

# MINNOWS MAIL



Friday 27 February 2026



**Can you believe it! Less than 1 month to go!**

🔥 The Countdown is ON! 🔥

📅 Save the Date – March 22nd for our End of Season Awards! 🎉🌊

We're bringing the action to the beach. 🏆☀️

Our nippers will receive their awards in front of their peers, with parents and siblings joining us on the sand to cheer them on! 🎉👨👩👧👦

We will release all the details in the coming weeks.

✅ Friendly reminder that all Age Assistants and Age Managers are required to use the QR Code to sign on to the beach (its not just for Water Safety!!)

⚠️ Keep an eye on TeamApp for updates on any weather changes or Nippers cancellations.

Red and Yellow Day.

Red & Yellow Day is a nationwide celebration on March 4, 2026, to recognise the thousands of Surf Life Saving volunteers who dedicate their time to keeping our beaches safe.

Now it's our turn to show they can count on us, by simply wearing the colours on Red & Yellow Day

In doing so, you'll help Surf Life Saving turn the tide on coastal drowning. Because when you back the surf lifesavers on Red & Yellow Day, you can help save lives too.

To find out more, head on over to the website - [Red and Yellow Day](#)

#MinnowsMagic #AllHandsOnDeck #RedandYellowDay #NoMoreLostKids

The Minnows Management Team

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## In this week's Minnows Mail

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# Swim Confidence Group

Swim confidence is run every Sunday Morning during the first session of nippers by Michela. This group is designed to help children gain more confidence in the ocean, in addition to their nippers session. Meet at 7.15am for a 7.30am start under the tent at the entry point. If you are unsure whether the group is right for your child, please feel free to reach out to your age managers or email [water.confidence@coogeeinnows.com.au](mailto:water.confidence@coogeeinnows.com.au) and let us know your queries.

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## Seeking Expression of Interest

Are you interested in helping out at Minnows in other ways rather than on the beach? We are looking for enthusiastic and motivated volunteers to help behind the scenes at Coogee Minnows.

We are seeking expressions of interest in the following roles:

- Assistant Secretary - working with our Minnows Secretary and the Minnows Executive and Management Committees
- Graphic Design - working closely with our Minnows Social Media Coordinator and Minnows Photographer

If this sounds like something you would be interested in, please complete the form below, and a member of the team will reach out to you: [Expression of Interest Minnows Volunteer](#)

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## Minnows Sign Out & Parent Pick Up

- ✓ Kids will sit in their designated area at the end of the session.
- ✓ They will raise their hand when they spot their parent.
- ✓ Age assistants will remove their cap & release them to you.
- ✓ NO missing kids. NO beach lockdowns. NO police visits. (Yes, it's happened before. No, we don't want it to happen again. 😊)



## MINNOWS PACK DOWN: 1 MARCH


### Session 1 - LIGHT BLUE CAPS (U11)

 Session 1 Pack-Up Instructions – Let's Keep it Fun & Efficient! 

#### 1 All About the Boards:

Round up all the 3/4 Mals and Fiberglass boards off the beach.

Give them a rinse (they've worked hard too!).

Rack them up like pros—black to back fin (if you're scratching your head, check the diagram in the shed ).

#### 2 Gear Galore:

Wash down and return any other equipment your group used to either the Minnows cage or the back of the shed. Before you stash it, check with the age managers of the next session to see if they need to keep anything handy.

#### 3 Rescue Ready Areas:

Ensure every area is stocked with at least 2 surf rescue boards and 4 tubes. If older age groups were training with extra tubes, double-check with them. If they're done, rinse the tubes, tie up the cords like a boss, and hang them at the back of the shed.

### Session 2 - LIME CAPS (U9)

 Session 2 Pack-Up Instructions – The Big Finale! 

Here's what's involved for Session 2 pack-up (spoiler: it's a team effort)\*:

#### 1 Boards & Tubes Galore:


Collect all surf rescue boards, foam boards, and tubes from the beach.

Rinse them like the pros we are and store them properly:

- Surf rescue boards: on the portable racks.
- Tubes: at the back right of the shed (make sure cords are tied up neatly – no spaghetti mess).

#### 2 Tent Takedown & Flags:

All tents, age group flags, perimeter flags, and metal poles need to come in.

- The big tent? That's a 6-person job, so grab some mates and make it happen. 
- Large age group flags are stored on the 3/4 Mals at the back of the shed.

The small metal poles that hold them up go in the white bucket on the bottom shelf of the

- The small metal poles that hold them up go in the white bucket on the bottom shelf of the Minnows cage.

### 3 Tables & Poles:

- Long Metal poles go in the 3rd small cage (you'll spot it next to the tables).
- Tables belong in there too—don't just lean them on the side.

### 4 Minnows Gear:

- JSARK (blue box): stored on the right side, inside the Minnows cage.
- Tents: neatly placed in the middle row of the Minnows cage (you'll spot the others already there).
- Everything else marked for Minnows goes in the Minnows cage (middle cage).

### 5 Other Gear:

Any extra equipment your group used? Wash it, check with the next session (if relevant), and return it where it belongs.

Why Do We Need Everyone?

Second session pack-up is no small feat—this isn't a solo act. More hands = faster pack-up = happy Minnows crew. 🧑‍🤝‍🧑 Let's smash it out together and leave the beach looking as perfect as it did when we arrived. 🌊

Big team effort = big beach vibes. We got this! 👍

🌂 Teamwork Makes the Dream Work! 🌂

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## SEASON 2025/2026 OVERVIEW

### Sunday Session Times

**Session 1: 7.30am - 8.50am**

**U13 Red Caps**

**U12 Green Caps**

**U11 Light Blue Caps**

**U10 Pink Caps**

**Session 2: 9.15am - 10.30am**

**U9 Lime Caps**

**U8 Purple Caps**

**U7 Silver Caps**

**U6 Blue Caps**

Please keep an eye on our Facebook page for weather updates.

## Kids and Volunteers Only

Only Minnows and registered / financial and proficient volunteers are permitted onto the beach area. Parents should therefore ensure Minnows arrive completely ready to participate.

- Sunscreen applied
- Pink Rashie on
- Skull cap on
- Water Bottle
- Towel
- Goggles
- Wetsuit on, if using
- Have been to the bathroom

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## Sunday Water Safety Briefing

Please ensure you arrive in time to attend the water safety briefing for your session. Water Safety Briefings commence at 7.15am and 9am before session start times.

Please ensure you sign on via the Minnows Volunteer QR Code, which will be located with your Age Manager or Age Manager Delegate (signing on is the only way to accrue patrol hours for the season).

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## Age Assistant / Age Manager Sign on

All Age Assistants and Age Managers are required to sign on to the beach for each minnows session they attend. The QR code to sign on will be located with your age manager or age manager delegate at the start of the session.

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## Child Safety at Coogee Minnows

Protecting the safety and well-being of our children is at the heart of everything we do at Coogee. We have clear guidelines each season about who is allowed on the beach, specifically to ensure our children's safety. We make no apologies for following these essential processes.

If you have any concerns about these requirements, please feel free to reach out to the Minnows Captain ([captain@coogeeminnows.com.au](mailto:captain@coogeeminnows.com.au))



Fit2Swim's multi-award-winning swim programs are a great way to improve swimming skills in the lead-up to summer, as well as increase swimming fitness and endurance. Fit2Swim's indoor heated pool in Maroubra offers classes from squad level and learn to swim strokes down to parent-baby classes.

Please contact [support@fit2swim.com](mailto:support@fit2swim.com) or 0431 246 247

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Did you know our very successful Beach Competition Team is coached by Damien Costello from Coz Sprint? "Coz" is a 30 year Coogee Surf Club member and a previous Australian medalist.

Coz Sprint provides speed and agility training for all sports and level of athlete. It also provides rugby skills coaching. Call Coz on 0422 596 023, [cos2034@gmail.com](mailto:cos2034@gmail.com), [@CozSprint](https://www.instagram.com/CozSprint).

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## Regularly Used Links

[Coogee Minnows Calendar Season 2025/2026](#)

[Coogee Minnows Handbook](#)

[Coogee Minnows Contacts](#)

[Coogee Minnows Code of Conduct](#)

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Coogee Minnows is proudly supported by

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Coogee Surf Life Saving Club  
Cnr Beach & Carr St  
Coogee, NSW 2034

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