

port noarlunga

SURF LIFE SAVING CLUB

Junior Parent Handbook 2020/2021 Season



Welcome to Port Noarlunga Surf Life Saving Club.

Please read the following information regarding our nipper training, procedures and policies. If you have any questions, please contact one of the people listed on numbers provided in this booklet. We look forward to sharing a fun and successful season with you and your children.

Our Aim

Here at Port Noarlunga we are dedicated to providing a fun and safe environment to teach our nippers surf awareness. The nipper program is a sequential program of skills that help develop their confidence and knowledge in the beach environment. By enhancing these skills and teaching them about surf lifesaving in a fun and interactive activities we are preparing our nippers to eventually be patrolling members of our club.

Contacts at Port Noarlunga Surf Life Saving Club

Junior Chief Instructor

Sue Williams

Ph: 0434 053 890

Junior Chairperson

Jarrid Turner

Ph: 0407 255 521

Junior Secretary

TBC

Club Position Holders

Club President – Brett Parker
Club Vice President – Kate Barnes
Club Captain – Caitlin Stone
Vice-Captain – Bessie Humphreys
Uniforms – Hayley Lines

Club Reporting Officers and Child Safety Officers

Kate Barnes
Shaun O'Sullivan

Angela Paton
Shaun Paton

Coaches

Boards - Sue Williams
Swim – Sue Williams/Saskia Lewis
Run - Dan Flesfadar
March Past - Suzie Linke

Training Times

We train every Saturday morning during the season.

Start time for U/8's to U/13's: 10:15am

Start time for U/6's to U/7's: 10:45am

Finish time: 12:30pm for all age groups.

Please Note: The U/6 and U/7 age groups train for the last hour and a half only and finish at 12:30pm.

Pool Endurance Swimming – Tuesday night 6:00pm – 7:00pm.

(At Noarlunga Leisure Centre all year round. Open to all age groups. Pool admission is required).

COVID-19 Information

Due to ongoing COVID restrictions and safety considerations for this season please work with us to follow our procedures to ensure we abide by the government safety standards. This will be at a minimum, contact tracing records, infection control practices, physical distancing and the presence of a dedicated COVID Marshall.

What to bring on Saturdays

The following items need to be brought to training every week.

- Bathers
- Rash vest or protective top
- Wide brim hat
- Sunscreen SPF 30 or higher (water resistant)
- Goggles
- Towel
- Water bottle
- Hi-vis vest – provided with membership
- Skull Cap - available at the uniform shop

Please ensure all clothing and belongings are labelled.

All children in age groups U/8's to U/13's need to be ready every Saturday by 10:15am and be sitting in their relevant age group.

Children in tadpoles – U/6's and U/7's need to be ready every Saturday by 10:45am and sitting in their relevant age group. This allows time for the Junior Chief Instructor to give a brief welcome and deliver any important news or events that may be coming up.

All juniors will be responsible for carrying, returning, washing and packing away all boards that have been used on the day.

****Please note it is mandatory for parents or guardians to remain on the beach with their child in case of injury or emergency.****

Age Group Managers

All age groups will be allocated an Age Group Manager. They are parents or interested members, who have volunteered to manage the age group. They are responsible for the co-ordination of activities on Saturdays along with overseeing event entries and activities at Carnivals.

- Current registered member of Port Noarlunga Surf Life Saving Club.
- Completed relevant legislated clearance to work with children.
- Be a minimum age of 16 years old.
- Hold a current Bronze Medallion (desirable).
- Have completed Age Group Managers Course.

Age Group Managers 2019 – 2020 Season

Under 6 – Lewis Paton

Under 7 – Shane O’Connell

Under 8 – TBC

Under 9 – Patrick Brennan

Under 10 – Mikayla O’Sullivan

Under 11 – Steve Bowes

Under 12 – TBC

Under 13 – TBC

Additional Training for Competitions

Any child in age groups U/9’s through to U/13’s has the opportunity to compete at competitions throughout the season. (See proficiency requirements).

We offer additional training for these children throughout the week to further their skills.

Board Training – Sunday 9:00am - 11:00am.

9:00am – Distance running warm up

10:00am – 11:00am – Board training (all ages).

Pool Endurance Swimming – Tuesday night 6:00pm – 7:00pm.
(At Noarlunga Leisure Centre all year round. Open to all age groups. Pool admission is required).

Iron Man Training – Thursday 5:45pm – 6:45pm.
All Ages train with Sue Williams

Running and Flags Training – Friday 5:30pm – 6:30pm.
All Ages – Dan Flesfadar

Hot Weather Policy

Please watch the Friday night evening forecast on Channel 7 News.
If the weather is forecast to be 38 degrees or higher our Saturday training time will be modified and primarily water based.

Start Time: 9:15am U/8's to U/13's
Start Time: 9:45am U/6's and U/7's
Finish Time: 11:30am for all age groups.

Inclement Weather Policy

Inclement weather shall be deemed as low temperatures, high winds and high seas. The junior training program will be modified to include alternate learning opportunities such as theory sessions and depending on the conditions (in adopting our duty of care) may be cancelled. This decision will be made by our Junior Chief Instructor.

Uniform and Heat Policy

Club clothing is available for purchase through our Uniform Shop. Club bathers, rash vests, hats and more can be purchased. For further information and pricing please email pnuniforms@outlook.com

All kids are required to be 'Sun Smart' during training. This includes hats, sunscreen SPF 30 or higher (water resistant), rash vests or tops.

Port Noarlunga Surf Life Saving Club recognises Surf Life Saving SA's Sun Smart Policy and Sports Medicine Australia's Safety Guidelines for children in sport and recreation.

Responsibilities of Parents

A parent is required to be in attendance throughout the duration of all training programs.

Exception to this rule: Where a parent(s) is involved as an Age Group Manager, Water cover or is on General Life Saving Patrol or is performing another active member role.

All parents need to 'sign in' their child/ren at the beginning of training with their Age Group Manager. Please ensure at the end of training you 'sign out' your child/ren before leaving the club. This helps us to keep track of all children during training.

Parent Involvement

We invite and encourage all parents to participate and share the experiences of nipper activities with their children. Helping out commonly enhances the enjoyment of your kids' experience. Involvement with other aspects of the club is also welcomed. Parent membership is encouraged and is vital for the operational success of the club.

You can help by:

- **Setting up the beach before training.** You can be of great help by arriving 30 minutes early to offer assistance.
- **Washing off boards** or helping to **pack up the beach equipment** at the end of training.
- **Assist the Age Group Manager** during training – wear your bathers and join in with the games.
- Assist with **Fundraising** activities.
- Volunteer to help with the **BBQ** – This is conducted by way of an age group roster system.

Assistance by parents is definitely welcomed and appreciated at Port Noarlunga.

Swimming Policy

Swimming is a big part of Surf Life Saving however we are **not** a 'learn to swim' program. Unfortunately, we do not have the resources to provide swimming instruction for children who are unable to swim. Minimum survival skills (refer to Preliminary Skills Assessment – on the following page) will be required to be assessed before any aquatic activities can be undertaken. We encourage all parents to obtain 'qualified swimming tuition' for their children to ensure the above standard is met.

Endurance swim training is available for all junior members on Tuesday nights at Noarlunga Leisure Centre. **Please note this is not a swimming lesson with a qualified instructor.** The requirement to take part in this training is the completion of the Preliminary Skills Assessment.

The pool entrance fee will need to be paid at the pool for each session attended and a parent must stay for the duration of the session.

We do recognise that swimming in the sea is a new experience for many kids. The role of the Surf Life Saving Club and the Age Group Managers is to encourage kids and to help develop their confidence and skills as well as provide surf education.

Preliminary Skills Assessment

Every junior member is required to participate in this evaluation prior to commencing any water activity, training, or competition. It includes a swim and a float that is progressively increased by each age group.

Competition Evaluation Ocean Timed Swim

Every junior member who wishes to compete in water events at recognised carnivals must complete this assessment. (Not including wade events).

Surf Education Awards

The Junior Development Program pathways knowledge and skills learning outcome through lessons that are tailored to each of the age groups; ensuring the content is relevant and in-line with lifesaving and surf sports most up to date training standards. For more information please head to the Surf Life Saving South Australia Website.

Age groups are determined by a child's age on the 30th September each year. (ie: If you are 9 on the 30th September, you are in the U/10 age group).

Surf Life Saving SA Junior Award Summary Table

Age Group	Preliminary Skills Assessment	Competition Evaluation: Ocean Timed Swim	Surf Education Awards
Under 6	Shallow water activities only	Not applicable	Surf Play 1
Under 7	Shallow water activities only	Not applicable	Surf Play 2
Under 8	25 metre swim (any stroke) 1 min survival float	150m ocean swim (competition course)	Surf Aware 1
Under 9	25 metre swim (any stroke) 1 min survival float	150m ocean swim (competition course)	Surf Aware 2
Under 10	25 metre swim (freestyle) 1 ½ minute survival float	150m ocean swim (competition course)	Surf Safe 1

Under 11	50 metre swim (freestyle) 2 minute survival float	200m ocean swim (competition course)	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	200m ocean swim (competition course)	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	200m ocean swim (competition course)	Surf Smart 2

Club Craft – Junior Equipment

- You must be a financial member.
- Only foam nipper boards are to be used at trainings on Saturdays.
- If you wish to use a board outside of nippers training please have the courtesy to ask a member and only use the foam nipper boards.
- **NO** boards are to be taken home.
- Please ensure that the board you have used gets washed down after use and returned to the rack in which you got it from.
- Report any damages to your Age Group Manager, the Junior Chief Instructor or a Committee Member as soon as possible.
- There is some space available for private craft, please see the Junior Chief Instructor to be allocated a position. No craft outside of nipper boards are permitted.
- There is to be no dragging of any boards. They are to be carried at all times.

Medical Conditions

Please ensure all relevant health information has been supplied at time of registration. All medical conditions and any special requirements for a junior participant must be brought to the attention of their Age Group Manager prior to undertaking activities.

Insurance

All members who sign The Surf Life Saving Australia membership form and pay the clubs designated fees are insured under Surf Life Saving SA's Policy. This includes participation in club training and competing at sanctioned Surf Life Saving SA Events.

For further details please contact Surf Life Saving SA by phone on 8354 6900 or head over to their website www.surflifesavingsa.com.au

Club Reporting Officers

Port Noarlunga Surf Life Saving Club has members trained as Club Reporting Officers (CRO's) for the Nipper Safe Program. They are trained to recognise behaviours and have the resources and knowledge to assist others through any reporting process.

Any registered member of Surf Life Saving SA can be trained to be a CRO. Please register any interest with Surf Life Saving SA.

Child Safety Officer

Port Noarlunga Surf Life Saving Clubs Child Safety Officers role is to educate and promote awareness.

They may provide training, distribute or promote the Child Safe Policy, assess risks to child safety and ensure all volunteers have undertaken the correct screening according to the legislation.

Nipper Safe

Nipper Safe is a Member Protection Strategy developed by collaboration between the South Australian Police and Surf Life Saving South Australia, with support from Children Family and Youth Services, the Sexual Offender Treatment and Assessment Program and the Office for Recreation and Sport. It has a very simple objective – To reinforce Surf Life Saving Nippers as a safe and positive environment for children to learn and develop.

End of Season Junior Awards

Age Group Club Champions Male and Female U/8's to U/13's

These awards are decided using the results from the following State Carnivals throughout the season. One male and one female will receive this award per age group.

State Carnivals

15 November 2020 – State Carnival #1 – Seacliff

13 December 2020 – State Carnival #2 - Grange

31 January 2021 – State Carnival #3 – Glenelg

21 February 2021 – State Carnival #4 & Junior States Qualifiers – Normanville

20/21 March 2021 – Junior States - Seacliff

Junior Clubman

At the end of the season one Junior Member (male or female) is awarded the Junior Clubman Award. Age group managers, coaches and junior committee vote each week for a minimum of 8 weeks to decide this award. The criteria for the award encompasses the following:

The junior member should be an all-rounder in both competition and lifesaving. They are generous in helping out their fellow peers, show leadership skills to an outstanding level and excel in all areas to be an outstanding Junior Member.

Vern D’Cruz – Encouragement Award

At the end of the season one Junior Member (male or female) is awarded the Vern D’Cruz Award. Age group managers, coaches and junior committee vote each week for a minimum of 8 weeks to decide this award. The criteria for this award encompasses the following:

This award is an encouragement award and is based on the person that has improved in all aspects of Surf Life Saving including competition. It also looks at their personal growth and development. It is someone who shows great leadership skills and is looked up to by their peers.

Junior Lifesavers of the Year – Male and Female

Junior Lifesavers of the year needs to be voted on as **two** different people – **one male and one female**.

At the end of the season two Junior Members (one male and one female) are awarded Junior Life Saver of the Year. Age group managers, coaches and junior committee vote each week for a minimum of 8 weeks to decide these awards. The criteria for this award encompass the following:

Attendance and participation at junior club training and activities. They need to represent the club at carnivals and other surf sport events, show self-initiative and have willingness to be involved in all areas of junior training (beach/water/club). They need to demonstrate good leadership and sharing skills and be able to follow instructions. A good general knowledge of Surf Life Saving and a genuine interest in club activities. They need to have obtained any relevant awards and have a past and future involvement in Surf Life Saving. They are respected by other junior lifesavers and seen as a role model.

Competition, Carnivals and State Titles

Informal Competition

This is encouraged each week during Saturday Training. All junior members will be encouraged to do their best and develop to their full potential whilst having fun.

Formal Competition

This will be encouraged for children in the U/8 – U/13 age groups through State Carnivals. Carnivals are a great way for nippers to practice their skills in a friendly atmosphere but are not compulsory.

Carnival Days

On carnival days all junior competitors need to report to their Age Group Managers at the Port Noarlunga Tent by 7:00am. Events start at 8:00am.

Children are to remain with their Age Group Managers during carnivals as they are responsible for the children during events. Parental assistance carrying towels, water bottles etc. is necessary and invaluable.

All children are required to wear a long sleeve top and hat when not competing.

State Titles

State Titles are held late February or early to mid-March each year at the end of the season. All children are encouraged to compete at the State Titles.

There is an expectation that a junior member will attend 2 carnivals prior to attending the Junior State Qualifying Titles immediately preceding the Junior State Titles.

Team Selection

The Head Coach, in consultation with the other coaches, will select teams primarily based on ability and performance at training, carnivals and club championships. If necessary match races will be used to finalise selection (eg paddle/swim/run offs).

Other factors to be considered are availability, the competitor's ability in the different conditions, willingness to compete, commitment to training (attendance and performance), illness/injury, past performances, consistency and workload.

Notice of Team Selection will be given during Nipper Training session approximately one week prior to the competition.

For a more detailed policy on the Team Selection process please refer to the Port Noarlunga Surf Life Saving Website.

Port Noarlunga Surf Life Saving Club www.pnslsc.com.au

Competitors Code of Conduct

- Play by the rules and never argue with an official. If you disagree it is your Age Group Manager who needs to approach the Official after the Competition.
- Work hard for yourself and your team.
- Be a good sport. Applaud all good performances regardless of the club the person is from.
- Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Participate for your own enjoyment and most importantly have fun!!

Parents Code of Conduct

- Encourage your child/ren to participate – do not force them.
- Focus on your child/ren's efforts rather than winning or losing.
- Encourage them to participate in accordance with the rules.
- Never ridicule or yell at a child for making a mistake or for coming last.
- Remember children learn from example. Applaud all efforts by all participants.
- Respect Officials' decisions and teach your children to do likewise.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Show your appreciation towards Age Group Managers, Coaches, Officials and Administrators. Without them your child could not participate.
- For full information on Policies and Code of Conduct please visit the SLSSA website.

Resources

Websites

Port Noarlunga Surf Life Saving Club
Surf Life Saving SA
Surf Life Saving Australia

www.pnslsc.com.au

www.surflifesavingsa.com.au

www.sls.com.au

TeamApp – Communication

All our information gets posted and is regularly updated in Team App. Calendars, Newsletters, Flyers and Circulars and a Chat room on Team App

PORT NOARLUNGA SLSC

NOW HAS ITS OWN APP



Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the PORT NOARLUNGA SLSC App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "PORT NOARLUNGA SLSC".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to portnoarlungaslsc.teamapp.com to sign up and view this App online.



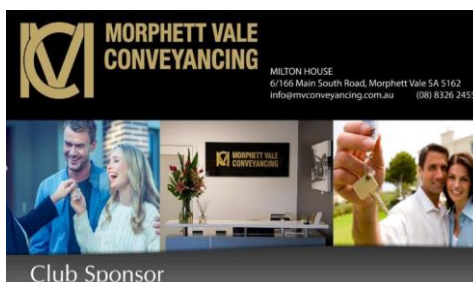
Need help?

Contact: Nathan Kuchel
Email: nath.lisa@kaasa5.com

teamapp.com

Sponsors

We would like to thank our sponsors for their continued support of the club.



Calendar

See over the page for the season calendar. It is correct as at the start of the 2020 – 2021 season. This may however be subject to change by other organisations such as Surf Life Saving SA or weather conditions.

There may also be additional training sessions or other events that will be scheduled in. Please check in with Team App or Surf Guard messages for any alterations or updates.

October 2020

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
	29 Swim 6-7pm All Ages	30	1	2	3	4 U8-U13 Boards 9 -11am
5	6 Swim 6-7pm All Ages	7	8 Ironman U8-U13 5:45pm-6:45pm	9	10 Patrol Season Starts 	11 U8-U13 Boards 9 -11am
12	13 Swim 6-7pm All Ages	14	15 Ironman U8-U13 5:45pm-6:45pm	16 Run/Beach U8-U13 5:30pm-6:30pm	17 NIPPERS START U8-U13 10:15a-12:30pm	18 U8-U13 Boards 9 -11am
19	20 Swim 6-7pm All Ages	21	22 Ironman U8-U13 5:45pm-6:45pm	23 Run/Beach U8-U13 5:30pm-6:30pm	24 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm	25 U8-U13 Boards 9 -11am
26	27 Swim 6-7pm All Ages	28	29 Ironman U8-U13 5:45pm-6:45pm	30 Run/Beach U8-U13 5:30pm-6:30pm	31 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm	1 U8-U13 Boards 9 -11am

November 2020

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
2	3 Swim 6-7pm All Ages	4	5 Ironman U8-U13 5:45pm-6:45pm	6	7 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	8 U8-U13 Boards 9 -11am
9	10 Swim 6-7pm All Ages	11	12 Ironman U8-U13 5:45pm-6:45pm	13	14 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	15 Carnival #1 SEACLIFF  Starts 7am
16	17 Swim 6-7pm All Ages	18	19 Ironman U8-U13 5:45pm-6:45pm	20 Run/Beach U8-U13 5:30pm-6:30pm	21 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	22 U8-U13 Boards 9 -11am
23	24 Swim 6-7pm All Ages	25	26 Ironman U8-U13 5:45pm-6:45pm	27 Run/Beach U8-U13 5:30pm-6:30pm	28 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	29 U8-U13 Boards 9 -11am

December 2020

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>30</u>	1 Swim 6-7pm All Ages	2	3 Ironman U8-U13 5:45pm-6:45pm	4 Run/Beach U8-U13 5:30pm-6:30pm	5 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	6 U8-U13 Boards 9 -11am
<u>7</u>	8 Swim 6-7pm All Ages	9	10 Ironman U8-U13 5:45pm-6:45pm	11 Run/Beach U8-U13 5:30pm-6:30pm	12 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	13 Carnival #2 GRANGE  Starts 7am
<u>14</u>	15 Swim 6-7pm All Ages	16	17 Ironman U8-U13 5:45pm-6:45pm	18 Run/Beach U8-U13 5:30pm-6:30pm	19 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	20 U8-U13 Boards 9 -11am
<u>21</u>	22	23	24	25 	26 NO NIPPERS 	27
<u>28</u>	29	30	31	1 	2 NO NIPPERS 	3

January 2021

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>4</u>	5 Swim 6-7pm All Ages	6	7 Ironman U8-U13 5:45pm-6:45pm	8 Run/Beach U8-U13 5:30pm-6:30pm	9 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	10 U8-U13 Boards 9 -11am
<u>11</u>	12 Swim 6-7pm All Ages	13	14 Ironman U8-U13 5:45pm-6:45pm	15 Run/Beach U8-U13 5:30pm-6:30pm	16 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	17  Pt Noarlunga SLSC Starts 7:30am
<u>18</u>	19 Swim 6-7pm All Ages	20	21 Ironman U8-U13 5:45pm-6:45pm	22 Run/Beach U8-U13 5:30pm-6:30pm	23 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	24 U8-U13 Boards 9 -11am
<u>25</u>	26 Swim 6-7pm All Ages	27	28 Ironman U8-U13 5:45pm-6:45pm	29 Run/Beach U8-U13 5:30pm-6:30pm	30 March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	31 Carnival #3 GLENELG  Starts 7am

February 2021

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>1</u>	<u>2</u> Swim 6-7pm All Ages	<u>3</u>	<u>4</u> Ironman U8-U13 5:45pm-6:45pm	<u>5</u> Run/Beach U8-U13 5:30pm-6:30pm	<u>6</u> March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	<u>7</u> U8-U13 Boards 9-11am 
<u>8</u>	<u>9</u> Swim 6-7pm All Ages	<u>10</u>	<u>11</u> Ironman U8-U13 5:45pm-6:45pm	<u>12</u> Run/Beach U8-U13 5:30pm-6:30pm	<u>13</u> March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	<u>14</u> U8-U13 Boards 9-11am
<u>15</u>	<u>16</u> Swim 6-7pm All Ages	<u>17</u>	<u>18</u> Ironman U8-U13 5:45pm-6:45pm	<u>19</u> Run/Beach U8-U13 5:30pm-6:30pm	<u>20</u> March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	<u>21</u> Carnival #4 NORMANVILLE  Starts 7am
<u>22</u>	<u>23</u> Swim 6-7pm All Ages	<u>24</u>	<u>25</u> Ironman U8-U13 5:45pm-6:45pm	<u>26</u> Run/Beach U8-U13 5:30pm-6:30pm	<u>27</u> March Past 9-10am NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	<u>28</u> U8-U13 Boards 9-11am

March 2021

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
<u>1</u>	<u>2</u> Swim 6-7pm All Ages	<u>3</u>	<u>4</u> Ironman U8-U13 5:45pm-6:45pm	<u>5</u> Run/Beach U8-U13 5:30pm-6:30pm	<u>6</u> March Past 9-10am FINAL NIPPERS U8-U13 10:15a-12:30pm TADPOLES 10:45a-12:30pm	<u>7</u> U8-U13 Boards 9-11am
<u>8</u>	<u>9</u> Swim 6-7pm All Ages	<u>10</u>	<u>11</u> Ironman U8-U13 5:45pm-6:45pm	<u>12</u> Run/Beach U8-U13 5:30pm-6:30pm	<u>13</u>	<u>14</u> U8-U13 Boards 9-11am
<u>15</u>	<u>16</u> Swim 6-7pm All Ages	<u>17</u>	<u>18</u> Ironman U8-U13 5:45pm-6:45pm	<u>19</u> Run/Beach U8-U13 5:30pm-6:30pm	<u>20</u> States Day 1 SEACLIFF  Starts 7am	<u>21</u> States Day 2 SEACLIFF  Starts 7am
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
<u>29</u>	<u>30</u>	<u>31</u>				