



## **Season 2008-2009**

Coogee Surf Life Saving Club  
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[www.coogeeminnows.com.au](http://www.coogeeminnows.com.au)

Dear Minnows and Parents,

Welcome to the 2008-2009 season of Surf Life Saving. Spring is here and it's Minnows Registration time again! We are very pleased this year to continue with our **Major Sponsor Ray White Real Estate Randwick/Coogee South**, and our other sponsors Medina Apartments and Between the Flags.

### ***REGISTRATION & PROFICIENCY SWIM ARRANGEMENTS:***

This year's **two registration Sundays** will be **September 14<sup>th</sup> and September 21<sup>st</sup>**. Registrations will be at the **Coogee Randwick RSL Club - Carr St Coogee** from **11.30am - 1.30pm**.

**Proficiency Swims will be on the same day**, in the heated pool upstairs, so please ensure you bring your child's swim gear and goggles.

**Our first Minnows Sunday on the beach is on the 12<sup>th</sup> October at 8:45am.**

**Children must be aged 5 years or older on 1 October 2008 to be able to register.** Your child's age group is the year older than his or her age on 1 October 2008. (e.g. if your child is 6 years old on 1 October 2008 he or she will be in the under 7's).

Registration fees for this season are unchanged at:

- \$95.00 per child,
- \$135.00 for two children and
- \$165.00 for three or more children from one family (all GST inclusive).

All registering Minnows will receive a Coogee Minnows T-shirt as part of their registration fee. All Minnows must have a club cap, which if you are a new Minnow, can be purchased on registration day for \$15.00. We are continuing with the reversible caps with the club colours on one side and a single age group colour on the other. Age groups have their own colour, which remains the same for each season, so keep your colour caps from last year. All the Minnows Club gear including swimming costumes and hats (not compulsory), are available to purchase on the Registration days and at the beach each Sunday between 9.00am -10.00am.

To make your registration process as simple as possible, please complete the enclosed registration form and bring it with your payment (cheques made payable to Coogee Minnows) on one of the registration days. Please also sign the back of the Registration form. New Minnows will also be registering on these days.

**(Please Note: Cash and Cheques ONLY, Credit Cards are not accepted)**

A limit on numbers will apply for registrations in individual age groups. This is more an issue for the younger age groups. We are expecting strong demand again this year, so early registration is recommended to avoid disappointment. First preference will be given to last season's Minnows and their siblings, but registration on either Sunday September 14<sup>th</sup> or 21<sup>st</sup> is essential to guarantee a place this season.

### Proficiency Swims

In order to participate in water activities on the beach, individuals must achieve a minimum proficiency level. This minimum requirement, established by Surf Lifesaving Australia, is known as a **Preliminary Evaluation**. This is the proficiency evaluation that will take place on the two registration days.

Minnows that want to compete for Coogee must also complete their **Competition Evaluation**. This is required before registering for any competition, including Randwick Shield, Branch and State carnivals. These will take place in the first two weeks on the beach.

	Preliminary Evaluation	Competition Evaluation	
		Timed Pool Swim	Run-Swim-Run
Under 8	25 metre swim (any stroke) 1 minute survival float	Nil	Nil
Under 9	25 metre swim (any stroke) 1 minute survival float	200m pool swim within 6 minutes	Run-Swim-Run (50m-50m-50m)
Under 10	25 metre swim (freestyle) 1 ½ minute survival float	200m pool swim within 6 minutes	Run-Swim-Run (50m-50m-50m)
Under 11	50 metre swim (freestyle) 2 minute survival float	200m pool swim within 5 minutes	Run-Swim-Run (50m-100m-50m)
Under 12	100 metre swim (freestyle) 2 minute survival float	200m pool swim within 5 minutes	Run-Swim-Run (50m-100m-50m)
Under 13	150 metre swim (freestyle) 3 minute survival float	200m pool swim within 5 minutes	Run-Swim-Run (100m-100m-100m)
Under 14	200 metre swim (freestyle in under 5 min). 3 minute survival float	200m pool swim within 5 minutes	Run-Swim-Run (100m-100m-100m)
Notes	P.E will take place at registration days	C.E must be successfully completed before a junior member is eligible for competition and before December 31 <sup>st</sup> .	

At the two registration days, juniors will be encouraged to undergo evaluation. Each boy and girl will be timed and Nippers not reaching competition evaluation but still wanting to compete will have another opportunity to qualify during the first few weeks on the beach.

## **HOW PARENTS CAN GET INVOLVED IN THE COOGEE MINNOWS!**

We are continually working to make the Coogee Minnows a club where all children feel proud to be a member, where they learn individual and team skills on the beach and in the surf, and above all where they have a great time each weekend. As a voluntary organisation we need help from you, the parents and guardians, to be able to make this happen.

This year we are continuing with our program of team activities on the beach. This means we will continue to need Age Group Assistants to provide support to the Age Managers. These positions are supported by officials to help with marshalling age groups, recording places for races, and teams to assist in setting up the beach each Sunday.

We will also require qualified water safety officers in the surf (must have Bronze Medallion) during swimming and board events.

I am also looking for volunteers to help in the surf education activities (assisting age convenors guide the children through the simple workbooks during the season). We will be in contact with last year's age convenors to confirm your continued involvement shortly.

Please indicate on the tear-off slip attached how you would like to become involved with the Coogee Minnows surf club in any of the roles indicated, and return this with your completed registration forms.

We will be very happy to discuss any of these roles with you at the Registration days. This year's Bronze Squads, to obtain your surf bronze medallion and therefore work with the kids in the water, will be trained via the Senior Club, so please indicate your interest for this also.

Our first Bronze group is the **Spring Bronzies**.

They will commence training on September 9<sup>th</sup>. If you have any interest and need more information please send an email to [info@coogeeinnows.com.au](mailto:info@coogeeinnows.com.au).

Bronze Certificate qualified parents are essential to the success of Coogee Minnows.

### **Important Dates for Parents:**

#### **Information Day** (Coogee Surf Club)

A session for first time parents will be held at the Coogee Surf Club at **10.00am -11:00am on Sunday, September 28<sup>th</sup>**.

This session is highly recommended if you want to know what goes on, who does it, how they do it and when they do it and even how they feel when they are doing it...for parents of all age groups.

#### **Training Days** (Coogee Bay Hotel)

##### **Saturday, September 27<sup>th</sup>**

- 12:30- 1:30pm. Age Manager and their designated 2<sup>nd</sup> in charge
- 1.30- 4:30pm. Training Day for parents that have attended a training session in a previous year. Includes All Water Safety & Age Assistants, at The Coogee Bay Hotel

##### **Saturday, October 18<sup>th</sup>**

- 1:30pm - 4:30pm: Training Day for ALL NEW PARENTS that want to assist on the beach as well as Age Managers, Water Safety, Age Assistants that couldn't attend the previous session, at The Coogee Bay Hotel

**Coogee Minnows Clothing:**

All available at Registration Days, and each Sunday on the beach 9.00am -10.00am

***The costs below are current estimates:***

Minnow's Age Caps \$15 (**Compulsory**)    Visors \$10    Bucket Hats \$5

Swimming Costumes

Boys	\$25
Girls	\$35
Women's	\$45
Men's	\$30
Minnows Rashies	\$10
Racing Vests	\$25

We look forward to contributing together to make this the best season yet.

See you on the beach

Tass Karozis

Minnows Captain,  
on behalf of the Minnows 2008-09 Committee.

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<b>Yes, I want to get involved in the Coogee Minnows as:</b>		
Age Convenor	<input type="checkbox"/>	Age group <input type="checkbox"/> Bronze Medallion Squad member <input type="checkbox"/>
Assistant Age Convenor	<input type="checkbox"/>	Age group <input type="checkbox"/> BBQ helper <input type="checkbox"/>
Water Safety Officer	<input type="checkbox"/>	Name: _____
General helper	<input type="checkbox"/>	Phone: _____
Surf Education Assistant	<input type="checkbox"/>	E-mail: _____