

# Waimārama Surf Life Saving Club

## *Junior Surf 2023/24 Handbook*



## Welcome to the Waimārama Surf Life Saving Club

*Please find information on how the Waimārama SLSC Junior Programme runs plus general information for new and existing members. The programme is for children between the ages of 7-14. Once you are 14 you then can move on to the senior group and become a lifeguard. Due to SLSNZ rules under 7's run as an informal group by parents but they are welcomed members of the club.*

**EVERY JUNIOR SURF MEMBER** must fill in a Waimārama Registration Form at the start of **each season**. This is done only online with fees to be paid at time of registration ([www.waimaramasurf.org.nz/services/member-registration-form/](http://www.waimaramasurf.org.nz/services/member-registration-form/)).

If registering as a family, we recommend that you add parent's details to the family also

## How to Join

- 1. Are you a NEW MEMBER to Surf Life Saving and the Waimārama SLSC, follow the steps below?**
  - Your child will need a NZ Surf Lifesaving Number – please go to the Surf NZ Website, click <https://webportal.surflifesaving.org.nz/new-membership/> 'join a club' and select 'Waimārama' – this will then be sent on to the club to process.
  - Fill in the Waimārama Club Registration Form: [www.waimaramasurf.org.nz/services/member-registration-form/](http://www.waimaramasurf.org.nz/services/member-registration-form/) and complete the waiver and health details.
  - Pay membership fees online (\$125 Junior Membership and capped at \$250 Family Membership (applies to 14 yrs). Ocean athletes also pay a Sports Fee of \$100 extra per child (this includes training vests, coaching, gear use and national's fees).
  - Depending on age group and competency of swimming we encourage your child to do a 200 metre swim for their badge. To compete at water events at local and national competitions you must have a 200m swim badge (these are to be sewn onto your togs).
- 2. If you are already a member?**
  - Go to the Waimarāma Surf Registration Page <https://www.Waimarama surf.org.nz/services/member-registration-form/>
  - Complete the waiver and health details.
  - Pay membership fees (as above)
  - You child will need to redo a 200-metre swim for their badge, even if they completed it last year.
  - If you are unsure whether your child has a SLSNZ Number, please email Jenny ([contact@waimarama.surf.org.nz](mailto:contact@waimarama.surf.org.nz))

## Summer Programme (November through to March)

- **Sunday Mornings:** 9.45am arrive at the club house to sign-in with your group (*New Members – please make yourself known as your child will be put into a group dependent on ability*)
- 9.45am-12.00pm - beach programme activities
- Please bring with you – vests, togs, towel, wetsuit (recommended), drink bottle, snacks, warm clothes, suntan lotion.
- Returning members - you will start in the same coloured group as you were last year – juniors will be assessed over the next couple of weeks as to moving up a group.
- Your child must sign in/out of groups at the start and end of each training.
- Showers - there are nice warm showers to rinse off after a swim (3 pushes only please otherwise we run out of hot water for all of our juniors).
- BBQ - At the end of Junior Surf, sausages are served from the BBQ on the concrete area at the rear of the clubhouse, the sausages are free.
- **Monday Night Swim Training: From 27<sup>th</sup> November (check emails closer to the time) this is held at the Havelock North Swimming Pool from 6pm -7pm.**



## Winter Training Programme (April through to October at the Clive Pool)

- Monday night swim training is available at the Clive Pool from 5.30 – 6.30pm. \$30 per term per swimmer – invoiced by the club each term. You must book your spot to register by emailing [juniors@waimaramasurf.org.nz](mailto:juniors@waimaramasurf.org.nz)

## Local Carnivals and Competitions

- Junior Surf Carnivals:** These form part of our Beach Programme and are a competition against other local surf clubs. There are 3 carnivals in the season. One held at Ocean Beach, Westshore and Waimārama. **There is no Junior Surf out at Waimārama on these Sundays.**
- Carnival Dates this season:** 10 December at Westshore, 21st January at Ocean Beach and 3rd March at Waimarama.
- Please note the time of carnivals will be changing this season. Details posted closer to the time.** These are a fun event for all children to give a go and be part of the Waimārama Team. Children are split into 2 arenas.



### PARTICIPATION CHILDREN (CHILDREN UNDER 10 YEARS OLD @ 30/9/23)

- turn up on the day, no need to pre-register.
- must have 200m badge on togs if athlete wishes to participate in water activities.
- 200m badge NOT needed for any land-based activities (sprints, relays, beach flags)
- focus on FUN, safety and meeting other clubbies.

### COMPETITION CHILDREN (CHILDREN AGED 10 – 13 @ 30/9/23)

- All kids must be pre entered to the carnival; unfortunately, athletes cannot turn up on the day and enter. This is for safety and ensures all teams are entered correctly.
- Names will be taken at a Sunday surf for those keen to compete at local and Central Regional Carnivals. You can also register your interest to [juniors@waimaramasurf.org.nz](mailto:juniors@waimaramasurf.org.nz). You do not need to attend every carnival however if you say you will attend and do not turn up, you are letting your team mates down - as most athletes will be entered in team relays where appropriate.

- Oceans:** This is open to juniors 10 years old and over (as of Oct 1st) and those who have the competency to compete at a national level.

## What is the Waimārama Oceans Programme?

“Oceans” is the National Competition for Junior Surf athletes aged 10-14years. The focus is on fun and giving all aspects of Junior Surf a go.



This Season Oceans Competition is at: Mount Maunganui, Thurs 22 – 25 February 2024

## How to Join the Oceans Group?

It is best to join our Waimārama “Ocean Sport Group” early in the season to get the most out of the surf sport. A \$120 sport fee covers specific coaching from a variety of specialised coaches throughout the summer and an allocated board to use for the season’s duration and Ocean’s entry fee.

It is expected the Oceans athlete will ideally:

- Attend Sunday morning Junior Surf sessions
- Attend two mid-week training sessions – water-based focus (exact days of the week to follow)
- Attend the local HB Surf Life Saving Carnivals
- Ideally attend Central Regional Champs CRC (12/1/24) and/or Eastern Regional Champs ERC (26/01/24). Please note entry fees to be covered by the athlete.



If you want to know more, please:

- Email [juniors@waimaramasurf.org.nz](mailto:juniors@waimaramasurf.org.nz) or talk to anyone that has attended Oceans before. Almost all return!
- Register your interest to [juniors@waimaramasurf.org.nz](mailto:juniors@waimaramasurf.org.nz) and be added to the seasons 'Oceans' messenger group for all the up to date details.

*If you are keen, please book your Mount Maunganui Accommodation ASAP to avoid missing out.*

## Rookie Lifeguard

All junior surf 13 year old clubbies can join our Waimārama Rookie Programme. It is aimed as a gentle introduction to lifeguarding with no responsibility. There will be a fun Rookie programme run on the 11th and 12th of November by Surf Hawkes Bay. Following this, Rookies wear a uniform and are allocated a patrol to join for the **summer**. We thoroughly recommend the Rookie Programme. Please contact Tash McLean to get your name on the list for this season. ([education@waimaramasurf.org.nz](mailto:education@waimaramasurf.org.nz))

## Parents – how you can help

We are a volunteer organisation, as such we need plenty of assistance with the Beach Programme every week. Any/all help is welcome, below are some:

- BBQ - cooking/serving sausages
- Water activities - a ratio of 1:5 adults (who can swim) in the water - please wear a wetsuit each Sunday
- Washing of beanies - take a bag home to rinse and dry after the beach programme
- Become a lifeguard or patrol support, we have a number of parents who perform these duties
- Join the Board, get involved in fundraising events, be part of our wider Waimārama family.



## What the Different Cap Colours Mean?

*Caps help our instructors determine which competency the junior is in and keep trace of them on the beach. It is not assessed by age and is purely a competency measure of the junior members' confidence and ability in the water. Please do not force your child into a higher competency group when they are not ready, our experience is this only deters your child from happily participating in junior surf. Movement up a level will only be granted after a qualified instructor is comfortable the appropriate level of ability has been demonstrated.*



<p><b>Level 1 - Red Caps (under 7)</b></p> <ul style="list-style-type: none"> <li>● pool swim 25 metres</li> <li>● wading and negotiating the waves in and out</li> <li>● demonstrate being confident in the waves</li> <li>● diving under a wave</li> <li>● gliding onto a wave from standing position</li> <li>● Participation arena at local carnivals</li> </ul>	<p><b>Level 2 -Pink</b></p> <ul style="list-style-type: none"> <li>● pool swim 200 metres in 7 minutes</li> <li>● wading with correct technique</li> <li>● negotiating waves in and out</li> <li>● body surfing catching a wave, stroke on wave</li> <li>● paddling lying down (boogie board/6ft foamy), negotiating waves in and out</li> <li>● Participation or Competition arena at local carnivals</li> </ul>
<p><b>Level 3 -Orange Caps</b></p> <ul style="list-style-type: none"> <li>● pool swim 200 metres in 7 minutes</li> <li>● open water swim up to 100 metres</li> <li>● diving under a wave</li> <li>● wade, dolphin diving to waist depth, swim</li> <li>● body surfing, on a wave, stroking on wave</li> <li>● achieving the following on a 6ft foam board: surfing along a wave, going over the top of a wave on the way out, going under a wave using an eskimo roll</li> <li>● Competition arena at local carnivals</li> </ul>	<p><b>Level 4 -Green Caps</b></p> <ul style="list-style-type: none"> <li>● pool swim 200 metres in 7 minutes</li> <li>● ocean water swim 200 metres</li> <li>● diving under wave, pushing off the bottom</li> <li>● body surfing, swimming to catch a wave</li> <li>● achieving the following on a 8ft foam board: surfing along a wave, going over the top of a wave on the way out, going under a wave using an eskimo roll</li> <li>● run swim run 50m x 100m x 50m</li> <li>● Competition arena at local carnivals</li> </ul>
<p><b>(Oceans Athletes Group)</b></p> <ul style="list-style-type: none"> <li>● Committed to attending Oceans (Junior SLS nationals)</li> <li>● All kids will be accessed for this group to ensure a base line level of ability in the water on both board and swimming.</li> </ul>	

## Dates for your Diary

15 <sup>th</sup> Oct 2023	Club Online Registration opens for the season. All juniors must fill in the registration form.
30 <sup>th</sup> Oct 2023	200 metre swim at the Clive Pool, 5.30 -6.30pm (200m badges handed out)
6 <sup>th</sup> Nov 2023	200 metre swim at the Clive Pool, 5.30 -6.30pm (200m badges handed out)
19 <sup>th</sup> Nov 2023	1st Junior Surf Beach training 9.45am start
27 <sup>th</sup> Nov 2023	1 <sup>st</sup> Pool Swim @ Havelock North Pool, TBC
10 <sup>th</sup> Dec 2023	1 <sup>st</sup> Carnival @ Westshore Surf Life Saving Club
17 <sup>th</sup> Dec 2023	Last beach training before Christmas Break
18 <sup>th</sup> Dec 2023	Last pool swim for the year @ Havelock North Pool
14 <sup>th</sup> Jan 2024	First training back at the beach
12 <sup>th</sup> Jan 2024	Central Regional Junior Competition @ Fitzroy SLSC
15 <sup>th</sup> Jan 2024	Pool training starts back @ Havelock North Pool
21 <sup>st</sup> Jan 2024	2 <sup>nd</sup> Carnival at Ocean Beach Surf Life Saving Club
10 <sup>th</sup> Feb 2024	Eastern Regional Junior Competition (ERJC) Whangamata SLSC
22-25 <sup>th</sup> Feb '24	Oceans 2021 Competition, Mt Maunganui
3 <sup>rd</sup> Mar 2024	3 <sup>rd</sup> Carnival at Waimarama Surf Life Saving Club

## General Information

### Clothing/Club Togs

- Club Togs/swim caps are available again this season and are encouraged be worn at all competitions and Sunday surf sessions. Please contact Jenny at [contact@waimaramasurf.org.nz](mailto:contact@waimaramasurf.org.nz) or text 021 0658296 to organise.
- With our new sponsor Kawan Collision Repairs this season we have new junior Surf vests. These will be handed out for all junior members. Please put your name in these as soon as you get one, 2<sup>nd</sup> vest is a charge of \$25.00. **Vests MUST be worn EVERY Sunday, at ALL competitions and if you borrow any club gear at any time (boards/boogie boards/foamies).**
- Once your child has completed their 200m badge these need to be sewn on their club togs.
- Waimārama Surf Club T-shirts/Sweatshirts are available online via <https://www.Waimaramasurf.org.nz>



### Newsletters/Facebook/Website/Messenger Groups/Emails

Club news, upcoming events and information is communicated via email/ newsletters/ website or facebook. Please contact Jenny Finlayson ([contact@waimaramasurf.org.nz](mailto:contact@waimaramasurf.org.nz)) if you have not received any emails or have changed your email address.

### Cancellations

Due to weather Sunday mornings may be – please check your email and facebook before coming out to the beach.

### Who to Contact?

If you need any more help or information, please contact Cushla McLaren [juniors@waimaramasurf.org.nz](mailto:juniors@waimaramasurf.org.nz) or Jenny Finlayson ([contact@waimaramasurf.org.nz](mailto:contact@waimaramasurf.org.nz)) our Club Manager