

Midway Junior Surf

2021/2022



A warm welcome to new and existing members, the 2021-2022 season is an exciting time for our surf lifesaving club. With the demolition of our old club house, 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. Our Open day and **start of season will be 10am Sunday 7th November 2021**. This season we will continue to provide an opportunity for our Little Rippers and Nippers to develop their knowledge, skill, and confidence. Alongside this our Rookie lifeguard programme and competitive groups will run to cater for all aspects of what surf Lifesaving has to offer.

Midway Sunday groups for 2021/2022 season:

Little Rippers Between RED/YELLOW Surf Lifesaving Flags

- For 4 and 5-year-olds wanting an introduction to the beach and surf in a gentle way
- Perfect if your child is not confident or is shy around the beach and sea environment
- Sundays 9.30am-10am



Nippers (Broken down into 4 Groups/Flags)

- Sundays 10am – 11am
- For 7–13-year-old wanting fun sessions that focus on being beach and surf smart
- At this age children can be introduced to surf sport carnivals and competitions.

U8/U9(BLUE Flag)



U10+ (Development) (GREEN Flag)

- For kids who need to pass achievement levels and 200m swim. They can move to Rookie Lifeguarding or



Competitive if it has been discussed with their coach and is what the nipper would like.

U10 Competitive (ORANGE Flag)

- For 9+ year-olds keen to develop a healthy approach to sport and take part in competitive surf sport competitions around the country, keep fit or gain valuable skills needed to be a future lifeguard. 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)
- The prerequisite is to be able to swim 200 metres in the sea and have a reasonable level of fitness.



Rookie Lifeguard (RED Flag)

- For 12+ year-olds looking to develop as lifeguards.
- 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 (SLGA) to become a qualified lifeguard. Dates for this award is sent out via email and Facebook before the surf season each year



Oceans – U11-U14 Tuesday/Thursday/Saturday/Sunday

- The Oceans group is about developing a healthy approach to surf sport whether it is to train for competitions, keep fit or gain valuable skills needed to be a future lifeguard.

- This group trains Tuesday and Thursday afternoons from 3.30-4.30 pm and Saturday and Sunday mornings from 10am. There is some focus for the transition to lifeguarding during the Sunday session.
- Members do not have to attend every training session if they are unable to.
- There are additional fees to belong to this group to cover gear, equipment maintenance and other costs. There are also costs associated with travelling and entering regional and national events.
- The Ocean Athletes 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).
- 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.

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 Training:

Training starts at 9.30am for our Little Rippers. Nippers, Rookie lifeguarding, start their session at 10am. Please ensure that your children are at the makeshift clubhouse 15 minutes early, ready to start on time. 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. The Little Ripper's session is around 30 minutes long, and Nippers sessions are about one-hour, dependant on the conditions.

Children must be signed in - it is crucial we know who is on the beach during session time. While the age group session is underway, a coloured flag will be on the beach. There will be a different colour for each age group. At the end, the coaches will advise the children the session is over and remove the flag. The parents at this stage will be responsible for their children. Please have your child leave the beach and sign out. If they would then like to continue in the ocean they must be supervised by their parent/caregiver.

All pre-schoolers must be supervised by their parent/guardian.

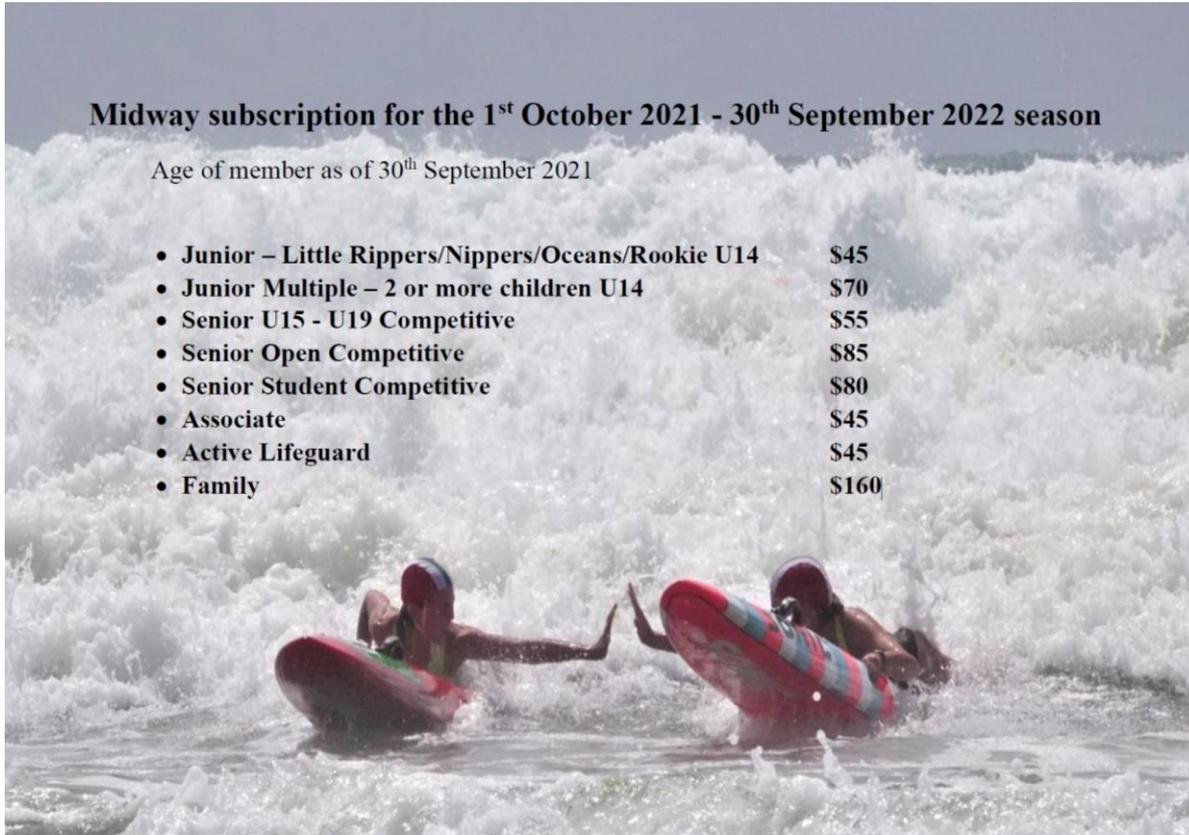
If you have a child who is **under seven or not a confident swimmer**, we ask that you be within arm's reach of your child at all times

Parent's we ask that you check with your children's coaches to see if there is any gear that needs to be taken down onto the beach or set out. Our coaches are volunteers and surf club parents who have offered their services – please give them the help and support they need to make training a fun and safe experience for your children.

Cancellation of Little Rippers/Nippers will be posted on our Midway Surf Club Facebook page 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:



Midway subscription for the 1st October 2021 - 30th September 2022 season

Age of member as of 30th September 2021

• Junior – Little Rippers/Nippers/Oceans/Rookie U14	\$45
• Junior Multiple – 2 or more children U14	\$70
• Senior U15 - U19 Competitive	\$55
• Senior Open Competitive	\$85
• Senior Student Competitive	\$80
• Associate	\$45
• Active Lifeguard	\$45
• Family	\$160

Anyone joining Midway Surf Lifesaving Club must register with Surf Life Saving New Zealand. <https://www.surflifesaving.org.nz/join-us/membership> Remember to choose 'Midway' in the club box. This should be done as soon as possible. There is no cost to do this, and you only ever do this once per child/person. If you need to transfer a membership from another club this process is also done through <https://www.surflifesaving.org.nz/join-us/membership>

If you are already registered with Midway on the Surf Lifesaving New Zealand website (those that competed in the 2020/21 season and earlier) please ensure you use the members Portal to update any of your personal details. <https://webportal.surflifesaving.org.nz/login?> If you have any problems contact admin@midwayslsc.co.nz

Subscriptions The season runs from 1 October to 30 September each year and subs are due by 20 November. If you have any queries about how much you should be paying, please email: finance@midwayslsc.co.nz

Payments Can be made by eftpos or cash at one of our Sunday junior surf lifesaving sessions, or by 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 finance@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, you agree to all regulations and policies as set out by SLSNZ. You also agree to abide by Midway's Code of Conduct and water safety. See link for further information.

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. There 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:



When a local carnival is on there will be no nipper programme running at Midway. Carnivals are generally for competitors seven and over, however capable six-year-olds on their coach's approval can join in the U8 group at the Waikanae and Wainui fun carnivals.

Age for carnivals is their age at midnight on the 30th September. The competing ages are:

7 Years – Compete as Under 8

8 Years – Compete as Under 9

9 Years – Compete as Under 10

10 Years – Compete as Under 11

11 Years – Compete as Under 12

12 Years – Compete as Under 13

13 Years – Compete as Under 14

Midway Key Events 2021/22 Season

- BOP Junior Champs U11, Mt Maunganui, 28th November 2021
- BOP Junior Champs U12, Omanu, 5th December 2021
- BOP Junior Champs U13, Papamoa, 12th December 2021
- BOP Junior Champs U14, Whakatane, 19th December 2021
- Waikanae Christmas Competition, 23rd December 2021
- Wainui Summer Competition, 13th January 2022
- Tairāwhiti Local Champs, Midway Beach, 4-5th February 2022
- ERC Junior Champs, Waihi Beach, 12-13th February 2022
- Oceans 22, Main Beach, Mt Maunganui, 24-27th February 2022
- Eastern Region Rookie Champs, Venue TBC, 2nd April 2022

Entries for these competitions are done by Midway. If you are interested in any of these events, please register your interest with Mel McIntyre or your coach. Accommodation for out-of-town events is the competitor's responsibility. Midway has booked some accommodation for Oceans 22 (U11-U14), if you are interested, please contact Marice at finance@midwayslsc.co.nz. This is allocated on a first in first served base. Accommodation is highly sought after.

Uniform:



At all sessions, children must wear a fluoro surf vest. These can be purchased on Sunday mornings or by contacting Kelli Macdonald and are only available for paid-up members.

The only compulsory components for our carnivals are the club cap and a club fluoro vest.

We have some Midway clothing that is available for purchase. If you are interested, please contact Kelli 02102348545.

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 registered 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.

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 fluoro Surf Vest
- Togs
- Goggles
- Towel
- Warm Clothes
- Bucket to put gear in – with limited space, clothing can be easily mixed up
- Please bring along \$2 and goggles, if the sea is not suitable, the

children may go over to the Olympic pool.

- Remember to be sun smart

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, cleaning and packing away the gear, helping on the beach, or being involved in the water.

We have a BBQ at every Sunday session which over the years has been a great way to warm up after a session in the sea, build culture and help raise funds for our nippers. Funds go towards subsidising nipper events and equipment and is a very important part of the nipper experience! Please make sure you put your name down to help at least once over the season. It is a great way to get to know the rest of the Sunday nippers crew!

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 Officer is Tracy Fergus. Please contact Tracy Fergus by email at tracy.fergus@pinnacle.health.nz or phone Health line on 0800 611 116



Photos - Please advise your coach or admin team if you would not like a photo of your child on social media

The sea is our playground, and we learn to respect the sea through surf lifesaving. We need to respect the ocean through our lifestyles. Midway has recycling bins and other initiatives, so please take care of our beautiful beach and ocean.

If you have any questions or issues throughout the season, please don't hesitate to chat with your coach or registration team (wearing red t-shirts) or contact Mel on 0276478788 or for further enquires contact: admin@midwayslsc.co.nz

Make sure you check out our Facebook page – Midway Surf club or webpage www.midwaysurf.org.nz

HAVE FUN!

Midway Junior Surf pathway

