



CLUB TRAINING SESSIONS

Our winter training sessions are pool based at Bell Block on a Wednesday night from 06:30pm until 7:30pm. Talk to the junior surf co-ordinator for more information on these.

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. Follow the facebook page to be informed on these sessions.

IN IT FOR LIFE

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.

Please let the Junior Surf Co-ordinator know if you have any suggestions or concerns.



- ✉ eastendslsc@yahoo.com
- 🌐 eastendslsc.org.nz
- 📘 East End Surf Lifesaving Club



INFORMATION FOR NEW MEMBERS

JUNIOR SURF



WELCOME

All those taking part in Junior Surf need to register (email eastendslsc@yahoo.com for a membership form) and Surf Lifesaving NZ (webportal.surflifesaving.org.nz/new-membership/). We encourage all parents and helpers to become club members.

Junior Surf is organised into groups based on your age on the 1 October. Parents need to remain at the beach for any child Under (U)10 however we encourage parents to stay for all ages.

- Nip-Nips : U7
- Rookies : U12,
- Nippers : U9
- Cadets : U14
- Transition : U10, Rookies, Cadets*

*depending on the coaches discretion

Summer training sessions are Sundays at East End Beach starting at 10:15am. Sessions normally finish by midday with a \$2 sausage sizzle and a free milo. When you attend for the first time check in with one of the coaches and they can direct you to fill in the emergency contact form and make a magnetic name for the sign in/out board.



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 within 7 minutes. See the junior surf co-ordinator for more info.

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.

Wetsuits are recommended to keep you warm and the sessions enjoyable.

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.

CLUB TRAINING SESSIONS

Come prepared for both land and ocean based sessions, they are never cancelled and are adapted to suit the conditions. Please put all personal gear in the changing room prior to the starting bell to minimise wet, sandy feet going into the club rooms.

December we start a Wednesday Night 6pm junior surf session 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.

COACHES

All our coaches are volunteers who have given up their time to help the club. We hold a Junior Surf Sub Committee meeting regularly in the Summer and every 2 /3 months in the winter to try and 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).



PARENT PARTICIPATION

Parent participation is always welcome on the beach and especially required in the water. Our Nipnips and Nippers require 5:1 ratio while in the water. So, we ask parents to come prepared with togs and dive in and help our Coaches out. If parents don't like getting wet then we can always use help on the beach. Parents should make sure they let the Coach know if they are available to help.

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.

EQUIPMENT

The 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 gear that has been used neat and tidy in the junior shed. Please report any damage to equipment as soon as possible.



LIFEGUARDING SKILLS

We follow the Junior Surf Award Programme which has a series of levels for 7 to 13 year olds. Progressing through this programme will lead to the award of Certificates during the season.

JUNIOR SURF CARNIVALS

There are Junior Surf Carnivals during the season for the different Taranaki clubs. These are a lot of fun and we encourage everyone to come along and join in. There is no standard Junior Surf session at East End on these days.

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 can compete. There is an excellent training program set up. This requires a commitment from the athlete. See the Oceans Coaches for more information.