

Junior Surf 2022/23



A warm welcome to new and existing Midway members, the 2022-2023 season is an exciting time for our surf lifesaving club.

With the build of our new club house in progress, the season will be run from our temporary container base. This will have some challenges, but we only need to look next door at the new fit for purpose building being built for inspiration. We run a Junior Surf programme for children aged 4-13 designed to develop tomorrow's lifeguards.

Make sure you join our Facebook private group "Midway SLSC Members Lounge"

Our Open day and **start of season will be 10am Sunday 6th November 2022.**

Midway Sunday groups for 2022/2023 season:

Little Rippers – Sundays 9.30 am to 10 am

RED/YELLOW SLSNZ Flags

- Suitable for 4 to 6 year olds
- Perfect if your child is new to the beach and sea environment
- Parents must be within arms length of their Ripper at all times



Nippers – Sundays 10am to 11am

The purpose of Junior surf is to offer a programme which is inclusive to all abilities. Our programme ensures all nippers can actively participate in fun engaging activities whilst learning about water safety and our coastal environment. The lifeguard pathway and competitive options are then introduced.

PARENTS or GUARDIANS MUST BE IN ATTENDANCE on Sundays and are responsible for ensuring their kids safety, except for Oceans kids who can be left in the care of the Coach. It is entirely your decision to let your child participate on the day and we respect the decision you make.

THESE SESSIONS ARE BROKEN DOWN INTO THE FOLLOWING GROUPS

U8/U9 (BLUE Flag)

- Suitable for kids that would like to develop their knowledge, skill and confidence around the water, whether it is for surf sport or becoming a lifeguard.

U10+ (Development) (GREEN Flag)

- Suitable for those who need to pass achievement levels and 200m swim. Once accomplished they can move to Rookie Lifeguarding or Competitive.

U10 Competitive (ORANGE Flag)

For 9+ year-olds keen to train towards taking part in competitive surf sport competitions at local and/or national level for the following season. Competition starts once the nippers are in the U11 age group (oceans).

- The prerequisite is to be able to swim 200 metres in the sea and have a reasonable level of fitness.

12+ Rookie Lifeguard (RED Flag)

- Rookie Surf Lifeguard programme is aimed at developing young surf lifeguards in the areas of lifesaving education, beach management, patrol experience, participation, and social development. It is hoped that by targeting and then preparing these young members in advance, the transition to qualifying as a lifeguard will be keenly anticipated.
- Once 14 years of age they are eligible to enrol in the Surf Life Guard Award (Formally known as Bronze award) to become a qualified lifeguard. Dates for this award are sent out via email and Facebook before the surf season each year



Oceans – U11-U14 Tuesday/Thursday/Saturday

- This group is for those who are age 10 to 13 years as of Midnight 30th September 2022
- The prerequisite is to be able to swim 200 metres in the sea and have a reasonable level of fitness.
- The Oceans group is about developing a healthy approach to surf sport, keeping fit and making friends along the way. The programme aims to build skills and fitness across a range of surf and lifeguarding skills: These include beach sprints (100m), beach flags, beach relay, surf race (ocean swim approx. 200m), run-swim-run, board race, tube rescue, diamond race (swim/ run/board).
- This group trains Tuesday and Thursday afternoons, 3.30-4.30 pm and Saturday from 10am.
- It is encouraged that the Oceans members come and enjoy what the Rookie programme has to offer (Sundays 10am). The Rookie programme not only prepares you for becoming a qualified lifeguard but provides athletes with safety skills, including identifying and escaping rips, using rescue equipment and basic first aid. These skills are essential when training/competing in the ocean environment. It is also a lot of fun as a board surf is a must for a good chunk of the session!
- There are additional fees to belong to this group to cover gear, equipment maintenance and coaching costs. There are also costs associated **if you decide** to travel and enter local and national events.
- Not all Surf Carnivals are beach based. Surf Lifesaving runs pool-based competitions during the colder months, these competitions are for Ocean Athletes and older
- Athletes can compete at pool champs, local carnivals, regional and national competitions.
- Contact Jack Gavin (club coach) on 0273186075 or email coach@midwayslsc.co.nz if you require further information.

If you are unsure of which group is suitable for your child, please do not hesitate to talk to one of our club coaches who will be happy to assist you in this. Also note that these groups are extremely fluid, and members can move between these groups depending on where they feel comfortable and on coaches' approval.

SUNDAY MORNING JUNIOR SURF

9.30am - Little Rippers – Approx 30 min session

10.00am - Nippers, Rookie Lifeguards – Approx 1 hour session.

Weather and conditions dependent

Please ensure that your children are at the makeshift clubhouse 15-20 minutes early, ready to start on time. At this time you should **sign in** to the session with a crew member. This will form a roll take of members attending. As our facilities are limited during the rebuild, arriving already changed would be preferable. Only the outdoor cold shower is available after trainings, so please ensure you have warm clothes to get into after these sessions.

SIGN IN AND SIGN OUT

It will now be mandatory to have children signed in and signed out of a session.

It is crucial we know who is on the beach during session time.

- **Sign in** with a crew member who has a clipboard on the grass prior to the 10am start time. Please don't head to the beach until signed in.

When the session is underway, a coloured flag will be on the beach. There will be a different colours for each age group.

The coaches will advise the children the session is over and remove the flags. The parents at this stage will be responsible for their children.

- **Sign out** at the end of the session with a crew member with a clipboard.

If they would then like to continue in the ocean or on the beach they are the full responsibility of their parent/caregiver.

All pre-schoolers MUST be accompanied in the water and children under 7 or any that are not confident must be supervised by their parent/guardian and be within arms length.

Cancellation of Little Rippers/Nippers will be posted on our Midway Surf Club Facebook and Midway Surf Club Members Lounge FB Group pages by 8 am.

We will leave advising a finish date for the season as this is always weather dependent. This is generally around March.

Membership:

We now operate an online Registration and payment process via Friendly Manager. Please go to our website, click Membership and follow the instructions to register and pay your subscription.

There are 2 registrations required.

1. **Midway Surf Life Saving Club** – via Friendly Manager portal.
Club Membership details, Annual Subscriptions, Coaching fees, and Vest purchases. Sign in and Sign out of sessions is based on the list of registrations provided via this system.
One time registration, then each season you will be able to reregister as a returning members.
<https://midwaysurf.org.nz/membership/> to register. Once registered you can login to your account to check fees and your account details.
This is a new system, so bare with us as we all get used to it. It is critical we get up to date contact information and members registered so we can communicate with you easily.
YOU MUST ALSO SIGN UP TO SLSNZ
2. **Surf Life Saving New Zealand (SLSNZ)** – One time registration. Free, but a mandatory requirement of being a club member <https://webportal.surflifesaving.org.nz/new-membership/> You are then issued with a member number for life.

Juniors – Nippers and Rippers 4-13yrs \$50 membership Junior Pool Champs coaching \$10	Oceans Squad 10-14yrs \$125 membership incl coaching fee \$ Surf Sport gear allocation if applicable Junior – Rookie Lifeguards 12 + \$50 membership
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Subscriptions

The official season runs from 1 October to 30 September each year and subs are due within 14 days of being issued. <https://midwaysurf.org.nz/membership/register/>

If you have a problem paying, please contact Gina who will discuss options with you. If you have any queries about how much you should be paying, select PAY LATER and please email admin@midwaysurf.org.nz

Payments Can be made online via Stripe in our Membership Portal using Credit or Debit cards. Payment is **not available by cash or eftpos** at Sunday junior surf lifesaving sessions any longer.

You have the option to select PAY LATER and direct credit to Midway Surf Lifesaving account 03 0638 0472883 000. Be sure to put your family name in the Particulars box and the type of membership in the Reference box.

If you pay by direct credit email admin@midwayslsc.co.nz with payment details to ensure payment is allocated correctly. (We do have some families with the same last name, and children who do not share the same last name as the bill payer).

Please note payments must be made in full before competing or using club equipment.

By becoming a member online via our registration portal, you agree to all regulations and policies as set out by Midway SLSC and SLSNZ.

https://www.surflifesaving.org.nz/media/403769/20140901_codeofconduct_mgmtdocs.pdf

Achievement Awards:



Within the group that your child will participate in, we will be working through the Surf Lifesaving NZ levels of competence. These are awards that the nippers can work towards this season. The coaches will explain in more detail with their groups.

To view the achievement awards, follow the link and go to section five of the junior surf manual.

https://www.surflifesaving.org.nz/media/649119/slsnz-final-js-manual-2015_for-website_v1.pdf

200M Safety badge

Nippers (U9 and up) **MUST** achieve their 200m badge before they can train or compete in water events which go beyond waist depth. This is a mandatory safety requirement which demonstrates that members are confident in the ocean and capable of returning to shore if they are separated from their equipment. This test must be repeated yearly and must be sighted by a Midway coach or instructor.

At Midway, the process for this starts at the beginning of the season with a pool assessment. This determines the swimming capability of all members. The pool session is not used to qualify for the 200m badge.

The coach in consultation with the parent will decide if the child is ready to attempt the 200-metre safety badge in the sea. To qualify for the 200m Safety badge the person must swim 200m (any stroke) without stopping or touching the bottom of the sea in under 7 minutes. The child must also be able to tread water for 1 minute to complete the test. There is no limit to the number of times a candidate can re-test, but they must have swum their 200m competency test to participate in open sea and board training. Swimming in the ocean is very different to swimming in the pool. If the coaches are not confident that a child is a strong enough swimmer to tackle the conditions, whether it be training or at a carnival, they can stop the child taking part. This is not done lightly and is only done for the child's safety.

There will be several opportunities throughout the season for members to attempt the 200m badge in the sea. We hope to have openings to complete this in the first month of the season, depending on sea conditions. Keep

an eye on Facebook and email for notification of these times, we do try and ensure they are held during our normal Sunday session.

Carnivals:



SLSNZ is changing the way Junior carnivals are run for the U8, U9 and U10 age groups. Midway coaches will discuss this further over the season as more information comes to hand.

Midway Key Events 2022/23 Season

- NZ Pool Champs: 10th & 11th October @ Auckland
- Midway Club camp: 29th & 30th October @ Mahia
- BOP Junior Champs: 4th of December @ Opotiki
- Jnr (u11+) Twilight #1: 22nd December @ Gizzy
- Coastal Challenge: 21st of January @ Gizzy
- Tairāwhiti Local Champs: 3rd & 4th February 2023 @ Gizzy
- ERC Junior Champs: 11th & 12th of February @ Waihi Beach
- Oceans 23: 23/24/25/26 of February @ Main Beach, Mt Maunganui,
- Eastern Region Rookie Champs: 19th March 2023 @ BOP venue TBC

Entries for these competitions are completed by Midway. **Your coach will organise the competition entries.**

Accommodation for out-of-town events is the competitor's responsibility unless stated otherwise via Facebook/email.

Uniform:



At all sessions, children must wear a Hi Viz surf vest. These can only be purchased via online registration in advance or by contacting Gina. There are limited spares available on the day for one off use.

The only compulsory components for our carnivals are the Green, Red and White club cap and a 2022/2023 new logo club vest purchased via our Club Registration portal.

Contact: Gina - admin@midwayslsc.co.nz

Gear Usage & Guidelines

We are fortunate to have a variety of gear (boards, boogie boards, tubes etc.), that have been purchased through the hard work of club members, either through fundraising, sponsorships, or grants. Boards and equipment can only be used by surf club members. Please help us take good care of the gear and teach your kids to do the same so we all enjoy the benefits:



- Fibreglass boards are allocated to members aged 10-13 by the club coach. Please do not use a fibreglass board without permission from a club coach.
- Handle & carry the equipment correctly. DO NOT drag boards, including boogie boards - carry them or if your child cannot handle

the board, please assist them.

- Children must hold a 200m badge to use all long boards (does not include boogie boards)
- A parent/guardian must be at the water's edge ensuring the child's safety if they are using club equipment outside of the normal training sessions
- Make a hole for the board fins when placing them on the beach.
- Use gear in designated areas, always wearing your Midway fluoro vest.

Do not use fibreglass boards within the flagged patrol area.

- Do not leave boards in the sun for prolonged periods.
- Take all precautions necessary when transporting the equipment. If you are putting boards on a roof rack, they must have padding and be tied down correctly! Ask a coach for help if unsure.
- When you have finished using the equipment, please rinse it thoroughly in fresh water before storing it in the container.
- Gear can only be taken from Midway SLSC with the approval of the Junior Surf Coach.
- If the gear is damaged, please advise one of the coaches immediately.

What to bring / what to wear:

We encourage you to check the weather forecast and prepare for the day accordingly.

- Wetsuits may be worn at training (recommended before Christmas)
- Club Hi Viz Surf Vest
- Togs
- Goggles if required
- Towel
- Warm Clothes
- Bucket to put gear in – with limited space, clothing can be easily mixed up
- Remember to be sun smart and apply sunscreen before you hit the beach

Parent Involvement:

Parents play a **huge** role in Junior Surf. Midway encourages all parents to become active contributors to the Junior programme. Your help during our Junior surf sessions is always required, whether it be coaching, setting up equipment, assisting signing children in/out, cleaning and packing away the gear, helping on the beach, or being involved in the water.

The BBQ this year will be limited to the occasional Sunday/event, due to our current lack of facilities. Our new clubhouse has a specially designed BBQ room and we cannot wait to kick our Sunday BBQ's back into action!

Parent involvement is also crucial when it comes to attending surf carnivals. Whether it be as a Manager/Official, putting up the tent or towing the trailer – we need you.

The Club and Junior Surf rely on sponsors and fundraising to provide equipment. Everyone is expected to get involved with fundraising and any new fundraising ideas are warmly welcomed!

Prizegiving:



At the end of the season, we have a club prizegiving. This is a great get together to recognise the nippers that have won a trophy and enjoy each other's company in a relaxed atmosphere at the end of a busy season.

General Information:

MEMBER WELFARE

Our member's welfare is extremely important at Midway. We all can sometimes experience tough and challenging times. If you would like to talk to someone confidentially about the club or for a personal nature our club Welfare Officers are Tracy and Rob Fergus. Please contact Tracy Fergus on 027 2240676 or Rob Fergus 027 4496007 to speak confidentially.

Alternatively <https://midwaysurf.org.nz/membership/> for further information on the Benestar Wellbeing Program

To access Benestar counselling online, head to: <http://www.benestar.com/breg/xerocustomer>

When directly booking a counsellor from website, make sure you say that you are accessing as part of the **Xero Assistance Program**

To access Benestar counselling by telephone

Call **0800 360 364**. State you are from Surf Lifesaving and accessing as part of the Xero Assistance Program.

or phone Health line on 0800 611 116



If you have any questions or issues throughout the season, please don't hesitate to chat with a coach or registration team (wearing red t-shirts) or contact Sam Gavin sam@abc.net.nz, or Gina admin@midwayslsc.co.nz

HAVING FUN IS THE AIM OF JUNIOR SURF!

Midway Junior Surf pathway

