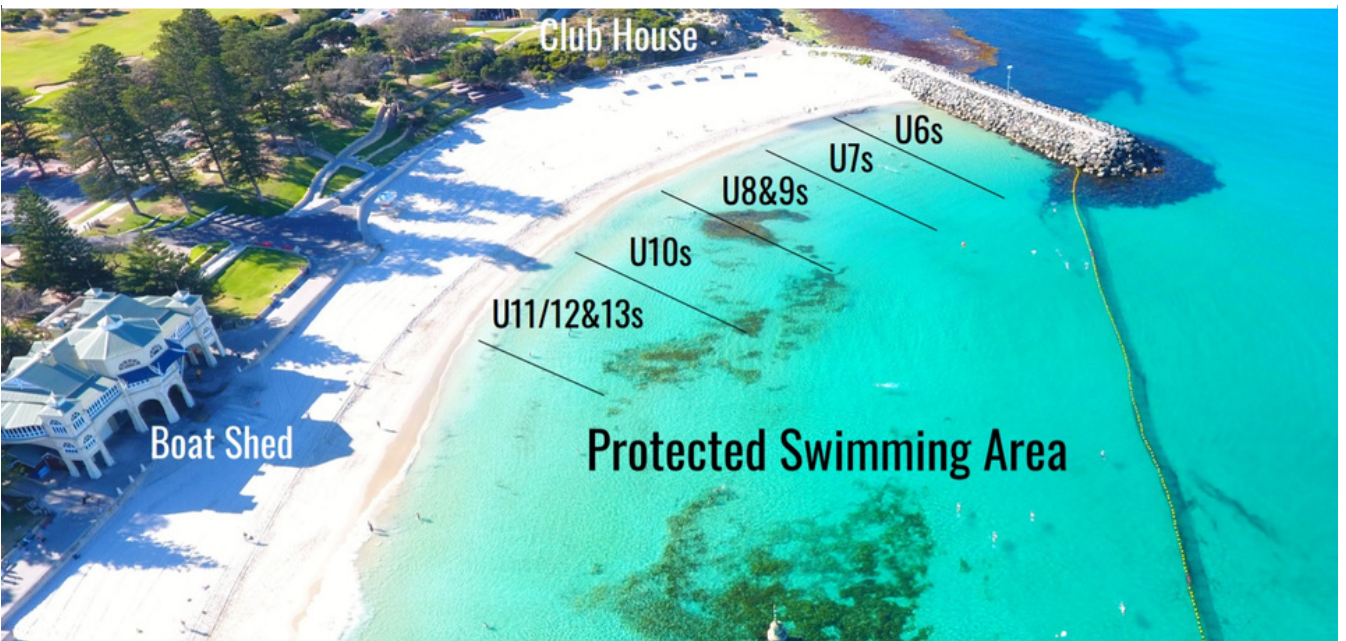




2023/24 | INFO PACK

WOODSIDE NIPPERS

cottsurf.com | admin@cottsurf.com



All Woodside Nippers sessions are held within the protected swimming barrier PLUS all Nippers receive a FREE membership pack which includes their age group cap & high-vis swim vest!!



WOODSIDE NIPPERS

FULL SEASON PROGRAM

Date	Event	BBQ Roster
Sunday October 1, 2023	Registration Day 9:00-11:30am	
Saturday October 14, 2023	2023 SunSmart WA Endurance Championships Sorrento (U12/13)	
Sunday October 22, 2023	Nippers Proficiency Swim U8-U12 (9am-10am) St Hilda's Pool, Palmerston St, Mosman Park Followed by 'Welcome Back' Party at Cott Surf Club from 10:30am	
Sunday October 29, 2023	1st Day of Nippers 8:45am	U13 Parents
Sunday November 5, 2023	Nippers 8:45am	U12 Parents
Friday 10, November	Nippers' Disco	
Sunday November 12, 2023	Nippers 8:45am	U11 Parents
Sunday November 19, 2023	Nippers 8:45am	U10 Parents
Sunday November 26, 2023	Nippers Development Carnival - Alkimos U10-U13 Nippers 8:45am	U9 Parents
Sunday December 3, 2023	Little Nippers Carnival - Cottesloe U8-U9 NO NIPPERS	U13 Parents
Sunday December 10, 2023	SunSmart Nippers Carnival - Sorrento U10-U13 Nippers 8:45am	U8 Parents
Sunday December 17, 2023	Club Marathon Nippers 8:45am. Christmas Party	U12 Parents
Sunday Decemebr 24, 2023	Christmas Break - NO NIPPERS	
Sunday December 31, 2023	Christmas Break - NO NIPPERS	
Sunday January 7, 2024	Little Nippers Carnival - Leighton U8-U9 Nippers 8:45am	U6 Parents
Sunday January 14, 2024	SunSmart Nippers Carnival - Trigg U10-U13 Nippers 8:45am	U7 Parents
Sunday January 21, 2024	Nippers 8:45am	U9 Parents
Sunday January 28, 2024	SunSmart Country Carnival - Geraldton NO NIPPERS @ COTTESLOE	
Sunday February 4, 2024	Cottesloe Club Champs (combined) Nippers 8:45am	U11 Parents
Sunday February 11, 2024	Nippers 8:45am	U10 Parents
Saturday February 17, 2023	SunSmart Nippers Qualifier - Mullaloo U10-U13 Nippers 8:45am	
Sunday February 18, 2024	SunSmart Nippers Qualifier - Mullaloo U10-U13 Nippers 8:45am	U6 Parents
Sunday February 25, 2024	Little Nippers STATES - Mullaloo U8-U9 Nippers 8:45am	U7 Parents
Sunday February 25, 2024	Players' Tea	
Saturday March 2, 2024	SunSmart Nippers STATES (beach) - Sorrento	
Sunday March 3, 2024	Nippers 8:45am	U12 Parents
Saturday March 9, 2024	SunSmart Nippers STATES (surf) - Trigg U10-U13 Nippers 8:45am	
Sunday March 10, 2024	SunSmart Nippers STATES (surf) - Trigg U10-U13 Nippers 8:45am	U8 Parents
Sunday March 17, 2024	Nippers 8:45am. Season Wind-up & Certificate Presentation	U9 Parents



EST. 1909

2023/24

WOODSIDE NIPPERS

KEY DATES

- Sun 22nd Oct Proficiency Swims – St Hilda's Pool, Mosman Park 9.00am – 10.00am (U8 - U12 only)
- Sun 29th Oct FIRST Nippers Session & Pack Collection – Cottesloe Club House & Cott Beach from 8.00am
- Sun 24th Dec - Christmas Break - No Nippers
- Sun 31st Dec - Christmas Break - No Nippers
- Sun 7th Jan - Nippers Resumes
- Sun 28th Jan - Australia Day Long Weekend – No Nippers
- Sun 17th March - Last Nippers session & certificate presentations

CLUB CONTACTS:

Nipper Program Manager

Gerard Hurst | junioractivity@cottsurf.com

Cott SLSC Admin Team

Jennifer Eatwell | memberships@cottsurf.com

Kim Welch | manager@cottsurf.com



EST. 1909

2023/24

WOODSIDE NIPPERS

AGE GROUPS

Cottesloe SLSCs Nippers program runs from U6s through to U13s with kids split into age groups via the below age brackets.

Each age group is then assigned an Age Group Manager and specific cap colour. Your coloured cap is included in your Woodside Nippers pack which is available for collection at the first Nippers session your child attends.

What age group are you in?

- U13 - Birth date 01/10/2010 - 30/09/2011
- U12 - Birth date 01/10/2011 - 30/09/2012
- U11 - Birth date 01/10/2012 - 30/09/2013
- U10 - Birth date 01/10/2013 - 30/09/2014
- U9 - Birth date 01/10/2014 - 30/09/2015
- U8 - Birth date 01/10/2015 - 30/09/2016
- U7 - Birth date 01/10/2016 - 30/09/2017
- U6 - Birth date 01/10/2017 - 30/09/2018

All Nippers must complete the preliminary swim evaluation requirements to participate in the Woodside Nippers program (see Table 1 and Table 2)



EST. 1909

2023/24

WOODSIDE NIPPERS

AGE GROUP MANAGERS

Age Group Managers (AGMs) play a pivotal role in making sure we can deliver the Woodside Nippers program in a fun and safe environment.

Your AGM will be your main point of contact for the season. Make sure you grab their contact details and join any FB groups or WhatsApp chats!

CAP COLOUR	AGE GROUP	AGE GROUP MANAGER (AGM)
PINK	U6	Lisa Wilson
WHITE	U7	Kate Crooks
YELLOW	U8	Phoebe Packard
GREEN	U9	Oliver Gracie & Nicola Spencer-Cotton
LIGHT BLUE	U10	Imogen Gracie & Gerry Flanagan
PURPLE	U11	Samantha White
DARK BLUE	U12	Julian Barry & Stella Spencer-Cotton
RED	U13	Gerard Hurst & Shane Davies

If you would like to get more info on being an AGM this season please contact Gerard Hurst for full details via junioractivity@cottsurf.com



EST. 1909

2023/24

WOODSIDE NIPPERS

PRELIMINARY SWIM EVALUATIONS

Preliminary swim evaluations are a risk management procedure to appraise the swimming capabilities of participants and must be done prior to your children joining in any water based activities..

U6s & U7s:

U6 and U7 age groups preliminary swim evaluations are conducted during the first Nippers session at Cottesloe Beach so kids **DO NOT** have to attend the St Hilda's session or complete the preliminary evaluation prior to the first session.

U8s to U12s:

All kids participating in the U8s through to U12s age groups must complete the 2023/24 preliminary swim requirements. This can be done through the Club on Sunday October 22nd at St Hilda's or by taking the third party declaration form to a qualified aquatic education provider (private or government) to sign.

U13s:

U13 participants will also conduct their preliminary evaluation swim at the first Nippers session on Sunday 29th October so do not need to complete prior.



EST. 1909

2023/24

WOODSIDE NIPPERS

The below two tables outline the preliminary swim requirements for each age group. Please ensure your child is comfortable completing the required skills prior to joining the program.

TABLE 1

Age Group	Birth Date	Preliminary Evaluations	Competition Evaluations	Participation Certificate
Under 6	1/10/2017 – 30/09/2018	Stage One: Aquatic Play and Fundamental Skills. Minimum depth – 1m Please refer to Table 2 for details on flotation, submersion and propulsion.	n/a	Surf Play One
Under 7	1/10/2016 – 30/09/2017		n/a	Surf Play Two
Under 8	1/10/2015 – 30/09/2016		Minimum 100m open water swim in 6 minutes	Surf Aware One
Under 9	1/10/2014 – 30/09/2015	Stage Two: Applied Aquatic Skills Minimum depth 1.5m Please refer to Table 2 for details on flotation, submersion and propulsion.	Minimum 100m open water swim in 6 minutes	Surf Aware Two
Under 10	1/10/2013 – 30/09/2014		Minimum 150m swim in open water in less than 8 minutes	Surf Safe One
Under 11	1/10/2012 – 30/09/2013		Minimum 200m open water swim in less than 8 minutes	Surf Safe Two
Under 12	1/10/2011 – 30/09/2012	Stage Three: Junior/Trainee Lifesaver Minimum depth – 1.8m Please refer to Table 2 for details on flotation, submersion and propulsion.	Minimum 200m open water swim in less than 8 minutes	Surf Smart One
Under 13	1/10/2010 – 30/09/2011		Minimum 200m open water swim in less than 7 minutes	Surf Smart Two



EST. 1909

2023/24

WOODSIDE NIPPERS

TABLE 2

Age Group	Flotation	Submersion	Propulsion
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands. (1m depth)	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.
Under 7	Back or front float for minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.
Under 8	Back or front float for minimum of 15 seconds, recover to stand.		Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).
Under 9	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.	Submerge to touch the bottom with hands. (1.5m depth)	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 10 metres
Under 10			Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 25 metres
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. (1.5m depth)	Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or sidestroke and/or back sculling for minimum 50 metres.
Under 12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m)	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres

Third Party Deceleration Forms:

Third party deceleration forms can also be downloaded from cottsurf.com under the Nippers TAB

Please send completed 3rd party declaration forms direct to your Age Group Manager or to admin@cottsurf.com

WOODSIDE NIPPER PRELIMINARY EVALUATIONS – THIRD PARTY DECLARATION

Child Name: _____

Age Group: _____

Club: _____

Instructions to Assessors: Based on the child's age group, please ensure they can complete the tasks outlined in the table below. Initial and comment in relevant box and then sign, date and identify the organisation you represent below the table. Thank you for your assistance.

Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6	Back or front float for minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands. (1m depth)	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7	Back or front float for minimum of 10 seconds, recover to stand.		From standing position in waist deep water, perform a front glide (2-3 metres) & recover to stand.	
Under 8	Back or front float for minimum of 15 seconds, recover to stand.	Submerge to touch the bottom with hands. (1.5m depth)	Swim on front any stroke (distance 20 metres) followed by swim underwater (distance 2-3 metres).	
Under 9	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.		Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or back sculling for minimum 10 metres	
Under 10	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 1 minute.		Swim on front through water any stroke for 25 metres followed by survival stroke(s) breaststroke and/or back sculling for minimum 25 metres	
Under 11	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for a minimum of 2 minute.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands. (1.5m depth)	Swim on front any stroke for 25 metres followed by survival stroke(s) breaststroke and/or back sculling for minimum 50 metres.	
Under 12	Front to back float or back to front float – 5 seconds each side. Tread water and/or any stroke sculling for minimum 3 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands (1.8m depth)	Swim on front any stroke for 75 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres.	
Under 13			Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 50 metres	

Assessor's Name: _____

Organisation: _____

Assessor's Signature: _____

Date: _____



EST. 1909

2023/24

WOODSIDE NIPPERS

Facts & Figures

- All Woodside Nippers receive a membership pack including their age group swim cap and high vis-vest
- A parent or guardian must sign up with a Nipper(s)- the cost is \$75per Adult / \$160 per Nipper
 1. \$235 is 1 Adult / 1 Nipper – no fob/parent can't participate in C grade swim
 2. \$395 is 1 Adult/ 2 Nipper - no fob/parent can't participate in C grade swim
 3. \$480 is a Family membership 2 Adults/2+ Nippers and gives parents a fob to the change rooms and they can participate in the C grade swim. Beneficial for families who use Cott beach regularly outside of Sundays as they can access the Club change rooms when they come to the beach.
- Gym access. No Woodside Nipper parent membership gives access to the gym – only gym members or active patrolling members have access to the gym. A 6month gym membership is an additional \$350.



EST. 1909

2023/24

WOODSIDE NIPPERS

Time To Sign Up

To sign up to the Woodside Nippers program all new members need to sign up via sls.com.au/join and create a members account.. Just follow these simple steps-

1. Select Cottesloe SLSC
2. Select family
3. Enter your details (parent member)
4. Enter child(s) details
5. Make payment

Make sure you sign up to the CottMail (weekly e-newsletter) via cottsurf.com to stay up to date with what's happening around the Club throughout the course of the season!

AND don't forget the traditional Sunday BBQ straight after each beach session plus Friday night is social night with regular food trucks, live music, cheap drinks and the best view on the coast!

Bar is open from 5pm every Friday over the season!!



WOODSIDE NIPPERS

