

Manly Nippers U14s Transition



U14s is the final year of Nippers and a number of changes take place:

- paddling on the larger Mal Boards
- complete Surf Rescue Certificate
- start Patrolling Manly Beach
- encouraged to volunteer with younger age groups and at Nippers generally
- Junior Club Captains are elected
- training is done with the Senior Club
- U14s can compete in teams with U15s at Senior Carnivals
- 2 Junior Life Savers of the year are selected to compete in the SNB Junior Life Saver of the year program

Paddling on larger Mal Boards

The club has Mals which can be borrowed or boards can be purchased. Storage is also available for those regularly training. Further details can be found under [Equipment](#) on our website.

Surf Rescue Certificate

In U14s Nippers are encouraged to complete their Surf Rescue Certificate (SRC). It is not a pre-requisite to be a Nipper to complete the SRC. This course provides participants with the skills for basic patrolling and surf awareness. The SRC course is normally completed over 6 weeks with dry training for a couple of hours one evening and wet training for a couple of hours at the weekend.

Requirements

Candidates must meet the following conditions:

- be at least 13 years of age on the date of final assessment
- have passed the U14 [swim proficiency](#)

Dates for SRC training will be organised by your Age Manager.

Patrolling

Once they have completed their Surf Rescue Certificate Nippers are allocated to a patrol group on Manly Beach. Patrol times, notifications and patrolling hours are all available on the Surf Lifesaving Australia Members Portal – www.member.sls.com.au which the U14s will have become familiar with as much of the course content is online too.



Patrolling is very sociable but also a serious undertaking. Our young lifesavers learn to rise to the challenge, draw on their knowledge, think on their feet, deal with the public and develop their resilience and responsibility. In the first couple of patrols after qualifying recent new young SRCs were first on the scene to a dislocated shoulder, engaged in crowd control following a heart attack which was being attended to by other patrolling members and performed a rescue on a Mal. It is very important to log hours completed on patrol or water safety as there are minimum patrolling hours required to compete.

Junior Club Captains

At the start of the season U14 Nippers can nominate themselves to be considered for Club Captain. This involves a speech in front of the Age group followed by a peer vote. One male and one female club captain are elected each season. The Club Captains act as role models to the younger Nippers and make speeches as they hand out State Nippers Uniforms, at the State Nippers Dinner, at Anzac Day and at the end of season presentation.

Volunteering

U14s are encouraged to support the younger Nippers and volunteer within the club. There are many opportunities for them to give back:

- once they have completed their SRC they are qualified as water safety and can help out at Nippers training and the summer training camp. This is particularly important on Weekday training nights when it is hard for parent water safety to get to training on time.
- by joining patrols and regularly patrolling Manly Beach (provided they are SRC qualified).
- they often help out on the BBQ on Sunday after Nippers & at special events.
- by helping the new U9s at training sessions and demonstrating techniques at training when requested to by coaches.
- on Sunday mornings they may sometimes be asked to help out with the younger age groups, particularly the U8 and U9s, to pass on their board paddling skills.

Optional Training

Starting in June the graduating U13s learn to use the longer Mal Boards, if they have not done so already. Information will be posted on [Facebook](#) and [Team App](#).

U14s & U15s can also attend the Pre-season Ocean training camp and the Summer Camp details of which are on the website.

After developing their skills over the winter period & Pre-season Camp the U14s who wish to compete are invited to join the Senior club's "Up & Comers" competition training (once they have developed a certain skill level). Their training options are normally as follows though details vary and are posted on Facebook:

Sundays mornings	U13/14 Nippers Transition to Mal training
Monday afternoons	Up & Comers Competition training
Wednesday afternoons	Up & Comers Competition training
Saturday mornings	Up & Comers Competition training

Up & Comers

After graduating from the Nippers program age groups are combined across 2 years – U15s, U17s, U19s, Opens and eventually Masters.

There is a dedicated coach to support the younger competitors (U15s and U17s) in Up & Comers. The U14s can compete in teams with the U15s and individually at some Open events. You will need to join [Up & Comers on Facebook](#) for updates on their training. They do not currently use Team App.

Talk to your Age Manager or the Coaches for any further information on training.

Optional Competition

In addition to Manly Club Championships, SNB competitions and State champs, U14 Nippers can also:

- Compete in a number of Fast Five competitions which are for U14/15 only - these provide great competition experience – see [Calendar](#) for dates
- Compete in U15s teams with the Senior Club at SNB Branch Opens SLS NSW State Opens
- Compete in individual events as U14s at Aussies and in U15 in team races
- be selected for Northern Beaches development squad & Interbranch team
- be selected to compete in the SNB Junior Lifesaver of the year program (one male & one female selected by the Club)



Note Water safety is no longer required
SRC must be gained by 31/12 to compete at State

U14s wishing to compete at SENIOR Branch, SENIOR State or AUSSIES must have achieved a specified number of hours on patrol or water safety by 31/12. Most U14s will only require about 16 hours or less as they acquire their SRC part way through the year (Senior competitors must complete 25 hours/year). This is a SLS NSW requirement. So U14s must REMEMBER to SIGN ON for water safety/patrol - it's easy to forget when they are first qualified.

Individual hours required can be confirmed with your Age Manager.



SNB Junior lifesaver of the Year Program

Manly Club will select an outstanding Under 14 Club female and male to compete in the SNB Junior Lifesaver of the Year Program. The program involves club finalists taking part in a lifesaving workshop as well as giving them the opportunity to participate in a number of branch organised events. The aim is to support and develop a team of confident future club leaders.

Expressions of interest will be posted on Facebook and Team App early in the season.

Nippers starts a lifelong connection to Manly Beach and Manly Life Saving Club. Many Nippers continue to be active at Manly Surf club once they have graduated from U14s. They can complete their SRC to Bronze, gain additional SLS qualifications, patrol Manly Beach, train and compete with Manly's Open Competitors and learn new disciplines such as IRB crew & racing, Surf Boats, First Aid, Surf ski etc.

