

CAVES BEACH
Junior Activities
2009-2010



Information
Booklet

CAVES BEACH JUNIOR ACTIVITIES

MANAGERS MESSAGE

Well, it's not that long before the 2009-2010 season commences and as we gear up for the season I would like to remind you that Caves Beach Junior Activities could not operate without the help of volunteers and the support of parents and families.

Without the assistance of these people who share their time with us on Sunday mornings the Caves Beach junior program would not be possible. Unlike other sporting organisations we have to meet criteria's in training, water safety and officials at carnivals.

The second week of nippers will be a Twilight nippers and a BBQ to allow members to get to know each other. Watch the notice board for further details. Sectional captains will also be present on the day to answer any questions on Cave's activities.

Please read the attached information carefully as we continue to:

- * Provide a friendly and fun environment for the children.
- * Encourage the children to learn basic Surf Safety and Awareness Skills.
- * Promote a healthy and active lifestyle through participation both as a team and individually.

All parents and carers are encouraged to become involved in our activities.

Our Age Managers rely on your assistance and the children enjoy seeing you taking part.

We have a dedicated committee who have put together a season calendar of events which will provide plenty of opportunity for family participation on the beach and socially. Keep your calendar handy and don't miss any of the fun.

Our fundraising for the year will again be focused on our Ocean Swim, the Hunter Branch "Ducks for Dollars" fundraiser and our annual Golf Day. Please support them where you can.

There have been some changes this year to our board policies due to the rapidly growing cost of replacing boards and the time involved in keeping the boards repaired and to a standard that the children can safely use.

If your children are board training please read thoroughly the board training section.

For all the season info, newsletters or suggestions find us at **www.cavesslsc.com**
We will endeavour to have Nippers newsletter published on most weeks that will cover upcoming events, nipper interviews, carnival news and results and training tips.

As part of this handout we have included codes of behaviour for spectators, competitors and parents. Please take the time to read it through.

Through your involvement and support we can make the 2009-2010 season another successful one for Caves Beach.

Kel Thomson -Junior Activities Manager

Start Times For Nippers U6 to U12 9.45 am
U13 to Cadets 9am

AWARDS, TEAMS AND POINTSCORE SYSTEM

PARTICIPATION AWARD-All Age Groups U/6 to U/14

A participation award is given to all children who have attended and participated in 50% or more of our **club days**.

Some of our registered children may not be able to attend carnivals due to proficiency criteria placed upon us by Hunter Branch. Therefore it is not a requirement to attend carnivals to receive a participation award but all children that are able are encouraged to be part of a Caves Beach **team** at these events.

If a child does not qualify on attendance then parents have the option to purchase the award for their child at the end of the season. The committee will contact those families who may not make the 50% cut off before Presentation Day.

Under 6 and Under 7 children are not involved in team or point score days. Their participation is on a surf education and activities basis only.

POINTSCORES – U/8's to U/12's

Point scores-

A point score system will run on all club days, points will be awarded to children on a 6,5,4,3,2,1 basis for their placing in the contested events of that day. 1 point will be given to each child for each event they enter and finish in. (Or at least make it ½ way)

Attendance-

On every Nipper day (excepting Carnival days) five (5) points will be awarded for attendance and will be added to the children's end of season points tally.

At the completion of the season points will be tallied and point score placing's decided.

TRAINING

Training sessions are not a compulsory part of activities but all children are encouraged to attend to further increase their Surf and Beach skills.

Swimming Training

Swimming is encouraged; the best place for all swimmers to start is in the pool.

I highly recommend that all children learn to swim and continue at swimming classes or squad training as part of their individual training. Swansea pool has coaching for all levels.

Also as part of our swim training there will be Inn's and out's training section at Caves Beach at 5.00pm on each Friday afternoon with our swim coach Phil Moore. This session will start on Friday 16th of October at 5.00pm.

Beach and Sprint

Sprint and Flags Training will start on Tuesday 6/10/09 at 4.00pm at Caves Beach and be on each Tuesday at the same time and place, Also there will be Training at Caves Beach High School at 5.00pm each Thursday starting on the Thursday the 9/10/09.

Board Training

Sunday Board Training will remain the same until Sunday 30th August, thereafter our new Board Training Program will commence.

Monday afternoon 5.00 pm at Coon Island

Thursday afternoon at Caves 5.00 pm

Saturday mornings at Caves time 9.30am

OUR NEW PROGRAM WILL START ON MONDAY 31 ST AUGUST AT COON ISLAND AT 4.30PM

Any further training session's will be advised

Training fees and deposits on boards will be payable at the start of the Season – Day 1 of Nippers.

If any parents who hold their bronze medallion and would like to help out with water safety it would be greatly appreciated.

To assist the club in maintaining and replacing craft and equipment along with the funding of and resources, a training levy has been introduced to offset this increasing cost.

A training levy of \$50 per Family for the season will apply.

When distributed across the season this levy equates to \$1 per training session per family. This money will go towards buying new boards for next season and repairs and maintenance of existing boards.

A **refundable deposit of \$50** for foam, rubber and fibreglass boards will be required for those children training at Coon Island and who need to take their board home with them for the season.

For experienced paddlers at the beach, boards will be used and returned to the gear shed after each training session. Any experienced paddlers who would like to keep a board for the season can also pay a **refundable deposit** for a loan board.

Training location may vary according to conditions. A notice will be posted outside the Gear shed with any changes prior to commencement of the session.

Children at these sessions are under the guidance and control of the coaches. Disruptive or unacceptable behaviour will not be tolerated.

Board Captain Contact ; Ian Mcmorland Ph; 49721603

Board Trainer Contact ; Phil Moore Ph; 49716530/ Ian Mcmorland Ph; 49721603

Board Repairs Contact: Ian Mcmorland Ph; 49721603

CLUB MEETINGS 2009-2010

Club Meetings are held every **THIRD** Monday of the month commencing at 7.00p.m. at the Club. I intend on having separate meeting for the J.A.C (Junior Activities Committee)
An Agenda for the meetings will be posted on our notice board.
All members are welcome to attend.

FAMILY B.B.Q.'S & EVENTS

The BBQ's are a great way for new families to meet friends and enjoy the perfect location for a relaxing drink at the front of the clubhouse.

Parents of children from different age groups may be asked to be cooks on the day and Age Managers and our Social Secretary will be gathering volunteers to man the B.B.Q., so please lend your assistance if you can.

Refreshments will be SOLD at these functions.

Check your calendar for all our social events including the "King & Queen of the Beach" and Christmas party, New years eve Party, Kids movie night, as well as our Jazz under the Pines.

SWIMMING COSTUMES

All club clothing is now available from Michelle Thomson and Sarah Smith. There will be a change in the design of our swimwear this year with the introduction of a bikini for all girls, and our own sublimated fabric which is both fashionable and comfortable while keeping up with the movement within S.L.S.A we should encourage our children to wear the club swimwear with pride.

Competition caps are compulsory at carnivals and should be purchased well before carnival days commence, they are available from our clothing co-coordinators, Michelle Thomson and Sarah Smith.

CLUB DAY CAPS

Once again coloured caps will identify our younger age groups.

These will be handed out and collected each Club day by the Age Managers.

Please make sure they are returned at the end of each Nipper day.

U13 to U16 children wishing to wear their Caves club cap at Nipper days are encouraged to do so.

PRELIMINARY EVALUATIONS **(Must do to participate in Nippers)**

It is a requirement set down by Hunter Branch & State Centre S.L.S.A. that children in the U/8 to U/14 year's age groups complete a preliminary evaluation.

This then allows the children to take part in **ALL** activities at our Club Days.

For all competition at carnivals for 9's to 14's see **proficiency testing**.

We will be doing this preliminary evaluation on Saturday the 17/10/09 at Swansea pool at 9.00am

If any parents have any concerns please let your Age Manager know.

The evaluation is:

- U/8- 25 Metres of any stroke + 1 Min Survival Float
- U/9- 25 Metres of any stroke + 1 Min Survival Float
- U/10- 25 Metres of any stroke + 1.5 Min Survival Float
- U/11- 50 Metre swim freestyle + 2 Min Survival Float
- U/12- 100 Metre swim freestyle + 2 Min Survival Float
- U/13- 150 Metre swim freestyle + 3 Min Survival Float
- U/14- 200 Metre swim freestyle + 3 Min Survival Float

PROFICIENCY TESTING **(Must do for Competition)**

For children in the U/9 to U/14 age groups who wish to participate **at carnivals**, you must complete a timed pool swim and a surf swim similar to a club day swim.

There is also run-swim-run which have to be completed by these age groups in beach conditions. Those wishing to do their proficiency swim will need to be at Swansea pool on Saturday 17/10/09 at 9.00am for the pool swim and the run swim run will be done at our twilight nippers on Saturday 17/10/09.

Times for Pool swim are- 9's&10's-200metres in 6 minutes
11's to 14's-200metres in 5 minutes

Those children that have a proficiency number from last year can compete in water events until this season's proficiency test is complete. (Except for those trialling for the inter branch team, who must have a current proficiency to compete.)

All children are encouraged to use the Proficiency Test as a goal for their swimming training. This proficiency test must be completed before entering a carnival this year.

BE SUN SAFE

Make sure your children have appropriate sun protection and a water bottle at ALL Nipper activities.

CODES OF BEHAVIOUR

Parents Code.

1. Do not force an unwilling child to participate.
2. Remember, children are involved in Nippers for their enjoyment.
3. Encourage your child to always play by the rules.
4. Teach your child that honest effort is as important as winning so that results are accepted without undue disappointment.
5. Help your child with skills development and good sportsmanship.
6. Children learn by example. Applaud all good efforts from any competitors.
7. Do not publicly question an official's judgment and never their honesty.
8. Recognise the value and importance of volunteer coaches. They give up their time and resources to provide our children with these recreational activities.

Competitors Code.

1. Participate for the fun of it.
2. Play by the rules.
3. Never argue with an official's decision.
4. Control your temper.
5. Work equally hard for yourself and your club. Your club will benefit and so will you.
6. Be a good sport. Applaud all good efforts by yourself or a competitor.
7. Treat all competitors, as you would like to be treated.
9. Remember the aims of the club are to have fun, improve your skills and to keep healthy.
Don't be a show off.
10. Co-operate with your Age Manager, your coach and team mates, for without them we don't have a Club.

**All up,
ENJOY IT.**

Caves Beach Surf Lifesaving Club Inc.

Office Bearers for the 2009/2010 Season

Caves Beach Surf Lifesaving Club Inc.

www.cavesslsc.com.au

Executive Position	<u>Name</u>	<u>Contact details</u>	<u>Contact details</u>
President	Brett Main	0423021907 02 49710641	tina.main@bigpond.com brett.main@orica.com
Vice President/Club Manager	Ross Brogden	0418682804	rbrogden8@bigpond.com
Treasurer	Tony Warzecha	02 49231273 0423784136	Tony.Warzecha@ato.gov.au
Secretary	Ross.Bowmaker	0412801984 49711084	rossbowmaker@bigpond.com
Junior Activities Manager	Kel Thomson	0408664686 49711340	kth47190@bigpond.net.au
Competition Manager	Alan Wallace	02 49714473	
Club Captain	Richard Pembroke	0409720556	Richard.Pembroke@gmail.com
Lifesaving Education Manager	Tracey Dawkings	02 49720135 0409712370	traceydawkings@bigpond.com
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Licensee	TBA once NSW Liquor laws are clarified		
Minutes Secretary	Mick Hickson	0427 515 812 02 4971 6603	earthsea@westnet.com.au
Registrar	Tina Main	0409719022 02 49710641	tina.main@bigpond.com
Publicity Officer	Anne-Maree Mclvor	02 49720552 0407720553	annemmc@bigpond.net.au
Social Secretary	Karen Walker	02 49721585	david.walker@orica.com
Fundraising Coordinator	Garry Lunn	0409453064	garry@i-group.com.au
Hall Manager	<u>VACANT</u>		Hall Manager
Sponsorship Coordinator	Garry Lunn	0409453064	garry@i-group.com.au
Major Events Coord. Ocean Swim	Darryl Hadfield	0409180931 02 49720735	haddy1@bigpond.net.au

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Trophy Steward	Tina Main	02 49710641 0409719022	tina.main@bigpond.com
Youth Development Coordinator	Dave Walker	0411484219 02 49721585	david.walker@orica.com
Club Competition Coordinator	<u>VACANT</u>		
Sectional Captains			
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Board	Ian McMorland	02 49721603	iandjii@bigpond.com.au
Ski	Paul Carter	02 49715895 0401799108	paul.carter@tafe.nsw.edu.au
I.R.B.	Scott Bryant	0413745335	scott@civilbuild.com.au
Beach	Michael Waghorn	0412336803	mjwaghorn@gmail.com
Swim	Phil Moore	0439607178	Phil.Moore@gosford.nsw.gov.au
J.A Club Photographer	Chad Osborn	49720679 0407720679	Osborn.chad@gmail.com
J.A. Superintendent	David Walker	0411484219 02 49721585	david.walker@orica.com

J.A. Recorder	Kel Thomson Louise Osborn	49711340 0408664686 49720679	Kth47190@bigpond.net.au osborn.louise@gmail.com
J.A. Competition Coordinator	Louise Osborn	49720679 0407720679	osborn.louise@gmail.com
J.A. Gear Coordinator	Ian McMorland	02 49721603	iandjjj@bigpond.com.au
J.A Registrar	Velda Gartnell	49710175 043848706	easternturfcare@bigpond.com
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Under 14	David Walker	0411484219 02 49721585	david.walker@orica.com
Under 15	David Walker	0411484219 02 49721585	david.walker@orica.com

Constitution and Rules Committee

* President	* Secretary	Scott Bryant	Phil Rowe	Ross Brogden
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Meritorious Awards Committee

* Executive Committee

Life Membership and Honours Committee

* President	* 1 x Executive	Mick Ellercamp	Gordon Richardson	Alan Wallace
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Judiciary Committee

* Executive Committee

Patrol Judiciary Committee

* Executive Committee

House and Building Committee

* President	* Secretary	* Treasurer	* Vice President/ Club Manager	* Club Capatain	* Life Saving Education Manager	* Competition Manager	* JA Manager	* Hall Manager	* Social Secretary
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(*) denotes by default of elected committee position

Supporters of Caves Beach SLSC

Please support those who support us

Independence Investments

Garry Lunn
Ph: 0409 453 064

Swansea RSL

Enquiries Ph: 4971 1329

Bob Jane T-Marts Newcastle West

Ken Bonwick: 4969 2255

Mercury Outboards

Ken Evans: 9997 3175

Site Worx

Bruce & Sharon Ferris Ph: 49712 000.

Dowlings Real Estate Swansea

Shanti Page & Tony Rich Ph: 49 716 000

Sandvik

Dave MacDonald Ph: 49 242 100

Psyborg Multimedia and design

Dan Borg 0414 914 087

Neptune Wetsuits

John Rigby Ph: 0439 401 680

Caves Beachside Resort

Brett Jaegar 49 711 532

Swansea Retravision

Brett Rutledge

Swansea Shipwrights and Boat Company

Ian Marsh 49 721 709

Swansea Surf

Daryl Tonks: 4971 4422

Impact Trophies

Howard & Kathy Sanders: 4947 7508

Lakeside Air Conditioning

Dave Colhoun Ph: 49 720 224

Wide Horizons Photography

Glenn and Shirley Cook: 4929 6883

JAM Tuition-Music for life

Jamie Martens:

Bobs Lawn and Garden Care

Bob Walker : 4971 2879

Delta Electricity

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Eastlakes Electrical

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Michael and David 49711348



Caves website produced & maintained compliments of Barry & Annette, Hamilton IT Consulting

