

A BIG THANK YOU TO OUR SPONSOR

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# **WELCOME NIPPER PARENTS**

The 2021/2022 Nipper season is off to a fantastic start and all of us at Durban Surf want to extend a warm welcome to all the new families. We look forward to getting to know everyone!

Please see below a few things for your information that will be useful for the rest of the season.

### PLEASE ENSURE THAT ALL YOUR SUBS ARE PAID AS SOON AS POSSIBLE.

#### 1. MEMBERSHIP FEES:

R650/niplet; R1100/nipper; R1000/2nd nipper; R700/3rd nipper; Family Membership R 3300 (2 x adults & 2 x children U/18)

#### 2. MEMBERSHIP FEES INCLUDE:

- a. Carnival Fees R150
- b. KZN Nipper Champ Fees R200
- c. SA Champs Fees R550
- d. Capitation Fees R 80
- e. Exam Fees (nipper voucher) R 165

#### 3. BANKING DETAILS AS FOLLOWS:

BANK: FIRST NATIONAL BANK

ACCOUNT HOLDER: DURBAN SURF LIFESAVING CLUB

ACCOUNT NUMBER: 508 420 309 13

BRANCH CODE: 221426

REFERENCE: CHILDS FULL NAME

4. CLUB MEMBERSHIP CARDS & access disks are available from the office for R50 each.

All WhatsApp groups have been cleaned up. If you were mistakenly removed and you are still active, please contact the office or your age group admin person. See Level Tests info for age groups admin persons.

**TRAINING:** Training is every Sunday, on North Beach from 07h45 – 09h30. **Skull caps are compulsory for training.** Look out for your age group tear drop banner on the beach. Please see below the names of all the coaches for the specific age groups:

- 1. Niplets Craig Springate, Marco Silva, Carol Van Den Bussche
- 2. 9/10 Jacques Van Den Bussche, Greg Kitto, Joeleen Hermelin
- 3. u11/12 Tim White, Andrew Hopf, Glenton Reid
- 4. u13/14 Dustin Ambrose, Melissa Cuthbert, Paul Watson

**LEVEL TESTS: These are tests that all nippers must do** in order to compete in any of the carnivals or champs. They are for all nippers and include a swim test, a verbal theory test and beach/sea practical. The pool swim times to qualify per level are as follows:

- 1. Level 1 u9/10: 300m in under 8 minutes
- 2. Level 2 u11/12: 400m in under 10 minutes
- 3. Level 3 u13/14: 400m in under 9 minutes

To be Continued....



#### LEVEL TESTS CONTINUED:

These swim times can be emailed to the office or relevant age group administrators by registered swim coaches or school swim coaches. Because most public pools are closed due to COVID regulations, the club will make alternative arrangements to time nippers who do not have access to registered swim coaches.

#### LEVEL TEST DATES:

Proposed test dates 26th September, 24th October and 11th November.



#### AGE GROUP ADMINISTRATORS:

U8 Niplets - Caryn Springate - caryn.springate@gmail.com u9/10 - Carol van den Bussche - caroldurban@gmail.com u11/12 - Tracey Savage - tsavage@live.co.za u13/14 - Shannon Ambrose - shannonamb@gmail.com

#### CARNIVALS:

Nipper carnivals are interclub competitions that are held at Addington Beach, where your nipper will get to put into practise all that they have learned at their weekly training sessions. If your nipper has completed their swim times, they will be able to compete in both the beach and sea events. If they haven't, they will still be able to participate in the beach events, namely flags, sprints, and the long beach run. Your nipper will require a compulsory pink competitor's rash vest for all water events, available from the office.

The proposed but not yet confirmed competition dates for this season are as follows:

- a. 17 October Carnival 1
- b. 07 November Carnival 2
- c. 05 December Carnival 3
- d. 16 January Carnival 4
- e. 05 February U9/10 KZN Nipper Champs
- f. 06 February U11/12 KZN Nipper Champs
- g. 20 February U13/14 KZN Nipper Champs
- h. 26 March 02 April SA Champs (venue TBA)
- i. 6 August 7 August Inter provincial Champs (venue TBA)

**KZN AND SA NIPPER CHAMPS:** Please note that there are no selection criteria besides level awards to participate at KZN or SA Club Champs. Participation is voluntary. KZN Champs will be held at Addington Beach in Durban. SA Champs is a great life experience that parents, and nippers alike will never forget! For more details regarding SA Champs please contact the office or speak to the coaches & other parents who have previously participated in this event. This is no doubt a family holiday that is worth planning and saving for! **The more of us who make the trip the better!** 

# **COVID 19 PROTOCOLS**

With regards to the Covid 19 protocols, there are a few things we need to adhere to:

- 1. Everyone needs to sign in on the register, sanitize and take temperatures.
- 2. Maximum of 10 athletes in a group of which only 8 are allowed in the water at a time.
- 2. Social distancing protocols to be adhered to at all times.

# TO THE PARENTS

Parents, please be patient with your kids. Because your child is a great pool swimmer, does not mean they will dominate in the sea. Please give your child, at the very least, a full season to learn the physical and mental techniques required to overcome the personal battles they will face when being challenged by both the sea and the elements, as well as their peers who have more experience. Remember also, that lifesaving as a sport caters for many different athletic disciplines. If your child is not comfortable with sea events, it is not the end of the journey that lifesaving has to offer.

A successful lifesaving team depends on having competent members from all disciplines including sprinting, long distance running, flags, swimming and board paddling. Durban surf have a proud history of producing World Champion athletes in all disciplines! This does sound very serious but when it comes to our

young nippers, first and foremost we want them to have fun! There is a place in a nipper lifesaving team for all abilities.

Enjoy the season watching your children grow!!!!

It's going to be awesome! GO THE RED TIDE!



### THE CROW CAFE

If you have not been upstairs to the Crow Café yet, we would love to see you there. A great place to relax, have brekkie or just enjoy an awesome cup of coffee with friends, whilst your nippers train.

## 3 PIERS COFFEE CO

We have recently opened another Coffee Shop downstairs, for those of you wanting to just grab and go, or instead of having to walk upstairs, its right on the Promenade... lets support local!



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