Point Leo
Surf Lifesaving Club



Junior Handbook
2026-2027 Season

WELCOME TO THE 2026-2027 SEASON

Point Leo SLSC has one of the largest Junior (Nippers) program in Victoria which includes the Junior Surf Lifesaving Program (JSLP - late December to mid-January) and the Junior Surf Sports Program (JSSP - October to March) each year. Point Leo SLSC is a friendly, family club. We encourage all members to adopt this club spirit to ensure that Nippers is all about FUN!!

The JSLP equips nippers (6-13 years of age) with the skills, confidence and knowledge to recognise and enjoy a safe beach and aquatic environment. Activities are conducted in a fun, friendly and safe environment catering for all levels. Nippers just need to bring along their enthusiasm and energy!

The program includes 10 sessions from late December to mid January with a focus on developing skills, confidence and knowledge in:

- Safe beach and aquatic environments
- Survival skills in aquatic environments
- Lifesaving disciplines of beach running, flags, board paddling and swim
- Injury prevention to self and others
- Basic first-aid, rescue and resuscitation

The JSSP provides Nippers with additional fitness training opportunities with specific coaching on surf skills (board, swim, beach running and flags) that are important in becoming an effective lifesaver. The program includes 2-3 sessions per week from October to March to provide Nippers with additional fitness training and specific skills coaching on board paddling, swimming and iron. The program also supports Nippers interested in state or even national surf lifesaving competition. The JSSP has produced many state champions and national finalists. The program aims include:

- Improving skills and confidence in surf
- Developing fitness and training capability in running, swimming and board paddling
- Building friendships and learning how to work in teams
- For those interested, providing competitors with training at a frequency and intensity needed to complete successfully at a Junior State Surf Lifesaving level
- Encourage a positive approach to training, fitness and competition

A higher level of swimming proficiency is required to participate in this program. All JSSP participants must participate in the JSLP.

Key contacts

JSLP (Nipper) Coordinator (Tarena Murray) - nippers@pointleoslsc.com.au
JSLSP (Nipper) Representative (Gabby Ackland) – nipperrep@pointleoslsc.com.au
Junior Team Manager (TBC) – juniorteammanager@pointleoslsc.com.au
JSSP Training Coach U11-13 (James Anderson) – surfsports@pointleoslsc.com.au
Surf Sports Head Coach (Jon Ford) – surfsports@pointleoslsc.com.au

Communication

All information regarding Nippers (both JSLP and JSSP is distributed through the club's Team App site with general information also being distributed through the club email. To gain access to Team App:

- Download "Team App" from their app store or go to teamapp.com on a browser
- Create an account
- Search for "Point Leo SLSC"
- Team App "access groups" ensure you ONLY get information that is relevant for you. Carefully select the relevant access groups (eg JSLP and JSLP – U10 girls) and request access
- Go to the "chat" section and turn on notifications for that access group

Essential information on Team App includes:

- Members only
- All communication regarding JSLP and JSSP sessions particularly last minute changes or requirements
- Up to date information on session dates, locations, program for the day, volunteer information (on the Calendar button)
- Live scores from JSSP carnivals so you can keep up to date with carnival results in real time
- A photo and video gallery and chat function to keep in touch with what is going on

The Junior Surf Lifesaving Program (JSLP)

For all questions regarding the JSLP please contact the representatives listed above in key contacts. The JSLP program is organised in age groups according to the nipper's age as of 30 September 2026. For example, a Nipper who is aged 8 on 30 September will be grouped in the under 9's.

The 2026-2027 JSLP consists of 9 sessions commencing the week after Christmas. A program calendar is attached at the end of this Handbook. Each age group will have 2 surf education session incorporated into the 9 sessions.

For each JSLP session there are 3 different sub-sessions:

- **CUBS** (Under 7-10) from **9.00am to 10.15am**
- **LIONS** (Under 11-13) from **10.30am to 12.00pm**
- **LIONS** (Under 14) from **11.00am to 1.00pm**

A briefing is held every morning in front of the clubhouse before beach warm-up activities commence (Cubs at 9:00am, Lions at 10:20am). **Arrive to check in with your Age Manager 5 minutes before the briefing**. This is important for parents and Nippers as key information is provided.

All Juniors must wear the Point Leo club orange cap and a high visibility fluoro rash vest or singlet in all training sessions. New members can purchase caps and singlets from the Uniform shop. The Uniform shop will be open online and several times at the clubhouse before the start of the season. Dates will be advertised in club emails. If

you are unable to get to the club prior to the season commencing the Uniform shop will be open before the commencement of the first JSLP session for the purchase of caps and singlets **only**. Other items will be available for purchase at the conclusion of the first JSLP session and on any other session days.

Each age group will have an Age Group Manager (AGM) and one or two Assistant AGM who will work with the group at each activity station throughout the program. One of the AGMs will have a dedicated competition role (see Junior Surf Sports Program section below). These are the first people to go to if you have any queries about the program or need to inform someone of information related to your child's wellbeing. A roll is taken at the start and end of each session by the Age Group Manager.

Juniors are not permitted to leave the beach during the session unless accompanied by a parent/guardian and only after notifying the Age Group Manager. Parents must notify Age Group Managers if they are removing their child from the group before the scheduled finish time.

It is the responsibility of parents to ensure Nippers are Sun Smart and well hydrated while on the beach. It is strongly advisable that Nippers wear a wetsuit to protect against cold conditions for water activities.
Nippers are encouraged to carry their own backpack at all sessions with goggles, towel, wetsuit, sunscreen, hat, water and snacks.

A sausage sizzle is held at the end of each session. This is a great time to socialise and meet other members of the club. Proceeds of the BBQ are used to fund new equipment for the Nipper Program.

Preliminary Assessment

All Nippers are required to demonstrate competency in a swim and float prior to participating in any water activities. This ensures that the Nippers are safe to participate in the water activities provided for their age group. The swim length varies according to the tables listed at the end of this handbook. Nippers who are unable to demonstrate the required preliminary skills will require one-on-one supervision and support from qualified club lifesavers during water activities, which may not always be available.

It is important that all Nippers are *swimming regularly* in the months before JSLP sessions start. The JSLP is not a learn to swim program.

The club will run preliminary assessment sessions as advertised in Team App.

Junior Life Saving Awards (Surf Education)

The Junior Life Saving Awards are a compulsory part of the JSLP program and provide education and skill development in the following areas:

- Personal safety
- Sun safety
- Surf conditions and hazards
- Signs and signals
- Negotiating surf conditions
- Overview of general anatomy/the body
- Correct management and handling of casualties
- Assessment of emergency situations (DRACBD)
- Resuscitation techniques
- Calling for Help

Each Age Group (apart from under 14) is scheduled with two Surf Education sessions as part of the JSLP sessions so as to achieve this Award.

Surf Rescue Certificate (SRC)

The Surf Rescue Certificate is offered to those juniors who have turned 13 years of age on the date of the assessment and is compulsory for the under 14 age group to be eligible to compete at the Youth State Championships. The course is run over a couple of weekends and includes an assessment. See the club email for communications on this course and if you have any questions contact lifesavingtraining@pointleoslsc.com.au.

Eligibility for the SRC course

- Must be a minimum age 13 on the date of assessment
- Must complete a 100m run, 100m swim, 100m run within 5 minutes
- Must complete a 200m swim in 5 minutes or less, in a swimming pool or over a measured open water course before any training starts in the surf

Dates for the SRC course are 6, 7, 13 and 14th December 2026 including the assessment.

Parental Involvement and Support … We Need You!

The JSLP relies solely on volunteers and requires over 100 people to run the program on any given day. Parents don't need any particular skills, just enthusiasm and a willingness to help. To enable a safe and sustainable JSLP it is a requirement that at least one parent/guardian/immediate adult family member present at every session attended by your child. This is to assist with the program and to provide support and encouragement to your child. As part of the Nipper enrolment process parents nominate their preferred volunteer role. Nippers representatives will then contact you to organise and provide detail on the role you are rostered onto.

There is an opportunity for parents to contribute to the Nippers program and the club by completing:

- The Bronze Medallion to enable provision of water safety at Nippers/LSV carnivals as well as competing in our Masters competition team (see club website for details)

- The Age Managers Course to develop skills as an AGM
- An Officials Course as a necessary qualification for officials at LSV carnivals
- The Inflatable Rescue Boat (IRB) Driver or Crew course to enable provision of IRB water safety at Nippers/LSV carnivals

Note to be an Activity Leader (coach or assistant coach of the beach and/or water activities) you don't need your Bronze Medallion, but over time it is encouraged.

Parents assisting must be financial members of the club and hold a current Working with Children Check with Point Leo SLSC and Lifesaving Victoria (LSV) listed as volunteer organisations. This is a simple process and free for volunteers. Please refer to the WWCC Information sheet on the download page of the club website for the correct information to be completed on your application.

Bronze Medallion and IRB Courses for Parents

Each year we offer the Surf Life Saving Bronze Medallion and IRB courses to parents. The Bronze Medallion is a great opportunity for you to improve your fitness and develop your understanding of surf and lifesaving skills. You never know when you might need them! The program also ensures that we have a group of parents who are qualified to run water activities each year; however, we never seem to have enough.

Eligibility for the Bronze course

- A minimum of 15 years of age on the date of examination
- Must complete a 200m run, 200m swim, 200m run within 8 minutes
- Must have completed a 400m swim in 9 minutes or less in a swimming pool or measured open water course before training starts in the surf
- Must be a financial member of the club

IRB Crew and Drivers are always required for Nipper sessions. Harnessed with a Bronze Medallion qualification, you can increase your knowledge and assist the program by undertaking a course to become involved in water safety from the IRB. Courses are conducted every season.

Parents/Nippers with existing qualifications must complete the skills maintenance assessment every year to keep their award current.

The adult Bronze course and skills maintenance dates for this season are still to be determined but will be available on the club website and calendar (https://www.pointleoslsc.com/calendar-events/). Full details will also be provided in the club email. Please contact the Point Leo Chief Instructor via email (lifesavingtraining@pointleoslsc.com.au) if you are interested in completing the Bronze or IRB course.

Junior Surf Sports Program (JSSP)

The Junior Surf Sports Program (JSSP) includes 2-3 sessions per week from October to March to provide Nippers with additional fitness training and specific skills coaching on board paddling, swimming and iron. The program also supports Nippers interested in state or even national surf lifesaving competition. Note that it is not compulsory to compete at LSV carnivals for JSSP participants. For all questions regarding the JSSP please contact the representatives listed above in key contacts.

All participants must have completed the relevant LSV Preliminary Assessment and Competition Skills Evaluation for their age group to participate. Swim Assessments are undertaken by authorised Point Leo assessors only during JSSP and JSLP training sessions. Nippers are not eligible to compete in any LSV carnival unless the Competition Skills Evaluation is completed. The following table outlines the competition skills evaluation requirements.

Table of Competition Skills Assessment Requirements

Age Group	Competition Skills Evaluation (surf/ open water)
Under 9	150 metre open water swim within 12 minutes – continuous freestyle
Under 10	150 metre open water swim within 11 minutes – continuous freestyle
Under 11	288 metre open water swim within 12 minutes – continuous freestyle
Under 12	288 metre open water swim within 10 minutes – continuous freestyle
Under 13	288 metre open water swim within 9 minutes – continuous freestyle
Under 14	288 metre open water swim within 9 minutes – continuous freestyle

Training

There are a number of different sessions for Nippers in the JSSP run by qualified and experienced coaches. Nippers and their parents should consider the Nipper's capability and interests when selecting sessions and discuss this with the relevant coach.

For under 11-13 there are "JSSP Training" sessions throughout the season on:

- Tues 4.30pm – 5.30pm (board and swim)
- Thurs 5.30pm – 7.00pm (transition training) with the senior surf sports squad
- Sun 9.30am – 10.30am (board and swim) – this session will vary in timing during the JSLP program (the JSLP session should be the priority for all Nippers)

To be eligible for the JSSP Training sessions you must be able to complete the competition swim in continuous freestyle. These sessions are mostly water and surf skills focussed aiming to progress training of skills, confidence and fitness. Sessions will be on flat water and small surf meaning Crunchies, small 2nd Reef and the shore break at the club. The team of coaches are proud to have been able to introduce and teach high level surf skills to Nippers arriving at Point Leo that have never surfed before. The JSSP squad also loves a good team building game

(polo flamingo, mass rescue, etc). Nippers forge respect for each other and develop friendships that will last a lifetime and go onto become highly valued members of the patrolling and senior surf sports program at Point Leo SLSC.

At the end of the JSLP there are JSSP sessions for under 9-14 until the State Championships focused. These sessions are open to all Nippers who have completed the competition swim evaluation and are aiming to compete at carnivals.

Please note that Surf Life Saving Australia require the compulsory wearing of high visibility vests or singlets by all JSLP and JSSP sessions as well as competitions. These are available from the Uniform Shop.

Surf sports carnivals

Junior (Nipper) carnivals between Victorian clubs are held by LSV at ocean and bay beaches each season on weekends from October until State Championships in March. Junior Carnivals are lots of fun and everyone is welcome! Nippers (under 8-13) are eligible to practice the skills acquired during the season in a carnival competition environment. Under 14 Nippers compete in senior carnivals and U13 also have this option (apart from States)

It's all about participation at Point Leo, and our club focus is more on fun and learning rather than winning. A child's best is always good enough. Health, improvement and good sportsmanship are also primary goals. However, the club also supports Nippers wanting to excel in surf sports competition by way of our dedicated and experienced coaches. There are no Junior carnivals for the Under 7 and Under 8 do not compete in the State Championships.

There are many individual and team events offered at each carnival per age group such as: flags, sprints, swimming, board paddling, board rescue, relays, wades and more as described below. There is something for everyone at LSV carnivals!

Age Group	Flags	Beach Sprint & Relay	500m 1km	Surf Race & Teams	Board Race & Relay	Iron	Wade Race	Wade Relay	Aqua Cam Relay	Belt & Reel	Board Rescue	R&R
U8s	✓	✓	✓				✓	✓				
U9s	✓	✓	✓	✓	✓		✓	✓				
U10s	✓	✓	✓	✓	✓		✓	✓	✓			✓
U11s	✓	✓	✓	✓	✓	✓		✓	✓			✓
U12s	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓
U13s	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓

Beach flags involves competitors lying down in the sand, facing away from the flags. At the signal they get to their feet, turn and sprint to a flag (piece of hose) placed in the sand. There are always less flags than competitors.

Anyone who fails to gain a flag is eliminated until there is only two nippers left. The competitor, who wins the last flag, wins.

Beach relay consists of a team of four competitors and a baton. Members 1 and 3 are stationed at one end of the course with members 2 and 4 are at the other. The object is to successfully complete the race without dropping the baton and exchanging within the set boundaries. First across the line wins
There is a season competition fee payable annually to cover the cost of carnival entry from Lifesaving Victoria.

The beach sprint is an individual event over 70m. The start is by whistle and the competitor sprints across the soft sand through the finish line. The competitors whose chest crosses the line first is deemed the winner.

The board race is an individual event where the competitor paddles out through any waves, around a set of buoys and returning to shore catching any waves then running through the finish line on the beach.

Board rescue consists of 2 nippers (a swimmer and board paddler). The swimmer enters the water, swims to their coloured buoy and signals to the board paddler, who paddles out, around the buoy, picks up the swimmer and both competitors paddle to the beach, both carrying the board over the line.

A board relay team consists of three competitors all with their own board. The first team member paddles out around the buoys then heads back towards the shore and tags with the second team member who does the same. The final team member has to complete the same course and then run through the finish line. The first team to successfully pass all the buoys and cross the finish line will be declared the winner.

The surf race involves swimming around a course of buoys placed out in the ocean. Getting through the shore break can be tough, as well as the return to the beach negotiating the waves, but then to be a lifesaver you must be tough. The distances for the U9- U10 is approx 200m and 300m for the U11-U13

The surf teams consists of four members, all swimming in the same race, around the buoys and back to the beach. Each placing is given a certain amount of points e.g. First = 1 point, tenth = 10 points. The team with the least amount of points win or in the case of a draw, the team who crossed the line first, wins.

In the nipper age groups the ironman/ironwoman race involves three legs including the board and the swim sections with a run in between each of these. This is a tough event which requires endurance, strength and plenty of skills

This aqua cameron relay involves teams of 4 members, 1 runner, 1 wader, 1 swimmer and 1 runner. The swimmer completes a swim race, and tags the runner near the shore who runs along the beach and tags the board paddler who completes a board race before tagging the last runner who sprints towards the finish line.

In the wade race Nippers have to wade, dive or swim their way through waist depth water around the three water safety markers from left to right, then make their way back up the beach through the finish line.

This wade relay race consists of 4 competitors. The first member runs and wades around the water safety markers, back to the beach where they tag the second member who does the same. They tag the third and finally forth and final member who runs through the finish line

2 and 5 person R & R teams compete in a precise drill that simulates rescue and resuscitation. Points are given for incorrect procedures. The team with the least amount of points, wins.

LSV carnivals for 2026-2027

The carnival schedule for 2026-2027 can be found on the LSV website (type “LSV carnivals” into Google) but is summarised below.

Summer Junior Carnivals

- **Junior Ocean Grove** - Saturday 5 December 2026
  Location: *Ocean Grove SLSC*
- **Junior Fisherman's Beach** - Wednesday 6 January 2027
  Location: *Fisherman's Beach (Torquay)*
- **Junior Mt Martha** - Sunday 17 January 2027
  Location: *Mt Martha LSC*
- **Junior Mordialloc** - Sunday 31 January 2027
  Location: *Mordialloc LSC*
- **Junior Lorne** - Saturday 20 February 2027
  Location: *Lorne SLSC*

Senior carnivals fur U13 and U14 are summarised below.

Summer Youth/Senior Carnivals

- **Battle of the Waves** - Saturday 7 November 2026
  Short format rounds racing
  Location: *Ocean Grove SLSC*
- **Battle of the Waves** - Sunday 22 November 2026
  Short format rounds racing
  Location: *Jan Juc SLSC*
- **Youth/Senior Ocean Grove** - Sunday 6 December 2026
  Location: *Ocean Grove SLSC*
- **Youth/Senior Anglesea** - Sunday 10 January 2027
  Location: *Anglesea SLSC*
- **Youth/Senior Carnival** - Sunday 21 February 2027
  Location: *Lorne SLSC*

The final carnival is the Victorian Junior Surf Life Saving Championships and this will be held at Mordialloc on Friday 6 to Sunday 8 March 2027.

All LSV carnivals are entered into the Team App calendar and updated with the latest releases including entry opening, approaching deadline for entry and last entry chance before deadline. Nippers that are not entered and paid (by the club payment portal on the website) by the deadline will not be able to compete.

In season 2026-2027 carnivals apart from those listed below and State titles are paid as you go ($41 per carnival). There are two different types of season fees as follows for carnivals after Christmas:

- Short Season fee – Mt Martha, Mordialloc Carnivals $82
- Junior Championships fee - $76
- Combo Fee - MM/Mordy Carnival plus Junior Championships $158
- Individual Carnival fee after Christmas – by consideration with Team Manager $45

All parents of junior competitors are expected to take on a helping role at carnivals to ensure the club can meet its obligations to LSV. Each age group is responsible for providing enough helpers to cover the number of competitors entered per age group. If those helpers are not provided, then the age group cannot be entered into the LSV carnival. The Comp AGM will contact parents in the lead up to carnivals to fill all the required voluntary roles. These include:

- Competition AGM
- Water safety (if a Bronze Medallion or SRC holder)
- Officials (if qualified). Note that the official's course is completed online (club funding available to cover the cost of the course) with a practical session conducted by a Point Leo assessor. Contact the Junior Team Manager to organize completion of the course
- Trailer driving (club funding available to support fuel costs)
- Carnival pack up and set up duties with LSV officials (parents without a qualification will be rostered onto these roles)

Parent's Code

The Point Leo SLSC Code of Conduct can be seen on the club's website. We pride ourselves on having a positive and inclusive environment that engenders in our Nippers a sense of belonging and worth. The Code of Conduct has a section for all members, competitors, administrators, coaches, officials, spectators and trainers. As part of the Nippers program the parent's Code of Conduct is particularly relevant and is provided below:

- Remember that children participate in lifesaving for their enjoyment, not yours
- Encourage children to participate, do not force them
- Focus on the child's efforts and performance rather than winning or losing
- Encourage children always to participate according to the rules and to settle disagreements without resorting to hostility or violence
- Never ridicule or yell at a child for making a mistake or losing a competition
- Remember that children learn best by example. Appreciate good performances and efforts by all competitors

- Support all efforts to remove verbal and physical abuse from training/competitive activities
- Respect officials' decisions and teach children to do likewise
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate
- Respect the rights, dignity and worth of others

We encourage Parents to assist their Nippers in setting achievable goals. If their Nipper is feeling any apprehension or has any concerns, please talk to your AGM, coach, Team Manager or any of the key contacts listed at the beginning of this handbook.

Junior Club Captain

Overview

Each season, Point Leo Surf Life Saving Club (SLSC) appoints selected representatives from the Under-14 Nipper group to the positions of Junior Club Co-Captains. These positions provide an opportunity for emerging leaders to demonstrate responsibility, initiative, and teamwork across key areas of the Junior Program, including but not limited to:

- Water events
- Beach events
- Surf education
- Activity leadership
- Equipment management and care

Junior Club Co-Captains are expected to act as positive role models within the Junior Surf Lifesaving Program (JSLP), demonstrating leadership, enthusiasm, and support for their peers throughout the season. They should reflect and promote the values, culture, and spirit of Point Leo SLSC always.

Key Responsibilities

- **Leadership & Participation**
  - Attend and actively participate in all JSLP sessions and briefings throughout the season.
  - Support coaches during JSLP or Junior Surf Sports Program (JSSP) sessions as participants or water safety volunteers.
  - Take initiative in assisting with group organisation and encouraging positive team spirit.
- **Engagement with Younger Nippers**
  - Act as an *Activity Leader* for younger age groups.
  - Provide encouragement, guidance, and support to younger members.
  - Help foster a fun, safe, and inclusive environment.
- **Club Representation**
  - Attend and assist at club functions and events as a youth representative.

    - Actively promote participation in junior competition teams and other club programs.
    - Contribute to club communications by filming a short introductory video (with guidance provided by the club) for distribution to Nippers and parents.
- **Commitment to Lifesaving**
    - Endeavour to complete rostered patrols during the season.
    - Demonstrate responsibility and care for all Point Leo property and equipment.

Eligibility

Applicants must:

- Be a financial member of Point Leo SLSC for the upcoming season.
- Be enrolled in the Under-14 JSLP at Point Leo.
- Have completed or be completing the Surf Rescue Certificate (SRC) in the current season.

Selection Criteria

Candidates should demonstrate:

- Emerging leadership skills and a willingness to take initiative.
- A positive attitude and behaviour within the club and during all surf lifesaving activities.
- Commitment to helping and supporting others, both in and out of the water.
- Respect for Point Leo property, equipment, and community values.
- Strong teamwork and communication skills.
- Positive engagement and conduct during the SRC camp.
- Active involvement in club activities, such as junior carnivals and social events.

Process and Evaluation

- **Self-Nomination:**
  Applications are voluntary and self-nominated.
- **Information Distribution:**
  The Nipper Coordinator will send the Selection Policy and Procedures and Nomination Form to all eligible Under-14 participants and their parents/guardians.
- **Submission of Nominations:**
  Completed nomination forms must be submitted by due date to the Nipper Coordinator by the specified deadline.
- **Promotion and Support:**
  The Under-14 AGM's and/or Nipper Coordinator will discuss the Co-Captain roles with the cohort, encourage all interested participants to apply, and assist in consolidating completed forms.

- **Assessment of Applications:**
  Each nomination will be evaluated and scored by the Nipper Coordinator (or a delegate from the Junior Subcommittee) using a points-based system aligned with the selection criteria.
  Results will be recorded on a consolidated tally sheet, ensuring a fair and transparent assessment process.
- **Interviews (if required):**
  A shortlist of candidates may be invited to participate in a brief interview (either in person or online) with the Nipper Coordinator or a Junior Subcommittee delegate.
- **Deliberation and Recommendations:**
  The Nipper Coordinator, in consultation with the Junior Subcommittee, will review the assessment results and make preliminary recommendations.
  Age Group Managers may be consulted as part of the review process where appropriate.
- **Conflict of Interest:**
  In any instance of a potential conflict of interest, an alternative delegate from the Junior Subcommittee will assist in the selection process to maintain impartiality.
- **Final Submission:**
  The completed nomination forms, scoring spreadsheet, and final recommendations will be forwarded to the Point Leo SLSC Committee for final approval.

Selection and Announcement

- **Notification:**
  All applicants (successful and unsuccessful) will be notified via email or phone prior to the commencement of the upcoming season.
- **Announcement:**
  The successful Junior Club Co-Captains will be announced to the Nipper cohort before the start of the season and formally presented with their Co-Captain uniforms.
- **Uniform:**
  Each Junior Club Co-Captain will receive one long-sleeved white polo shirt to be worn at all JSLP sessions, LSV carnivals, and official club functions throughout the season.

Under 13 Development Camp

LSV Leadership and Development Pathway aims to develop leadership and life skills and assist clubs with youth retention.

The Under 13 Development Camp is designed to assist junior members in the transition from Nippers to Cadets. Camp participants will complete problem solving exercises, face personal challenges, participate in activities that involve trust and teamwork and develop a state-wide network.

The U13 Development Camp is generally scheduled in March. This camp is available to members who are 12 and 13 years of age across the state of Victoria. Participants must be able to attend the entirety of the program. The aim of the camp is to develop leadership and life skills and assist clubs with youth retention.

To participate, Nippers must be nominated by their Club. Point Leo SLSC is guaranteed one position on the camp (like other clubs), but if the camp quota has not been met, the remaining positions will be allocated to clubs with more than 1 application. Nominations will close approximately 1 month prior to the camp date, and successful applicants will be notified 3 weeks prior to the camp commencement date.

U13 Camp Objectives

- Have **Fun**
- Develop **Friendships** and **Network** with members from across the state
- Develop **Confidence**, **Communication** and **People Skills**
- Exposure to **Team Building Initiatives**
- Exposure to basic **Leadership** foundations

For more information regarding the U13 Development Camp, please refer to the Leadership & Development Programs section of the Life Saving Victoria website - https://lsv.com.au/clubs-members/leadership/leadership-and-development-camps/

Nippers who are interested in participating should contact the Nipper Coordinator as the Club is required to nominate participants and arrangements have to be made for payment of the cost of the camp, including whether the Club will share the cost with the participant.

Champion Junior Lifesaver Development Day

Life Saving Victoria's Champion Junior Lifesaver Development Day is for members 13 & 14 years of age who hold an SRC qualification. The day is a fun filled day of leadership development workshops, exposure to the many opportunities in lifesaving and practical team based SRC scenarios. The Champion Junior Development Day is generally in February and will be advertised in the club email.

The Mike Martin Champion Junior Lifesaver Award is also an element of the Development Day. The award forms part of Life Saving Victoria's comprehensive system of awards to recognise and celebrate the achievements and commitment of youth members. Life Saving Victoria places great value on staying connected to our members and recognising the exceptional service and dedication they provide to the development of the movement in Victoria.

Program Objectives:

- Recognise and showcase the valuable contribution our youth membership provides to the Life Saving movement both within the organisation and the local community.
- Encourage a culture of well developed, responsible and positive youth members that are advocates for their peers, the Surf Life Saving movement and their local community.

- Development of a sustainable youth award program that will provide youth members for years to come with confidence and skills that will support them as they transition to the next phase of their life.

Point Leo SLSC members are eligible to apply. Applications will be assessed on the following criteria:

- Contribution to their club's activities
- Contribution to their community and other community services
- Lifesaving awards achieved
- Lifesaving knowledge
- First aid skills assessment
- Attitude to sportsmanship
- Leadership contribution and behaviours

Further information will be sent via Circular and uploaded onto the Life Saving Victoria website:
https://lsv.com.au/clubs-members/leadership/leadership-and-development-programs/

The Juniors Season Program

ACTIVITY	DAY	DATE	VENUE:	CUBS U7-U10	LIONS U11-U13	LIONS U14
JSLP Nipper & Starfish Session #1	Sunday	27/12/2026	Point Leo	9.00am-10.15am	10.30am-12.00pm	11.00am-1.00pm
Under 14 - 1st patrol	**Sunday**	**27/12/2026**	**Point Leo**	-	-	**1pm-6.00pm**
Under 14 - Movie & Pizza Night	**Sunday**	**27/12/2026**	**Point Leo Club House**	-	-	**6pm-9:30pm**
JSLP Nipper & Starfish Session #2	Tuesday	29/12/2026	Point Leo	9.00am-10.15am	10.30am-12.00pm	11.00am-1.00pm
JSLP Nipper & Starfish Session #3	Thursday	31/12/2026	Point Leo	9.00am-10.15am	10.30am-12.00pm	11.00am-1.00pm
JSLP Nipper & Starfish Session #4	Saturday	02/01/2027	Point Leo	10.00am-11.15am	11.30am-1.00pm	11.00am-1.00pm
JSLP Nipper & Starfish Session #5 **Carnival Day**	Sunday	03/01/2027	Point Leo	9.00am-10.15am	10.30am-12.00pm	11.00am-1.00pm
Cubs & Lions Family Night	**Monday**	**04/01/2027**	**Point Leo Club House**	**5.30pm - 8.30pm**	**5.30pm-8.30pm**	**5.30pm –8.30pm**
JSLP Nipper & Starfish Session #6	Tuesday	05/01/2027	Point Leo	9.00am-10.15am	10.30am-12.00pm	11.00am-1.00pm
JSLP Nipper & Starfish Session #7	Thursday	07/01/2027	Point Leo	9.00am-10.15am	10.30am-12.00pm	11.00am-1.00pm
Disabled Surfers Assoc practice	Thursday	07/01/2027	Point Leo	1.00pm-1.30pm		For U14 and up and parents
JUNIOR CARNIVAL #2	**Wednesday**	**06/01/2027**	**Fisherman's Beach**	**Must pass comp swim**	**Must pass comp swim**	-
JSLP Nipper & Starfish Session #8 **Club championships**	Saturday	9/01/2027	Point Leo	9.00am-11.00am	11.00am-1.00pm	11.00am-1.00pm
JSLP Nipper & Starfish Session #9	Sunday	10/01/2027	Point Leo	9.00am-10.15am	10.30am-12.00pm	11.00am-1.00pm
Under 14 - Nipper 'Graduation'	**Sunday**	**10/01/2027**	**Point Leo**	-	-	**2.00pm**
JUNIOR CARNIVAL #3	**Sunday**	**17/01/2027**	**Mt Martha**	**Must pass comp swim**	**Must pass comp swim**	-
Sunday Session	Sunday	25/01/2027	Point Leo	10.00am – 11:30noon	10.00am – 11:30noon	10.00am – 11:30noon
JUNIOR CARNIVAL #4	**Sunday**	**31/01/2027**	**Mordialloc**	**Must pass comp swim**	**Must pass comp swim**	-
Sunday Session	Sunday	8/02/2027	Point Leo	10.00am – 11:30noon	10.00am – 11:30noon	10.00am – 11:30noon
STARFISH INTERCUB CARNIVAL	**Sunday**	**TBC**	**TBC**			
JUNIOR CARNIVAL #5	**Sunday**	**20/02/2027**	**Lorne**	**Must pass comp swim**	**Must pass comp swim**	-
Sunday Session	Sunday	22/02/2027	Point Leo	10.00am – 11:30noon	10.00am – 11:30noon	10.00am – 11:30noon
Sunday Session	Sunday	1/03/2027	Point Leo	10.00am – 11:30noon	10.00am – 11:30noon	10.00am – 11:30noon
VICTORIAN JUNIOR STATE CHAMPIONSHIPS	**Sunday - Monday**	**6-8/03/2027**	**Mordialloc**	**Must pass comp swim**	**Must pass comp swim**	-

Note: A couple of Interclub 'training carnivals' with neighbouring clubs are also likely to be organised during the season both at Point Leo and other beaches. All nippers are welcome from under 8s and up.

The above schedule may change as the season approaches. Please closely monitor the club email and Team App

Junior Preliminary Swim Evaluations – Swim coach to complete

Childs Name: _____ Age Group: _____ Club: _____

Age Group	Flotation	Submersion	Propulsion	Task Complete/Comments
Under 6	Back or front float for a minimum of 5 seconds, recover to stand.	Submerge to touch the bottom with hands.	From standing position in waist deep water, perform a front glide (1-2 metres) & recover to stand.	
Under 7	Back or front float for a 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 a 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.	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 minimum of 2 minutes.	Submerge to perform forward or backward roll/somersault underwater, recover to surface, submerge to touch the bottom with hands.	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.	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.	
Under 14		Submerge to perform forward or backward roll/somersault underwater, do not recover to surface, submerge to touch the bottom with hands.	Swim on front any stroke for 100 metres followed by survival stroke(s) breaststroke and/or sidestroke for minimum 100 metres.	