



Fitzroy
SLSC NEW PLYMOUTH

JUNIOR SURF SEASON

2024 / 2025 SEASON





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SLSC NEW PLYMOUTH

Fitzroy Surf Lifesaving Club (Inc) Junior Surf Season

Nau mai - Welcome new and existing members to the 2024/2025 Junior Surf season, we look forward to an awesome summer on the beach with you!

The Junior surf movement involves children from 5 to 14 years. Junior Surf is about fostering confidence and safety in the surf and on the beach. We have a team-based philosophy encompassing leadership, camaraderie, teamwork and fun.

Our mission is to encourage all children to participate safely and develop skills and confidence in the surf lifesaving movement.



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JUNIOR SURF INFORMATION

From their first days at the beach as Nip Nip's (from the age of 5), the natural progression of Junior Surf, if children choose, is to become a qualified patrolling Fitzroy Lifeguard at age 14.

Surf club is a busy place and to new members it can seem slightly crazy, but don't worry, you will soon get into the swing of it. Please ask if you want anything explained - we are more than happy to assist.

Carnivals are for Nippers (Under 8 & 9), Nipper 10's (Under 10), Rookies (Under 11 & 12) and Cadets (Under 13 & 14). Clubs hosting carnivals often run a mini carnival for Nip Nips.

Children are encouraged to compete in all events. Each child has different strengths and we encourage you to focus on advancing your child at the rate that is appropriate to them.

Our experience is that the competition environment sharpens skills and increases the confidence of our young guards. An athlete with strong surf, sport and tube rescue skills at age 11 - 13 has all the skills to complete a real rescue and will be confident when it comes to passing that component of the surf lifeguard award at age 14.



REGISTRATION & FEES 2024/2025 SEASON

We are using Gameday to host all our registrations, events and payments. If you need help registering come along to Opening Day on 19th October from 3pm or arrive early on a Sunday morning and our team will help you out.

You register yourself and your family in the app. Note, Life Membership is only available for those members that have been awarded this privilege through lifetime service to the club.

Once you have gone all the way through to the payment page, you can then add another member/child/family member. Keep repeating until you have entered all your family. There is a 20% discount at the checkout if you register 3 or more members at the same time.

Although not compulsory, we encourage at least 1 parent to become a social member.

Membership Fees this season are:

Active Full Membership - over 14yrs - use of club facilities, patrol duty, access to competitive training resources (coaching & craft) \$60

Active Junior Membership - 5yrs - 13yrs - use of club facilities, patrol duty, access to competitive training resources (coaching & craft) \$60

Active Social Membership - use of club facilities \$30

To register online please scan the QR code to set up an account, then log in and follow the easy steps to register your membership and pay your subscription.





REGISTRATION & FEES 2024/2025 SEASON - CONT.

Once registered with Fitzroy SLSC please register all family members with Surf Life Saving New Zealand. You will be assigned a SLSNZ number and be added to the national database. ****You only need to do this once in your lifetime.**

To register with Surf Life Saving New Zealand go to:

<https://www.surflifesaving.org.nz/join-us/membership>

and choose FITZROY as your club.

TRANSFERRING FROM ANOTHER CLUB

1. Login into the SLSNZ Member Portal
2. Member Lounge
3. Membership Desk
4. Request Transfer



KEEPING IN THE LOOP

Junior Surf information updates will be emailed out in the Fitzroy Focus. Once your subs have been paid for the current season you will be automatically added to the mailing list.

Join our private Facebook group 'Fitzroy Surf Lifesaving Club' to keep up to date with the latest news. Make sure you answer the joining questions to be accepted into the group.

For all questions/queries please email the Club Administrator - **admin@fitzroyslsc.co.nz**, they will direct you to the appropriate person with the club to assist.





SUNDAY CLUB DAYS

Junior members will be tutored by coaches and senior lifeguards on subjects that are relevant to the beach, such as beach safety and understanding sea conditions. These morning are called Club Days. Weather and sea conditions permitting we try to GET WET every Sunday. Having fun is what Junior Surf is all about - parents are encouraged to bring their wetsuit and join in. We aim to build your child's confidence in the sea, make them aware of the dangers and enable them to assess their own limitations.

Sunday morning club day routine:

- Arrive at the club at 9.45am with yellow vest, towel, togs, wetsuit and a warm change of clothes
- Put your gear into the changing rooms
- Sign in - this is compulsory for all children
- Team chat in the clubhouse at 10am ready to go
- Break into age groups and meet at assigned areas
- Enjoy a group session lead by your coach
- Return all gear, washing it down before putting it away in its correct place
- Sign out - this ensures we know everyone is accounted for - if you forget to sign out someone must ring you so please double check as you leave that your child has been signed out.
- Have a lovely hot shower in our changing rooms, our water is metered so please use the showers responsibly
- Enjoy a free sausage and bread - hot food equals happy kids!
- Parents please inform your child's coach if you are leaving the beach early and remember to sign out

WEEKDAY TRAINING: BOARD - SWIM - SPRINT

Cadets, Rookies & Nipper 10's are encouraged to attend weekday training sessions. Please refer to the attached calendar for details. Nipper 10's that are attending these sessions must be accompanied by an adult.

JUNIOR SURF AGE GROUPS

NIP NIPS Under 6 and 7 year olds (as at 1st October 2024)

A parent or caregiver is required to stay during the session.

This group focuses on introducing awareness and building confidence in and around the water. This is achieved through education and games. They will learn basic safety skills as well as surf events such as beach flags, sprints, relays, run-wade-run and boogie board races. We encourage children to be enrolled in a learn to swim programme. Our programme is about fun and building confidence.

NIPPERS Under 8 and 9 year olds (as at 1st October 2024)

A parent or caregiver is required to stay during the session.

The Nippers learn to compete in surf events such as beach flags, sprints, relays, run-wade-run and boogie board races. We encourage children to be enrolled in a learn to swim programme. We aim to cover the following during the season:

- Open water swim 25 - 50 meters along shore (at the Port)
- Wading with correct technique
- Negotiating waves in and out
- Survival float for 20 - 30 seconds
- Body surfing, catching a wave, stroke on a wave
- Tread water for 30 seconds
- Boogie board using leash, catching a wave, paddling
- Gliding onto a wave from standing position
- Run swim or dolphin dive run 30m x 50m x 30m
- Paddling lying down, negotiating waves in and out

**NIPPER 10's Under 10 years old (as at 1st October 2024)****A parent or caregiver is required to stay during the session.**

This group builds on the foundation learnt in Nippers and extends children so they are prepared for the Rookie programme the following season. At this level children are encouraged to work towards or gain their 200m badge. Once obtained the children are able to compete in kneeboard races and longer swims at carnivals. The 200m badge is required by SLSNZ as a safety precaution. Children will be given opportunities to gain this badge during Sunday JS sessions. We encourage children to be enrolled in a learn to swim programme. We aim to cover the following during the season:

- Open water swim up to 100m along the beach (at the Port)
- Diving under a wave
- Tread water for 1 minute
- Wade, dolphin diving to waist depth, swim
- Body surfing on a wave, stroking the wave
- Run swim run 50m x 75m x 50m
- Achieving 3 of the following on a board: surfing along a wave with fins, going over the top of a wave on the way out, going under a wave, eskimo roll.

ROOKIES Under 11 and 12 years old (as at 1st October 2024)

At this stage the children need to achieve their 200m badge or their participation will be limited. We encourage Rookies to be enrolled in a learn to swim programme or squad training. Rookies will often train with Cadets on Sundays. Rookies will start to focus on board and tube rescue events as well as beach flags, sprints and run-swim-run. Rookies are expected to participate and train for events during the week day trainings if they want to go compete at Carnivals & go to Oceans. Refer to the calendar for board, swim and sprint training times. Many children at this stage find the events they enjoy and maybe excel at. Rookies can compete at regional and national competitions (Central Regionals & Oceans).

CADETS Under 13 and 14 years old (as as 1st October 2024)

Cadets focus on developing skills to become a Lifeguard. Cadets will be taught skills such as CPR, patient care and a strong knowledge of tube rescue as well as the usual events such as beach flags, sprints, run-swim-run and board races & rescues. Cadets will be working through the Rookie Lifeguard programme as a step towards becoming a Lifeguard when they turn 14 and finish Junior Surf. For Cadets involved in competition there is also a greater emphasis on fitness. A lot of Cadets participate in swim squad training throughout the year. Cadets need to achieve their 200m swimming badge or their participation will be limited. Refer to the calendar for board, swim and sprint training times.

Rookies & Cadets are expected to:

- Sign in and out of Sunday trainings
- Aim to gain their 200m badge
- Attend Junior Surf carnivals for your own enjoyment and in support of your team. Your performance at these events helps your coach evaluate your progress
- Tell your coach if you cannot attend training and of your availability for carnivals
- Support all club fundraising activities
- Support your coach during your weekly training sessions and compliment and support others on their achievements - be a team player
- Treat all club equipment with care and respect. Follow instructions on carrying, handling and cleaning equipment - and make sure all equipment taken out is washed down and put away in the correct way. If equipment is damaged report it immediately to your coach.
- Be role models for the younger children and take time to encourage them when possible.



CARNIVALS

Carnivals are competitions held between different clubs. Each club within the region will host at least one carnival a season.

Our focus is on participation, doing your best and having fun. Please encourage all competitors especially children from our club. Make sure you and your children are positive role models for our club - **that's the Fitzroy way!**

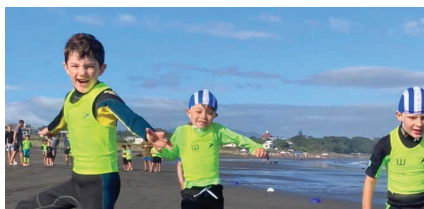
Your child will need to wear a hi viz vest and a Fitzroy cap (available for purchase from the Club Admin). Carnivals are exciting events, bring food, water, warm clothing, sun protection, two towels and a big bag or bucket to keep all your gear in. It's a great opportunity for your wider family and friends to come and watch.

Children who are competing in events using knee boards are expected to help load the trailer at the club before the carnival & help unload, wash down & put gear away after the event.

Carnivals are run when there is a low tide so the beach can be used for beach sprints and beach flags. A carnival generally takes around 3 - 4 hours and there is usually a sausage sizzle for competitors at the end.

The main local carnival is the Taranaki Junior Champs. Nipper 10's, Rookies & Cadets can also enter carnivals held in other regions.

Remember if your child would like to compete in any board or long swim races they must have their 200m badge. They will have a few opportunities throughout the season to gain this award at club days and weekday trainings.



CLUB EXPECTATIONS

Surf Smart

- It is important that children are dressed appropriately. In the water the children must be able to move freely without unnecessary drag. Swimming togs are recommended (rather than board shorts), on colder days especially at the beginning of the season a well fitted wetsuit with the yellow rash vest worn over the top. Hi vi rash vests must be worn at all times when participating in Junior Surf Sunday sessions, week day trainings & when using Club equipment.

Sun Smart

- Please provide your child with a hat, rash top, drink and sunscreen before arriving at the beach.

Club Equipment

- Please respect club gear and treat it as your own, wash and put away after use.
- Only use equipment allocated to you. Boogie boards and foamies in the Gear Shed are available for any club members to use, fibreglass boards allocated to individuals.
- If using equipment outside of training hours a supervising adult must be present.
- A hi viz vest is always worn when using club equipment.
- Report damage to equipment to your coach or a committee member immediately.

Parent Participation

- If you feel you can help in any way please see our Junior Surf Co-ordinator's Darren James & Jo Brimelow. We would love to utilise the skills you have to offer.
- Parents are encouraged to join in the activities so bring your wetsuit and ask the coach what you can do to assist. Your help on Sundays and during weekday training sessions is always appreciated by the volunteer coaches.


OCTOBER / NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						27 Junior Surf Fitzroy HQ 9.45am
28	29	30	31 Swimming 6am	1	2	3 Junior Surf Mini Carnival Fitzroy HQ 9.45am
4 Board Training 3.30pm	5 Swim/Board Training 3.30pm	6 Sprint Training 3.30pm	7 Swimming 6am Board Training 3.30pm	8 Swim/Tube/Run 3.30pm	9	10
11 Board Training 3.30pm	12 Swim/Board Training 3.30pm	13 Sprint Training 3.30pm	14 Swimming 6am Board Training 3.30pm	15 Swim/Tube/Run 3.30pm	16	17 Junior Surf Fitzroy HQ 9.45am
18 Board Training 3.30pm	19 Swim/Board Training 3.30pm	20 Sprint Training 3.30pm	21 Swimming 6am Board Training 3.30pm	22 Swim/Tube/Run 3.30pm	23	24 Junior Surf Fitzroy HQ 9.45am
25 Board Training 3.30pm	26 Swim/Board Training 3.30pm	27 Sprint Training 3.30pm	28 Swimming 6am Board Training 3.30pm	29 Swim/Tube/Run 3.30pm	30	



DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Fitzroy Carnival Time TBC
2 Board Training 3.30pm	3 Swim/Board Training 3.30pm	4 Sprint Training 3.30pm	5 Swimming 6am Board Training 3.30pm	6 Swim/Tube/Run 3.30pm	7	8 Junior Surf Fitzroy HQ 9.45am
9 Board Training 3.30pm	10 Swim/Board Training 3.30pm	11 Sprint Training 3.30pm	12 Swimming 6am Board Training 3.30pm	13 Swim/Tube/Run 3.30pm	14	15 Junior Surf Xmas Party Fitzroy HQ 9.45am
16 Board Training 3.30pm	17 Swim/Board Training 3.30pm	18 Sprint Training 3.30pm	19 Swimming 6am Board Training 3.30pm	20 Swim/Tube/Run 3.30pm Pig In Barrow Fundraiser	21	22 Opunake Carnival Time TBC
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Years Eve					


JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12 Junior Surf Fitzroy HQ 9.45am
13 Board Training 3.30pm	14 Swim/Board Training 3.30pm	15 Sprint Training 3.30pm	16 Swimming 6am Board Training 3.30pm	17 Swim/Tube/Run 3.30pm	18	19 Whanganui Carnival Time TBC
20 Board Training 3.30pm	21 Swim/Board Training 3.30pm	22 Sprint Training 3.30pm	23 Swimming 6am Board Training 3.30pm	24 Swim/Tube/Run 3.30pm	25	26 Junior Surf Fitzroy HQ 9.45am
27 Board Training 3.30pm	28 Swim/Board Training 3.30pm	29 Sprint Training 3.30pm	30 Swimming 6am Board Training 3.30pm	31 Swim/Tube/Run 3.30pm		


FEBRUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Taranaki Champs @ NPOB Time TBC
3 Board Training 3.30pm	4 Swim/Board Training 3.30pm	5 Sprint Training 3.30pm	6 Swimming 6am Board Training 3.30pm	7 Swim/Tube/Run 3.30pm	8	9 Junior Surf Fitzroy HQ 9.45am
10 Board Training 3.30pm	11 Swim/Board Training 3.30pm	12 Sprint Training 3.30pm	13 Swimming 6am Board Training 3.30pm	14 Swim/Tube/Run 3.30pm	15	16 Junior Surf Fitzroy HQ 9.45am
17 Board Training 3.30pm	18 Swim/Board Training 3.30pm	19 Sprint Training 3.30pm	20 Oceans 2025 Mt Manganui	21 Oceans 2025 Mt Manganui	22 Oceans 2025 Mt Manganui	23 Oceans 2025 Mt Manganui
24 Board Training 3.30pm	25 Swim/Board Training 3.30pm	26 Sprint Training 3.30pm	27 Swimming 6am Board Training 3.30pm	28 Swim/Tube/Run 3.30pm		



MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Taranaki Junior Invitational @ Fitzroy Time TBC
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Junior Surf Final Funday Fitzroy HQ 9.45am
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Key Contacts 2024/25



Carl Barnes
President



Allan Riddick
Treasurer



Felicity Cleaver
Club Captain



Noah Andrews
Vice Club Captain



Paul Carlyon
Committee



Ashleigh Hurring
Committee



Todd Velvin
Committee



Anna Ralph
Committee



Melissa Burleigh-Low
Committee



Anne Cairns
Committee



Zac Reid
Club Coach



Jo Brimelow
Club Admin



Kirsty Ireland
Merch Manager



Darren James & Jo Brimelow
Junior Surf Co-ordinators



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