

# Cook's Hill Surf Lifesaving Club Inc.



## COMPETITION SUMMARY & FAQ's

Competition is quite possibly the most successful recruiting tool for the Surf Life Saving Movement. The Surf Sports program offers a wide range of competition events for all ages culminating in the NSW State Age Championships each year for juniors. Surf Sports is an active, healthy lifestyle choice, which builds most importantly camaraderie.

Carnivals can be an exciting change from the normal nipper day; however, it can be quite overwhelming if your child is not prepared for their first day of competition. If you are unsure about whether or not your child should be entered into a carnival firstly please speak to your Age Manager or the Junior Competition Team Manager.

### Who can compete?

- U8s who have completed and achieved their Junior Preliminary Evaluation (Pool Proficiency)
- U9-U14s who have completed and achieved their Junior Preliminary Evaluation & Junior Competition Evaluation (Open Water Proficiency)
- Nippers who have obtained their age award can attend Branch (U8 -14) or State Championships (U9 -14)
- It is mandatory all participants for water activities wear a high visibility fluoro pink Rash Vest.

### Where are carnivals held?

- Local carnivals are held at any of our local beaches from Catherine Hill Bay to Fingal Bay.
- As a Club we do encourage our keen competitors to enter carnivals outside the local area inclusive of the Central Coast, Mid North Coast, Far North Coast as well Sydney Northern Beaches and the South Coast. However, this is a matter of choice for the competitor family.

### How long do the carnivals go for?

- U8-U14 Carnivals are usually held over one day.
- Club warm up is at 7.30am, with marshalling at 7.45am, carnival starting 8am.
- Depending on the amount of competitors, will depend how long your at a carnival for, be prepared to be at the beach at least until 2pm.

### How to enter?

- Read and sign the Competition Information & Policy Document - return to Competition Team Manager so your name can be added to contact list to receive information regarding competition.
- Pay the annual competition fee – see above for fee structure (using your lifesaving online account).
- Your Competition Team Manager will advise via email (approx 1-2 weeks prior) details about the upcoming SLS carnival or event. Competitors are asked to reply and advise their availability before a given date by completing a Survey Monkey questionnaire. This enables our competition secretaries to collate entries without receiving over 100 emails. If the competitor does not complete entry before Survey Monkey closes, they still may be entered however, the competitor will incur late fees.

### What to Bring?

- Cooks Hill SLSC tents are provided for our members and families.
- Nippers will require plenty of water and good nutritional food to last the whole day.
- Nipper cap, swimmers, hi visibility pink rash vest, goggles, sun cream and warm clothes if the weather/wind changes.

### Club Craft

- Foam boards are available for U9-10s – board hire fees apply
- Limited fiberglass boards are available for U11-13s - board hire fees apply
- Mals are available for U14 – board hire fees apply
- Your craft is your responsibility at any given event – see board hire agreement

### Team Selections

- Team are selected based on performance and results at previous carnivals
- Selection into teams are made by Age Group Managers and Selection Panel
- Teams may include younger age group members to race up if required

### Parent Involvement

- Parents are encouraged to become involved in carnivals to enable the smooth and efficient running of a carnival.
- Clubs are required to meet the ratio for Officials & Water Safety/Competitors of 1:10. These are roles performed by parents. To become qualified in either role, courses are offered by our Club or Hunter Branch throughout the season.