

NIPPER NEWS

Season 09/10, Issue 6

11 November 2009

The Wash Up

With the rain coming down on Sunday, it was great to see so many children still attend Nippers. I had a bit of time on Sunday to get down to the lake and watch the 6s and 7s. I had a talk with a few parents and the feedback was very positive... "age managers are doing a great job", "my child is just loving this", and the best one of all, "the kids don't care that it's raining". It was great to see everyone having a fun time. I also saw lots of parents getting involved and helping out, which is what we need.

I'm proud to announce that two of our U14 boys have made the train on squad for Northern Beaches Interbranch representative team – CONGRATULATIONS to Kalem Norris and Lachlan Reid – well done!

Warriewood Vs North Narrabeen Saturday 21st 2.30 for 3pm at Warriewood Beach- normal nippers with a bit of rivalry, we need all to attend to win the Turrimetta Cup back!

This **Sunday 15 November** is the **first carnival of the season at Manly Beach**. GOOD LUCK to all our competitors. **FUN DAY** will be on at North Narrabeen for the U6s & U7s – meet on the grass area at the lake car park for some beach and water games. There will be NO BBQ THIS WEEK.

MARK YOUR DIARIES for the **Turrimetta Cup Saturday 21 November – 3pm for a 3:30pm start!**

Warriewood versus North Narrabeen – we all need to attend to win the Turrimetta Cup back! This is a great afternoon for all the children; it is normal nippers with a bit of rivalry thrown in. This is for ALL age groups (including U6s & U7s!).

Don't forget our **Movie Night this Saturday 14 November**. We will be showing two movies with a break for dinner. The club bar will be open for adults while the kids hang out 'at the movies' BYO pillows and blankets. Be sure to come along as this is a good night for the kids and a great opportunity for the parents to have a break (at the bar!).

Peter Smyth, President – Junior Committee

WHAT'S ON...

MOVIE NIGHT | 14 November
6pm – 9pm | \$10/person or \$20/family

Bring the kids along for some BIG SCREEN entertainment. Cost includes movie, dinner, drink and popcorn. The inside bar will be open for parents. Don't forget to bring your pillows and blankets!



TURRIMETTA CUP | 21 November

Warriewood Beach – 3pm for a 3:30pm start.

CHRISTMAS PARTY | 20 December

Details coming soon

SEASON BREAK | 21 Dec – 9 Jan

SEASON RESUMES | 10 January

Wish you were here...!



GO NORTH NARRABEEN!!!!

BOARD TRAINING @ NARRABEEN LAKE
Saturday 7 November 2009

If you would like a copy of this photo, please send your request to Kerryn Odell at kerryo@optusnet.com.au



2 Malcolm Street North Narrabeen NSW 2101

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Age Managers Report

U6 BOYS: All parents get an award for braving the weather and coming along today! An attempt to use the beach was brought to an abrupt halt when we saw the blue bottles, but that didn't stop us from having heaps of fun! The kids were such good sports, getting in the water, filling up those red & white buckets as fast as they could to... be the first to be drenched! We are seeing the kids understanding what Flags is all about and they are starting to check the locations of the hoses before getting into position, very clever. *Gaya, Darren & Mitch*

U7 GIRLS: Almost half the full group braved the elements to have a damp but fun morning on Sunday. The first of the encouragement awards went to Holli for her first places in both the sprint and the flags and the second award went to Vanessa for her beautiful paddling and her competitive spirit in all the events. A special mention for Layla who came second in both the sprint and the flags, lead the wades and swims from the front every time and displayed some great 'on-knees' paddling power. The paddling and board control is improving each week with Taya and Bella both showing much improvement along with the entire group. Once the girls realized that the water in the channel was warmer than the air it was difficult to get them out so despite the light drizzle all the girls enjoyed the day. *Phil*

U7 BOYS: Weather turned a few families off for this week, only 11 boys turned up. Despite the drizzle the boys had a great time throughout all events and were certainly full energy. We ran the flags through twice this morning – the smaller group made this possible. Once the normal way and the second time with the person coming first being eliminated, this is to give the boys that are slower and getting out first a chance to build their strength, speed and endurance and just to give them a bit more of a go. The boys then enjoyed a wade, a swim and a board paddle. Good on you Jeremy you get in there and give the swim a go each week and your confidence is improving. This weeks encouragement awards went to Hugh for a superb effort on the boards and to Angus for LISTENING which was somewhat challenging for everyone this morning. A very big thank you to Matt, Tim and Grant who prepared and cooked the BBQ and to the parents from the other age groups that stepped in to assist with the serving. Looking forward to seeing you all at movie night on Saturday and then Fun Day on Sunday. *Kerryn*

U8 GIRLS: Only 6 turned up in the cold and rain, so we decided to join in with the U9 girls. We went over to the lake for boards, swimming and flags. Congratulations to Sophie King, first out of the water in both swims, excellent effort! See you on Sunday. *Simon*

U8 BOYS: It was a wet Week 4 with about half the group in attendance. The boys completing the flags, beach sprint and then the wade with some good preparation for next week's Carnival. Congratulations to Oscar for 1st place in the wade and Jack for 1st place in the sprint. We finished off the day over at the lake on the boards. I will see those attending the Carnival next week at Manly. If you are not attending the Carnival you are welcome to join in with the U6 & U7's for a fun day at the club. Don't forget movie night on 14 Nov from 6-9pm at the club. *Jason*

U9 GIRLS: The day started off with the master plan of going down to the Lifesavers flags getting the girls in the surf for a board paddle and a swim, then onto the beach event of sprints, and the flags. Mother nature had other plans for the day. On meeting at the beach and surveying the water line there was a number of blue bottle, so it was off to the lake, with the under eight girls. We grabbed our boards and the girls did a relay of board paddling from one side of the lake to the other and after getting off the boards a run back around the lake to collect the board and off again. All girls worked extremely hard and must of run from one side of the lake to the other about five times and not one complaint but lots of out of breath kids. Then it was in the water for a swim out and back past the row of keen and willing volunteers (otherwise known as the Dads). After tiring the girls out in the water the plan was to bring the intensity down in the beach activities. The girls had other ideas. We run the flags and did the sprint with the under eight girls and some of them really gave the under 9 girls a run for their money. Well done to all girls they put in a great effort and gave 100% all morning. *Kathy & Dave*



U9 Boys: After being away for the first 3 weeks, it was good to be back helping Pete with the U9 Boys. They are a great bunch of boys with a few new faces and all seem keen and enthusiastic. Our day started with swim proficiencies for carnival and all the boys performed admirably, with James Hickson leading the way and setting the pace with a 4min 22sec swim. Rest assured, we will be well represented by some great speedsters. Congratulations to Raffy who completed the swim and never gave up. Well done! Onto the flags, where Jason Smyth has made this event his own; well done to Jason. The sprint was close and all boys tried their absolute best. Good to be amongst you all again - Keep up the good work boys. *Paul*

U10 GIRLS: Last Sunday was a cold rainy day, but the U10 girls still showed up in good numbers. All the girls seemed to have fun and left the beach with smiles on their faces. Unfortunately 3 of the girls were stung by bluebottles – Grace, Holly and Sienna – but this did not stop their enthusiasm. All 3 now know the ice treatment for bluebottles. *Craig*

U11 BOYS: Sunday was an average weather day & obviously a lot of you decided to sleep in. For those that showed, **good on you!** We had fun anyway. The beach stuff was interesting with the three new boys Ben, Harry & Harrison putting up some serious competition to Patrick. The water was a different story with a fast moving current in the gutter on the shory. The boys that struggle in the swim had trouble making it across this gutter & onto the sand bank. Once we get them on the bank it's just a matter of getting a few more waves & we are **out the back, easy!** Although the surf was challenging with some more practice & hopefully some swimming lessons (mum & dad) the boys will become more confident.. The boys also perform better when one of the parents swim with us as well. **Thanks to all the parents that jumped in with us on Sunday; the water was great!** I am very proud of all the boys for giving it a go. Don't stress out about the swim boys, we're working on it slowly & you'll all get much better at it by the end of the season. Don't forget there isn't any nippers this week unless you are attending the Manly Carnival. Also the week after is a Twilight nippers and the Turimetta cup. See you in a couple of weeks. *Dan*

U11 GIRLS: Not the best day to be down the beach. We started with Chloe winning the flags in a tight finish with Erin. Tessa took out the sprint and it was on to the water. A strong current and some waves a little bigger than what the girls are used to made this a grueling swim. Well done to Abby who completed the swim by herself and to Chloe who was very brave, even though she was terrified she still made the can and was clinging to me so hard I thought I would lose the arm. I look forward to the carnival this week and think the girls will go very well. *Mick*

U12s & U13s: What a miserable day!!!! Everyone that turned up tried hard. A special congratulations to all the boys – Luke, Alex, Andre, Brody and Brock who went in all the events. Also to Tiarne, Caitlin, Tegan and Lara who went in every event. U13 girls who went in every event were Ciara, Ashleigh, Alex and Amy. Great board results from Tiana, Brody, Luke and Tegan. Well Done to Alex in the boys who tries at everything all the time. Greatest whinger award goes to Chris who I am sure could talk underwater. *Hu*

U14s BOYS & GIRLS: These girls did an outstanding job on the weekend. They didn't complain and the swim was exceptional, well done girls! The boys, well they complained but did everything we asked of them. We are looking forward to this weekend's event at Manly. Good luck to all this week!! *Steve & Julie*



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BEACH EVENT TRAINING

Sundays @ 8:15-9:00am

Training will consist of all technique, including starts and finishes. All are welcome, but sprint and flag competitors are highly encouraged to attend. Meet in front of the Surf Club.

IN THE SPOTLIGHT



Paul Skelley – U9 Boys Age Manager

Occupation: Swimming pool renovator

Hobbies: Anything outdoors, playing drums, Sunday afternoon beers

Last movie watched: UP with my son Tom

What music is playing in your car (or iPod):
Richard Clapton - Glory Road

Dream holiday destination: Greek Islands

LIFESAVER NOW OPEN FOR DINNER!

Friday & Saturday Nights – 6:30pm – BYO

One of our MAJOR SPONSORS – Lifesaver Café – is now open for dinner on Friday and Saturday nights from 6:30pm. They are offering a simple but delicious menu – salads, open burgers, prawn pasta and other favourites. Be sure to come along and enjoy the relaxed atmosphere with indoor and outdoor seating in a family-friendly environment.

For more information contact Doug & Amy on 9913 3266 or just drop in 1 Malcolm Street, North Narrabeen (opp NNSLSC).



Meat raffles are held 4pm every Friday at the Sands Hotel to raise money for the club. Come on down, say hi to Paul Skelly and give him a hand!

2009/10 BBQ Roster

AGE	GROUP	SET-UP	COOKING	CLEAN-UP
U6	Girls	25-Oct-09	25-Oct-09	25-Oct-09
U6	Boys	1-Nov-09	1-Nov-09	1-Nov-09
U7	Boys	8-Nov-09	8-Nov-09	8-Nov-09
NO BBQ THIS WEEK – 15 NOVEMBER 2009				
U7	Girls	21-Nov-09	21-Nov-09	21-Nov-09
U8	Boys	29-Nov-09	29-Nov-09	29-Nov-09
U8	Girls	13-Dec-09	13-Dec-09	13-Dec-09
U9	Boys	20-Dec-09	20-Dec-09	20-Dec-09
U9	Girls	10-Jan-10	10-Jan-10	10-Jan-10
U10	Boys	24-Jan-10	24-Jan-10	24-Jan-10
U10	Girls	31-Jan-10	31-Jan-10	31-Jan-10
U11	Boys	14-Feb-10	14-Feb-10	14-Feb-10
U11	Girls	28-Feb-10	28-Feb-10	28-Feb-10
U12	Boys	7-Mar-10	7-Mar-10	7-Mar-10
U12	Girls	14-Mar-10	14-Mar-10	14-Mar-10
U13s		21-Nov-09	21-Nov-09	21-Nov-09
U14s		18-Oct-09	18-Oct-09	18-Oct-09

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A.O.R. cranes & rigging

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For sponsorship enquiries contact David Odell at David.odell@didata.com.au or 0419 812 538



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