



North Cottesloe SLSC Cadets

Information Pack 2018-19 Season

Welcome to North Cottesloe Cadets

Welcome Cadets to our 2018/19 Centenary Season. We welcome new members and those continuing from last season to join us for a big year ahead!

Cadets is about surf lifesaving - with a focus on having fun, teaching surf education skills and emphasising community awareness for teenagers aged between thirteen and sixteen.

Our aim is to provide a safe, friendly and welcoming environment where Cadets can interact and enjoy a morning at North Cottesloe Beach. Our Cadets will further have access to training and competition for those who wish to participate. We hope in years to come we will have formed a new generation of Surf Lifesavers at North Cottesloe.

We encourage all parents to participate in our Cadet Program, whether it be providing water safety, organising activities or cooking up a BBQ. Like all volunteer organisations we can only be as good as the help we get, the more help the better it is for everyone.

We look forward to another positive and rewarding season for all!

Who can join Cadets?

All ages for surf lifesaving are determined as at 30 September of each year. Any child who is 13 years old by 30 September 2018 and a maximum of 16 years old by 30 September 2018 may register for the North Cottesloe Cadets Program.

Age as of 30 September 2018	SLSA Age Group
13 years on 30 September	U/14
14 years on 30 September	U/15
15 years on 30 September	U/17
16 years on 30 September	U/17

Our Cadets Program will focus on developing surf lifesaving, beach running, board paddling and surf swimming skills. It will also give the Cadets an opportunity to learn to paddle a ski. Our Sunday program will focus on building fitness and confidence in surf sports so that we maximise our participation within this group in our surf sport training programs. We will also focus on lifesaving and further education skills. Ultimately, we hope several cadets will represent the club in Senior Competition.

Typical Cadet Sunday at North Cottesloe

Start Time

10.30am: Cadets will start with the club swim. We encourage all cadets to arrive in time for the swim as it will be a good warm up and team building activity each week.

10.45am to 12.00pm: Each Sunday of Cadets will be different depending on which Section or Education Member is presenting. Cadets will have an opportunity to improve their lifesaving knowledge and skills as well improving their fitness and surf skills (i.e. Board paddling, beach running, surf swimming and/or ski paddling).

All Cadets need to be marked off by their age manager before the program starts and when the program ends. We encourage cadets to arrive early so that they don't miss the club swim.

All Cadets are to remain with their group for the full duration of Sunday Cadets. If for any reason you need to leave early then your Cadet Manager needs to be notified. All parents are strongly encouraged to assist in any way they can. It is a great way of meeting new people.

Safety Guidelines

Working with Children Form

If you are assisting with the North Cottesloe Cadets Program and are over the age of 18 years old you must be a financial member of the club and complete the Working with Children Check or National Volunteer Police Check. For further information regarding the process to obtain these clearances please click [HERE](#) to view the SLSWA Website.

Camera / Video Policy

Please note that taking photographs or videos of Cadets on the beach is against SLSWA Policy. Videos and cameras are not allowed to be used during Cadet Sunday events and/or taken into the competition areas during Surf Carnivals. Each club has an authorised publicity officer (who must wear identification) who can take photographs of club members. Parents can only take photographs of their own children in the club tent areas and outside of the competition area.

North Cottesloe would like to use some of the photographs and videos of you and/or your child in its communication activities and in material for the purposes of promoting the club. By signing the declaration on the registration form, you are consenting to the use of your child's image for club purposes.

How can I help?

There are many ways to get involved as a parent at Sunday Cadets - All you need to do is ask!

One thing that is clear is the more you get involved, the more your child and you will enjoy the experience. There are many jobs you can help with; you do not need to have had surf lifesaving experience. Here are some of the ways you might be able to assist:

- Help set up and pack up for beach activities;
- Learn the skills required to be an official;
- Help prepare food / Assist with cooking the BBQ;
- Complete your Bronze Medallion to assist with Water Safety;
- Assist with Education and Training;
- Assist on the day of competition carnivals organising athletes;
- Become an Age Manager or Assistant Age Manager;
- All offers of assistance and ideas are welcome.

Please contact Brooke Ponchard in the office on SurfSport@ncslsc.com to learn how best to become involved with the Cadet Program. We really welcome all offers of assistance and most importantly, it's a great way of meeting new people.

Surf Education and Competition Proficiencies

North Cottesloe SLSC takes surf education seriously, and it is one of the key reasons for developing a Cadet Program. Surf Education is an important part of Cadets and is based on a clearly defined structure and outcomes, as set by SLSWA, to aid the children's lifesaving development. During the season all Cadets must gain their respective Surf Education award for their age group. Listed below is a summary of the awards for each age group:

Aged 13-14 Surf Rescue Certificate (SRC)

Aged 15+ Bronze Medallion

If you have previously completed your SRC or Bronze Medallion you will need to undertake a Skills Maintenance Check prior to the 31st of December of each year unless you have turned 15 and will complete the Bronze Medallion. If you are unable to undertake the Bronze Medallion course until January, you will need to complete an SRC skills maintenance check before the 31st of December. Any Cadet who would like to compete in competition must complete their relevant Award by 31 December and be entered Surf Guard.

We encourage all cadets who have not yet achieved their SRC and/or Bronze and are eligible (i.e. are 14 or 15 years of age), to please register during the season. Booking courses and requalification's can be found on our website by clicking [HERE](#). For any further information please contact Kirsty Hayden in the Office on Development@ncslsc.com.

Training

The Club is proud to be offering all Cadets with the opportunity to train and advance their skills and techniques both in the water and on the sand. We are offering different sessions to cater for all skill levels. All training sessions are run to a program, so it is important that all Cadets arrive 15 minutes early. Late arrivals disrupt the program for both trainers and Cadets. The Training Timetable will be included in the Club Newsletter as well as posted onto the "North Cott Juniors" Team App page. For any further information please contact Brooke Ponchard in the Office on SurfSport@ncslsc.com.

Board Policy

Parents and Cadets are reminded that all club boards are only to be used during designated training sessions, Cadet days and Carnivals. Boards are NOT to be used before or after designated times. Club boards cannot be taken home unless permission has been granted, or as in the case of approved competitors, a board allocation contract has been signed.

Fiberglass Boards

Fiberglass boards are available for hire for the cost of \$320 (\$220 incl GST with a \$100 GST free deposit) for the season. As part of the arrangement, these boards will need to be brought to the beach on Sundays for Cadets as well as for North Cottesloe training sessions.

If the board is damaged, the Chair of Juniors needs to be contacted who will arrange for it to be fixed with the cost payable by the hirer (unless the damage is incurred at Sunday Cadets,

club training or at a Surf Carnival). Please report all damage as soon as possible as water will continue to be absorbed which can cause greater long-term damage.

Carnivals and Competitions

The 2018/19 season offers a wide range of competition events including beach and water racing events along with R&R, March Past and multi skill events like First Aid and Champion Lifesaver competitions. There are events for all ages and skills, culminating in the State Championship each year. Please note that Cadets will need to have participated in all of the following to gain entry to the State Championships:

- One carnival per month in November, December and January; and
- Country Carnival at the end of January.

More detailed information will be provided before each carnival and Cadets will be encouraged to represent the club where possible. The club will seek to be reimbursed for the cost of entry where Cadets have been entered into carnival competitions and have not attended. Extenuating circumstances will of course be considered.

For any further information please contact the Chair of Juniors on Juniors@ncslsc.com or Brooke Ponchard in the Office on SurfSport@ncslsc.com.

Code of Conduct

Parents Code

- Do not force an unwilling child to participate.
- Children are involved for their enjoyment, not yours.
- Encourage children to play by the rules.
- Encourage the concept that - effort is as important as the result.
- Work towards improving skills and sportsmanship.
- Do not yell or abuse a child for making a mistake.
- Recognise and encourage good play or efforts.
- Respect the efforts of volunteer Age Managers, Coaches, Water Safety and Committee members. They are not there to be abused or harassed. They are doing their best.
- When at carnivals, treat the Officials and carnival organisers with respect. If unhappy with a decision launch a formal protest.

Cadets Code

- Participate to enjoy the sport.
- Follow the rules and regulations.
- Control your temper and be a good sport.
- Treat other participants as you would like to be treated.
- Encourage all in your team.
- Respect the equipment you use.
- Listen to your age manager, water safety and trainers.

- Respect the decision of officials at carnivals.

If a parent or child fails to comply with the above code of conduct they may be referred to the club's disciplinary committee.

Calendar for 2018/19 Season

North Cottesloe Cadet Program

Event	Date	Location
Season Opener	Sunday 7 October 2018 10.00am – 12.00pm	North Cottesloe SLSC
Sunday Cadets	Sunday 21 October to Sunday 10 December 2018 and then, Sunday 13 January to Sunday 24 March 2019 (10.30am to 12.00pm)	North Cottesloe SLSC

Senior Carnivals

Event	Date	Location
Endurance Championships	Saturday 27 October 2018	TBC
Senior Round 1	Sunday 11 November 2018	TBC
First Aid Championship	Saturday 15 December 2018	TBC
Senior Round 2	Sunday 16 December 2018	TBC
Coastal Relay	Saturday 19 January 2019	North Cottesloe SLSC
Country Carnival	Saturday 26 January & Sunday 27 January 2019	Denmark, WA
Senior Round 3	Sunday 17 February 2019	TBC
Champion Lifesaver	Saturday 2 March 2019	TBC
Senior State Titles	Saturday 9 March & Sunday 10 March 2019	TBC

Club Contacts

Name	Position	Email
Alex Marsden	Chair of Juniors	Juniors@ncslsc.com
Brooke Ponchard	Surf Sports Development Officer	Surfsport@ncslsc.com
Kirsty Hayden	Development Officer	Development@ncslsc.com
John Barwood	Officials Officer	Jvbarwood@bigpond.com