



# Information for New Members

Hi and welcome to Junior Surf at East End, you have made a great choice and here is some of the basic information you need to get up to speed. Really Critical points below (which require an action by you) are in **CAPS BOLD**. All those taking part in Junior Surf need to be registered members of the club and Surf Lifesaving NZ. We really encourage all parents and helpers to become club members as well. Membership forms are available from our club development co-ordinator, Corina Faamai ([eastendslsc@yahoo.com](mailto:eastendslsc@yahoo.com))

Junior Surf is organised into the following age groups based on your age on the 01 October of the current season. Parents need to remain at the beach for any child U10 who is at the training. We encourage parents to remain for all age groups.

Nip/Nips : Under 7

Nippers : Under 9

Transition : U10 and Rookie / Cadets in their first year of Surf Lifesaving (depending on the coaches discretion)

Rookies : U12,

Cadets : U14

Each age group has a main coach(es) and a number of parent helpers. Your coach will help with your introduction to Junior Surf. **IF YOU TURN UP TO A SESSION LATE, NEVER ENTER THE WATER AND TRY TO CATCH UP WITH YOUR GROUP. REMAIN ON THE BEACH UNTIL YOUR GROUP RETURNS.** If this is taking a long time see another coach.

On our notice board in the Club Rooms you can see our Board Rules and our Training Normal Operating Procedure and Emergency Action Plan.

Our Summer training sessions are Sundays at East End Beach starting at 10:15 prompt (when the bell rings). When you attend for the first time please get to the beach for 10:00 and ask to see Hywel. Our sessions normally finish by 12:00. **YOU WILL NEED TO FILL IN AN EMERGENCY CONTACT SHEET AND GET A MAGNETIC NAME TAG TO GO ON THE SIGN IN AND SIGN OUT BOARD.**

Our winter training sessions are pool based at Bell Block on a Wednesday night from 06:30pm until 7:30m

## Safety

In order to be able to go out beyond waist depth you need to have a 200m badge. At the start of the season, we require all members getting their badge for the first time to have completed 200m in the pool first by coming to the Club Session at Bell Block on a Wednesday Night @ 6:30pm (and pay the appropriate fee). We then start running Ocean based sessions (conditions permitting at 9:30am on a Sunday before Junior Surf) during November and December. For those doing the badge after December, we will work it into the training program. The 200m badge needs to be completed in a freestyle stroke in under 7 minutes (or 4 minutes if you wish to be part of the Ocean Squad) followed by 1 minute of treading water. **NO-ONE IS ALLOWED TO GO BEYOND WAIST DEPTH IN THE WATER UNLESS THEY HAVE THEIR 200M BADGE OR ARE TAKING IT. ALL MEMBERS OF EAST END MUST WEAR A HIGH VIS VEST WHILE TRAINING IN THE WATER FOR SAFETY REASONS.** These can be purchased through the club, please contact our club development co-ordinator, Corina Faamai ([eastendslsc@yahoo.com](mailto:eastendslsc@yahoo.com))

Early on in the Season the sea is still warming up, so if at all possible wetsuits should be worn as they do make the ocean training more enjoyable. If this is not possible as members get cold we will be letting them leave the beach to warm up.

### **Club Training Sessions**

For all sessions, come prepared for both land and ocean based sessions. Sessions are never cancelled and we adapt to suit the conditions. Please ensure all personal gear is put in the changing room prior to the starting bell to minimise wet, sandy feet going into the clubs rooms.

Late December we start a Wednesday Night based training session on the beach for Cadets, Rookies and invited members of transition / U10 Nippers. You must have your 200m badge to attend these and be confident swimming out back in moderate surf.

### **Oceans**

Oceans is a separate training program the club offers to prepare and take a team to the Oceans Championships which occur early March each year. Rookie and Cadets age groups can compete. Because the water based training is more intensive to be part of water based Ocean's squad, you need to be able to complete the 200m Swim in 4 minutes. This requirement does not apply if you just wish to do the land event training. There is an excellent, very comprehensive training program set up. It also requires a commitment on the part of the athlete. Again after a week or two in the club, if this interests you, see Hywel and he can point you towards the Ocean Coaches.

### **Junior Surf Carnivals**

The club competes in Taranaki and Regional Carnivals. Details of these are given in the Junior Surf Updates which are issued every month. There is no training Session at East End if we are competing at a competition.

### **Pool Championships**

The club has sent a team to the Pool Championship competition that occurs in October each year. We offer pool based training for these championships during the Winter. Again check the Junior Surf Updates for details.

### **Gear**

The East End Junior Surf equipment is to be used in accordance with the rules posted in the gear shed. It is expected that it will be looked after and maintained by all Junior Surf Members.

At the conclusion of any training session ALL children (not parents) are expected to wash and put away any gear that has been used neatly and tidily in the junior shed.

We all know damage to gear happens in the surf environment so any damage to gear has occurred it needs to be reported to your coach or the junior coordinator immediately. Providing you have made every effort to look after your gear there will be no issue. However misuse of any gear will not be tolerated.

### **Coaches**

All our coaches are volunteers who have given up their time to help the club. It is expected that they will be treated with respect by both children and parents. Despite there being different fees for those that are part of the Ocean's program, no payment goes to any of the Junior Surf Coaches so do please remember we are all volunteers. We hold a Junior Surf Sub Committee meeting monthly in the Summer and every 2 /3 months in the winter and to try to share the load of the various tasks. We can also provide training and development opportunities to coaches and parent helpers (including taking Surf Lifeguard Awards). Please contact Hywel Davies if you can help.

## Parent Participation

Parent Participation is always welcome on the beach and especially in the water. Our Nipnips require 5:1 ratio while in the water and our Nippers are 5:1. So don't be afraid to don togs or a wetsuit and dive in and help our coaches out. If getting wet isn't your thing then we always need help on the beach organising the children or acting as starters or finishing lines. Make sure you let the Coach know.

During Carnivals, especially when East End is hosting, parental assistance is essential. Emails will be sent out prior to events so please offer your assistance if you are able.

## Lifeguarding Skills

We follow the Junior Surf Award Program which has a series of levels from 7 to 13 years old. Progressing through this program will lead to the award of Certificates during the season.

## Communication

We are trying our best to communicate with everyone and our facebook page really helps that. If you do not have or wish to be in our facebook group then these Newsletters will be handed out on Sunday Training, emailed from the club administrator and also be on the notice board in the club room. If you want to join the facebook page then here is a link to it : <http://tinyurl.com/zr8f6yg>

We are also trialling a way to allow people to register their email address to receive Junior Surf Updates, to add your email to the list, please visit : <https://www.signupanywhere.com/signup/ft5dcxty>

Our club is great and strong but if anyone has any concerns about what they see, hear or interactions then you can contact myself or if you would rather speak to someone else Nicola Watson or Julia Johnstone.

A key part of enjoying the Ocean is knowing your own limits and we continue to work hard as a club to meet our first priority of providing a safe training environment whilst also developing our members.

The chart below shows some of the key contacts and their responsibilities in Junior Surf.

	Junior Surf Co-Ordinator	Oceans Co-Ordinator / Coach	Carnival Co-Ordinator	200m Badge Focal Point	Cadet Coach	Rookie Coach	Transition Coach	Nipper Coach	Nip Nip Coach	Facebook Page / Comms	Equipment Care / Repair	Clothing Focal Point	Contact for Feedback / Issues
Hywel Davies	1		2	2	1					1			
Stuart Pratt					1							2	
Mark Birdsall	2		1			1				2			2
Paul Baker						1							
Julia Johnstone	2			1			1						1
Charlie North							1						
Mel Visser								1					
Fuad Daher								1					
Anna North	2								1	2		1	2
Campbell Begg									1				
Nicola Watson		1											1
Moana Robinson		1											
Dave Robinson											1		
Corina Faamai								2	2				

Junior Coaching Team

[hywel.eastend@gmail.com](mailto:hywel.eastend@gmail.com)