouraged to become involved in club activities.

Whether it be assisting with Age Groups, officiating at Carnivals or undertaking one of the senior awards, we welcome your involvement.

## How Can I Join ?

New members are welcome to attend a free "come & try" surf lifesaving at Seacliff to see what is involved.

However we have a sunsmart policy and every participant must wear a long sleeved top and a wide brimmed hat to give protection from the sun. It's also important to ensure you put on sun screen before you arrive.

Junior membership for season 2008/2009 is \$100 per child which includes one non-bronze holder adult. Additional children are \$75 and a family membership is available for \$220.

Club clothing, including bathers, rash tops and windcheaters, is also available for purchase at training.



For further information contact either:  
Sandy Jones on 8377 0607 or  
David Shaw on 8322 8112

# Juniors





**A**t Seacliff, we take great pride in our Juniors, who will one day become our future lifesavers.

Seacliff SLSC runs Junior programs for around 200 boys and girls. Each Saturday afternoon from late October to March you'll find our Juniors training on the beach at Seacliff, under the guidance of our experienced coaches.

Children from 7 to 13 undertake our Nippers program, where they train within age groups in a variety of activities.

We also cater for the younger siblings of the Nippers, with our Tiny Tots program for 5 and 6 year olds.

## Activities

**J**unior training takes place on Saturday afternoons from 1:30-4:00pm, and aims to develop the children's skills and understanding of what is required to be a lifesaver, whilst improving their fitness and gaining a confidence with the ocean.

Our Nippers take part in a range of physical activities including, swimming, wading, sprinting and board paddling.

They also undertake Surf Education training to better understand the coastal environment. When they turn 11, they can undertake resuscitation training — skills which will remain valuable for their rest of their lives.



## Tiny Tots

**T**iny Tots is an initiative which was successfully trialled by Seacliff SLSC several years ago. The program has since been adopted by a number of other South Australian surf clubs.



The Tiny Tots program is provided for 5 and 6 year old siblings of our Nippers. Whilst not undertaking any deep water activities, they are given an introduction to lifesaving and the beach through a series of fun activities and games. Dressed in their highly visible fluorescent green rashies, you will see them during regular weekly training, racing for flags, paddling boards, learning about the beach environment and taking part in many fun group activities.