



BTHELLS BEACH JUNIOR SURF

**The A-Z of What You Will Need To Know
About Junior Surf For 2018/2019**





Welcome to the Bethells Beach Junior Surf 2018/2019 Season ... it's going to be a great one!

Our aim is to provide all Junior Surf Members with essential surf safety skills, rescue information and basic first aid along with gaining surf sports skills.

Good fun and building overall confidence also underpins everything we do!

To ensure that you as a junior Member of Bethells Beach Surf Life Saving Patrol and your parents are as prepared as possible for the season ahead, we have put a whole lot of information together for you – we would very much appreciate if you take the time to read it as there is some important stuff in here.

Your Junior Surf Coordinator is Sheena Hodge and all queries, issues or opportunities should go through Sheena: Call 0275743362 or email juniorsurf@bethellsbeach.org.nz

1. Junior Surf Life Saving Achievements and Age Groups

In Junior Surf at Bethells Beach our age groups are split into:

Junior Surf Fitness	Coach	– Richard Inglis
5-6 years – AA Group	Coaches	– Parys Smith
7-9 years – A Group	Coaches	– Damian Strickett, Shane Coward
10-11 years – B Group	Coaches	– Jeremy Fielding, Richard Inglis
12-14 years – C Group	Coaches	– Mike Chan-Foung, Glenn Mikkelsen
Rookie Coordinator – Pia Harpour		
<i>Further coaches are to be confirmed</i>		

The A Group through to C Group is eligible to participate at Junior Surf Carnivals and Competitions and there are five different certificate levels for 7 to 11 year olds within the Junior Surf programme.

Award Level One (7 years old)

- Confidence in the water
- Basic theory questions about keeping safe at the beach

Award Level Two (8 years old)

- Technique while body surfing and wading
- Nine theory questions

Award Level Three (9 years old)

- Catching waves
- Theory questions cover being a Lifeguard as well as
- Keeping safe at the beach

Award Level Four (10 years old)

- 200m pool swim
- Correct technique for duck diving

Award Level Five (11 years old)

- Increased skill development for surf swimming
- Theory questions cover setting up for patrol and parts of the Inflatable Rescue Boat.



At the age of 12 and 13, you can start working towards your Surf Life Saving Certificate. For all those that have turned 13 years old by 1st October 2018, you will be invited to participate in the Rookie programme which will provide you with all the skills and confidence to earn your Surf Life Saving Certificate. At the age of 14, you are eligible to sit your Lifeguard Award to become a Surf Life Saving Guard and become part of the Senior Club!

2. Safety at the Beach and in the Water

Your safety is our top priority at the beach and in the water and there are some hard and fast rules that we have to adhere to and they are:

- a. You must wear a beanie at all times in the water – no beanie, no water activities
- b. For B & C Groups, they must have surf fins for swimming
- c. For every **5** Junior Surf participants in the water, there must be a minimum of **1** parent helper in the water too (we will hold a Surf Safety 101 session for parents who are new to surf lifesaving)
- d. All parents must remain on the beach and close by while the Sunday training sessions are taking place
- e. Any parents helping with B & C Group in the water, must have surf fins for swimming
- f. If you have to have to leave a Sunday session early, the coach is the person you have to let know ... coaches will regularly do head counts so they need to know if anyone is leaving the group
- g. Under no circumstances are there to be Juniors riding on Club vehicles down to or back from the beach ... unless in the case of an injury
- h. And the coach's word is final!

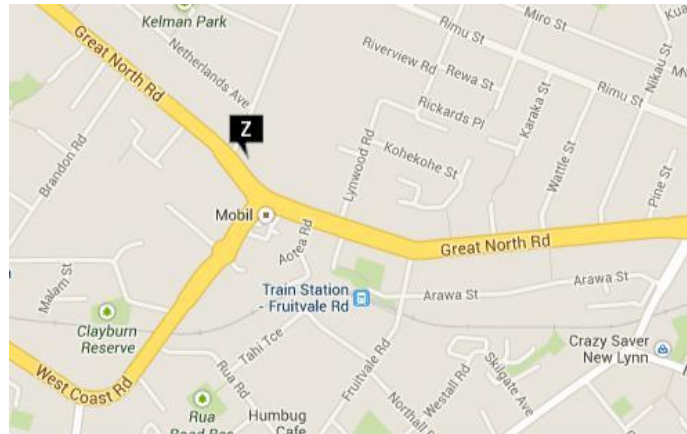


And, of course, there are some basic Club rules which include - please bring back surf sports equipment that has been taken down to the beach, showers at the Club rooms should only be used in cases of emergency and all Junior Surf Members must be sun-blocked and have water. A wetsuit is a great accessory at the beginning of the season.

3. Swim Training at Kelston Pool

Every Monday there is a swim fitness session at Kelston Girls High School Pool from 6 to 7pm, kicking off 15th October 2018. The sessions are facilitated, and the aim is to improve overall swimming fitness. It is important to note that the sessions are **not** swimming lessons and it is a base requirement that you are able to swim at least 25 metres in the pool unaided (no parents in the pool).

For Junior Surf carnivals and competitions, for A Group the participants are split into badged (can participate in water events) and non-badged (can only participate in beach events) and to receive a badge you will be tested on being able to swim 200 metres in under 8 minutes. For B & C group you must be badged to participate in water events. Once you have received your 200metre badge this has to be sewn onto the right front hip of your swimming togs – very important for competition day. Boys must either wear speedos or black lycra short leggings with no board shorts or shorts allowed.



Kelston Girls High School

Cnr Great North Road and Archibald Rd, New Lynn (swimming pool access off Archibald Road)

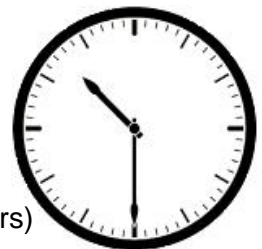
Important Dates 2018/2019

- **16th September 2018** – Registration day at Bethells Beach Surf Life Saving Club 10am–12pm
- **15th October 2018** – Swim fitness commences at Kelston Girls High School 6-7pm
- **Sunday 28th October 2018** – First day of Junior Surf sessions at Bethells Beach 10.30am

For all Sunday training sessions, **Junior Members and Parents please assemble at 10.30am sharp.**

Our Sunday timetable is:

- 10.00-10.30am - Junior Surf Coordinator and Coaches plan the day's session (in liaison with the Patrol Captain to ensure the planned sessions are in-keeping with the surf conditions)
- **10.30am - Junior Surf Members and parents assemble.**
- 10.30-10.40am – Junior Surf Briefing and Notices
- 10.40am – Coaching briefing
- 10.45am – Groups head to the session locations (beach, lake etc)
- 11.00-1.00pm – Group sessions (AAs & A groups normally 1-1.5 hours)
- 12.45pm/1.00pm – Sausage sizzle at Club House.



Additional Dates for the 2018/2019 season

- **Friday 2nd November 2018** – Additional training's at Mairangi Bay commence (mainly B & C Group)
- **TBC** – 101 Surf Safety for Parent Helpers
- **Saturday 1st December 2018** – Junior Surf Carnival
- **Sunday 9th December 2018** – last session before Christmas
- **Monday 7th- Sunday 13th January 2018** – Junior Surf Camp at Mangawhai Heads

- **Saturday 12th January 2018** – Junior Surf Carnival Ruakaka
- **Sunday 20th January 2019** – Junior Sunday sessions resume at Bethells Beach
- **Tuesday 22nd January 2019** – (DATE TBC) Junior Twilight (C Group only)
- **Sunday 27th January 2019** – (DATE TBC) Junior Surf Fundraising at Bethells Beach Community Day
- **Saturday 2nd - Sunday 3rd February 2019** – Junior Northern Region Champs (B & C Groups only)
- **Tuesday 12th February 2019 (DATE TBC)** – Junior Twilight #2 (C Group only)
- **Saturday 16th February 2019 (DATE TBC)** – U10 event (A group only – in place of Northern Region Champs)
- **Thursday 7th – Sunday 10th March 2019** – Oceans 19, Junior National Champs Mt Maunganui
- **Sunday 24th March 2019 (DATE TBC)** – Rookie Challenge
- **Sunday 7th April 2019 (DATE TBC)** – Last Sunday session for Junior Surf 2018/2019

5. Membership Fees

The Club membership for Junior Surf is as follows (*rates apply to immediate family members*)

- \$100.00 - Junior surf parents/Guardians & 1 child
- \$140.00 - Junior surf parents/Guardians & 2 children
- \$180.00 - Junior surf parents/Guardians & 3 children
- \$220.00 - Junior surf parents/Guardians & 4+ children

More information on membership is available at <http://www.bethellsbeach.org.nz/membership.html>

6. Bethells Beach Swimwear and Apparel

There is a range of Bethells Beach branded swimwear and apparel available and this can all be found at <http://www.bethellsbeach.org.nz/membership.html> scroll down to:

[Bethells/SLSNZ Apparel and Merchandise](#)

[Click here](#)

We do encourage Junior Surf members to purchase Bethells branded swimwear as this helps to represent our club at events and competitions.



7. Very Important People

As with all great organisations, we are only as good as our people and you parents are the VIPs of Junior Surf. As we are all volunteers, we need everyone to participate in some way or form and there are a number of critical areas of help that we need this season. The areas are:

1. **Officials** – becoming an official is a very rewarding way to contribute to the sport side of Surf Life Saving and there is a great Officials course that the Club will pay for you to do. Ask Sheena (Junior Surf Coordinator) about the courses available.

The Officials are required to 'officiate' and help with the compliance of rules at Junior Surf carnivals and competitions. For every 10 children participating for our Club, we need to provide one official, so this is largest area of need. **We ensure that any parent official is 'officiating' in the arena their child will be participating in so the parent doesn't miss out on being there for their child.**

2. **Sunday Sausage Sizzle** – as part of the fundraising for Junior Surf (helps to pay for our big end of year prize giving and other occasions throughout the season) we have run a Sunday sausage sizzle which all of Junior Surf and Parents have really enjoyed. Sheena Hodge has kindly offered to organise all of the BBQ requirements, so we will look for 2-3 volunteers every Sunday to cook the sausage sizzle please – you don't have to be a Gordon Ramsay for this one. No BBQ's, no fundraising.



So thank you in advance to one or a team of you wonderful parents who could help with this.

3. **Parent Help '101 Surf Safety'** – during our Sunday sessions, our Coaches require a degree of parent help and involvement ... particularly in the water. To ensure that all of you parent helpers are confident and comfortable with helping in this way, we will be holding a '101 Surf Safety' course (date TBC) for all parents (unless you already have a Life Saving qualification). The 101 Surf Safety will be taken by qualified Life Guards on the beach while the Junior Surf children are participating in their sessions – the Coaches will not be undertaking any water-based activities while the parents are involved in this activity.
4. **Coaches** - we have our coaches set up for all groups this year, but we would love to have a number of other assistant coaches as well. The Club will pay for you to attend a coaching course if you would like and Surf Lifesaving coaching provides parents with some great practical lifesaving knowledge as well.

So ... you as VIPs can help make this the best season yet for Bethells Beach Surf Life Saving Patrol - Junior Surf!

Thank you for taking the time to read our A-Z of Junior Surf as part of Bethells Beach Surf Life Saving Patrol. For any further information, please visit our website <http://www.bethellsbeach.org.nz/>

If you have anything at all you would like to discuss, please don't hesitate to contact Sheena Hodge - Junior Surf Coordinator juniorsurf@bethellsbeach.org.nz