



Welcome to U14s – your final year of Nippers!

This year you will:

- move from a short board to a mal
- complete your Surf Rescue Certificate (SRC)
- start patrolling Manly Beach
- be encouraged to volunteer with younger age groups and at Nippers training generally
- elect your Junior Club Captains (one male and one female)
- train with the senior club as part of the 'Up & Comers'
- possibly compete in teams with U15s at senior carnivals
- possibly be nominated as one of two Junior Life Savers of the year to compete in the SNB Junior Life Saver of the Year program

Moving to a Mal

The club has several mals which you can borrow, or you can purchase your own board. Storage is also available for those regularly training. Further details can be found under [Equipment](#) on our website.

Surf Rescue Certificate

In U14s, all nippers are encouraged to complete their Surf Rescue Certificate (SRC) – although it is not a pre-requisite to be a nipper. This course provides participants with the skills for basic patrolling and surf awareness. The SRC course is normally completed over six weeks, with dry training for a couple of hours one evening a week, 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.
- complete your SRC by 31 December to compete at Branch, State & Aussies.

Dates for SRC training will be communicated by the club.

Patrolling

Once you have completed your SRC, 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 – <https://members.sls.com.au/SLSA Online/modules/login/index.php> 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, some of our 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 your hours completed on patrol or water safety, as there are minimum patrolling hours required to compete with the Opens.



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 your age group, followed by a peer vote. One male and one female 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 you to give back:

- once you have completed your SRC you 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 you are SRC qualified).
- on the BBQ on Sunday after nippers and at special events.
- helping the new U9s at training sessions and demonstrating techniques at training when requested to by coaches.
- on Sunday mornings, sometimes helping out with the younger age groups, particularly the U8 and U9s, to pass on your board paddling skills.

Optional Training

Winter mal training is available for U14s. Information on other training sessions will be posted on [Facebook](#) and [Team App](#). U14s & U15s can also attend the pre-season ocean training camp in Sawtell, as well as the Summer Camp.

After developing your skills over the winter period and pre-season camp, any U14s who wish to compete are invited to join the senior club's Up & Comers competition training (once you have developed a certain skill level). The training options are posted on Facebook.

Up & Comers

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

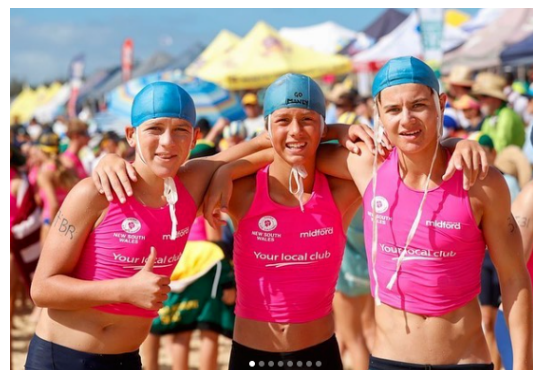
There is a dedicated coach to support the younger competitors (U15s and U17s) in Up & Comers. The U14s can compete in teams with the U15s, as well as individually at some Open events. You will need to join Up & Comers on Facebook for updates on their training. They do not use Team App.

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
- compete in U15s teams with the Senior Club at SNB Branch Opens and SLS NSW State Opens.
- compete in individual events as U14s at Aussies and in U15 in team races.
- be selected for the 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)



IMPORTANT – Mandatory Patrol hours

Now you are an U14, if you wish to compete UP (with the U15s) at Senior Branch, Senior State, or Aussies, you will normally need to complete a number of **mandatory patrol hours** prior to 31 December.

The number of patrol hours depends on how far through the season you complete your SRC.

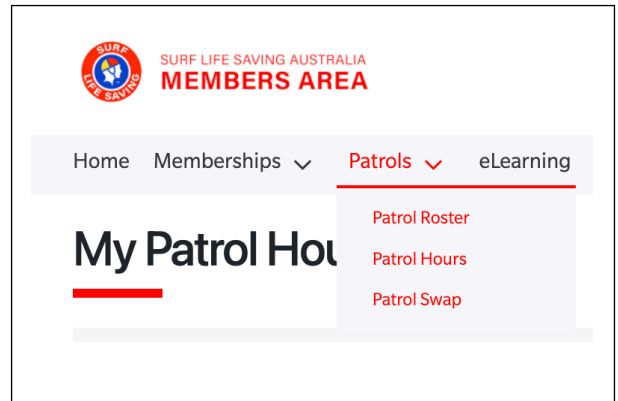
Sept – 16 hours

Oct – 12 hours

Nov – 8 hours

Dec – 4 hours

Your patrol hours can be achieved either through patrols on Manly Beach, or by providing water safety at Nippers training for younger age groups. This is a NSW Surf Life Saving requirement (Senior competitors must complete 25 hours per year).



So always remember to sign on for water safety/patrol to make sure your hours are recorded.

You can check your patrol hours by logging into the SLS portal.



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 events organised by Branch. 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.

What happens after U14s?

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. You can complete your Bronze Medallion, gain additional SLS qualifications, patrol Manly Beach, and train and compete with Manly's Open competitors. You can also learn and participate in new disciplines such as IRB crew and racing, surf boats, first aid, surf skis and more. We hope you thoroughly enjoy your final year of Nippers!

Go Manly!

