



# NIPPERS NEWSLETTER

Welcome to the Seaford LSC Nippers Newsletter #2.

Page 1

If you have missed anything, look back at our first edition of the Nippers Newsletter! It has a lot of important information. Find it on our Members Facebook group under files.



## Have you got FOMO?

Still looking for that perfect volunteering role at the club? Well don't fear, here are a few suggestions:

### Age Manager:

A qualified Age Manager guides our Nippers during the session, following a pre-written lesson plan. We NEED more Age Managers, so please contact [nippers@seafordlsc.com.au](mailto:nippers@seafordlsc.com.au) to register your support.

### Parent Helper:

Grab a 'Parent Helper' lanyard at the beginning of the Nippers session and jump in to help the Age Managers with things like getting the boards lined up for water activities, raking the sand before the flags activity or simply reminding the Nippers to reapply sunscreen and have a drink of water!

### Beach set up and/or pack up:

Arrive at 1:30pm and help get the beach set up with boards, flag arena, beach game area. Rob is our Beach Setup Coordinator, please keep a look out for Rob and say "Thanks", and offer to fill in on days that he cannot attend.

### Quick Checklist

- Nippers cap
- Compulsory
- Hi-vis Fluoro Vest – Compulsory
- Bathers
- Goggles
- Hat
- Nippers t-shirt
- Water Bottle
- Towel
- Sunscreen
- Wetsuit
- A bag to carry it all in!



### Sessions

Saturday 1:45pm - 4:00pm.

Friday 5:00pm - 7:00pm.

## FOMO Volunteer Roles *(continued)*

### Water Safety:

There will be water activities scheduled for each age group over the 2 hours session. During each water activity, we **NEED** to have a set amount of Water Safety volunteers, or the Nippers cannot go in the water. For this role, you need your Bronze Medallion/Surf Rescue Certificate or higher. Craig is our Water Safety Coordinator, so keep an eye out for the tall guy with the friendly smile!

### Social Event Coordinator:

This is the fun stuff! We have a few nights during the season set aside for social activities, so get in quick for your preferred event, or better still, take charge of all of them!



### Introducing our Sausage Sizzler extraordinaire!

Dave has volunteered to be the BBQ Coordinator to sizzle up a hot plate full of snags for our Nippers and their families at the end of every session. This snag snack is vital to get your Nipper from that afternoon "I'm hungry", to dinner. A gold coin donation per family is requested. Please approach Dave and say 'Thanks', and offer to fill in on days that he cannot be on the tongs for us all.

## In the Spotlight



Hi my name is Sienna and I love doing Nippers and my favourite activity is the flags.

It isn't about winning, it is about having lots of fun on the beach and cheering and supporting each other.

Being a nipper has taught me how to play safe at the beach.

I am really proud that I was the Age Group Champion for under 9's last year but I am also proud of my other team mates for how hard we all try every week.

Thanks,  
Sienna.

## Did you know?

### Rashies

All new Nippers receive a FREE long sleeve club rashie to be worn while out in the sun. Replacement rashies can be purchased from the club at \$25 each. Club quarter caps **must be worn** by every Nipper and these can be purchased for \$10 each. Please contact Sharon our Merchandise Coordinator at [secretary@seafordlsc.com.au](mailto:secretary@seafordlsc.com.au), to get your Nipper ready for the beach. These items will be available for purchase at our first Nipper session on Saturday 8<sup>th</sup> December. Sharon can also help you with other SLSC clothing apparel.

### Facebook

Most of our communication is done via the members only Facebook page. Please send a request to join this page (@ Seaford Life Saving Club Members). Once your application has been approved and payment has been made, you will be added to the members only page.

### Junior Evaluation – Pre-season swim assessments

We have had a few opportunities for your Nippers to be signed off to participate in water activities. If you have not yet got this underway, please email me to discuss [nippers@seafordlsc.com.au](mailto:nippers@seafordlsc.com.au)

### Stand Up Paddle Boards

As a member of Seaford LSC, you have access to 2 Stand Up Paddle (SUP) boards located in our clubhouse. You can access the club (with your FOB) at any time when Patrol is rostered, Saturday between 1:00pm and 5:30pm and Sunday from 11:00am to 5:30pm and some public holidays, from now until Easter 2019. There are guidelines on our members Facebook page on the use of the SUP's, please read these before you head out on the water. The club has PFD's (life vests) **which must be worn** whilst out on the SUP's, we also have junior PFD's!

### Have you got your FOB yet?

This is the little blue disc thingy to access the club and the change rooms. Every parent/guardian needs to have one, as the toilet/shower/change room area is locked for member safety. Parents will need to escort their Nipper to the change room and use their FOB to access. Please take a look at our Access Control Policy (Safeguarding Children and Young People) for more information about how this is adding another layer to protect our young ones. FOB's can be obtained from Glenn, club Vice President, via [development@seafordlsc.com.au](mailto:development@seafordlsc.com.au)



### **Filtered Water**

The Seaford LSC has installed a filtered water tap at the sink in the kitchen area. We encourage all members to bring a reusable water bottle to fill/refill at the club. The club has provided this to encourage a healthy habit of drinking water and to reduce waste of single use bottles.

### **Seaford RSL Junior Sporting Scholarships**

Seaford RSL Junior Sporting Scholarships were awarded to 11 junior members from our club earlier this month. They all had their family membership fee refunded and each received a \$100 gift voucher from Rebel Sport to purchase new beach gear. The Seaford LSC are grateful to Seaford RSL for offering this opportunity to our club and making a bit easier financially for families to be active members within their community.

## **First Nippers Session Saturday 8<sup>th</sup> December 1.45pm**

### **Do you need a Rashie, Cap or FOB?**

If so, please arrive early to the first Nippers session on the 8<sup>th</sup> December to get organised. Club members will be available to assist you from 1:15pm.

### **Parking**

Allow some extra time to park and get to the club for the start of the Nippers at 1.45pm.

**Finally ... Let's have some fun!**

Thanks

**Jac Goudy**

Junior Coordinator Seaford LSC  
[nippers@seafordlsc.com.au](mailto:nippers@seafordlsc.com.au)



### **SunSmart**

Be SunSmart and ensure you and your nipper has applied sunscreen at least 20 minutes prior to going down to the beach and reapply it after all water activities.

**SLIP** on some cool, loose fitting sun protective clothing that covers as much skin as possible.

**SLOP** on SPF30 or higher sunscreen, make sure it is broad spectrum and water-resistant.

**SLAP** on a hat, that protects your face, neck, head and ears.

**SEEK** shade.

**SLIDE** on some sunglasses labelled AS 1067.