MINNOWS MAIL

Friday 30 October 2026

One Club, One Vision
Honesty & Transparency | Respect & Integrity | Inclusivity & Tolerance
Community & Culture

Coogee Surf Life Saving Club is built on community.
On our beach, people of all ages, cultures, backgrounds and experiences unite to serve and support others.
Tolerance means respecting differences, listening openly and fostering belonging. Kindness means helping new members, encouraging teammates, checking in and taking time to listen.
The red and yellow unites us; how we treat each other defines us. At Coogee, everyone deserves respect, can contribute and should feel welcome.
Our Club Values guide how we treat each other, local residents and beach visitors.

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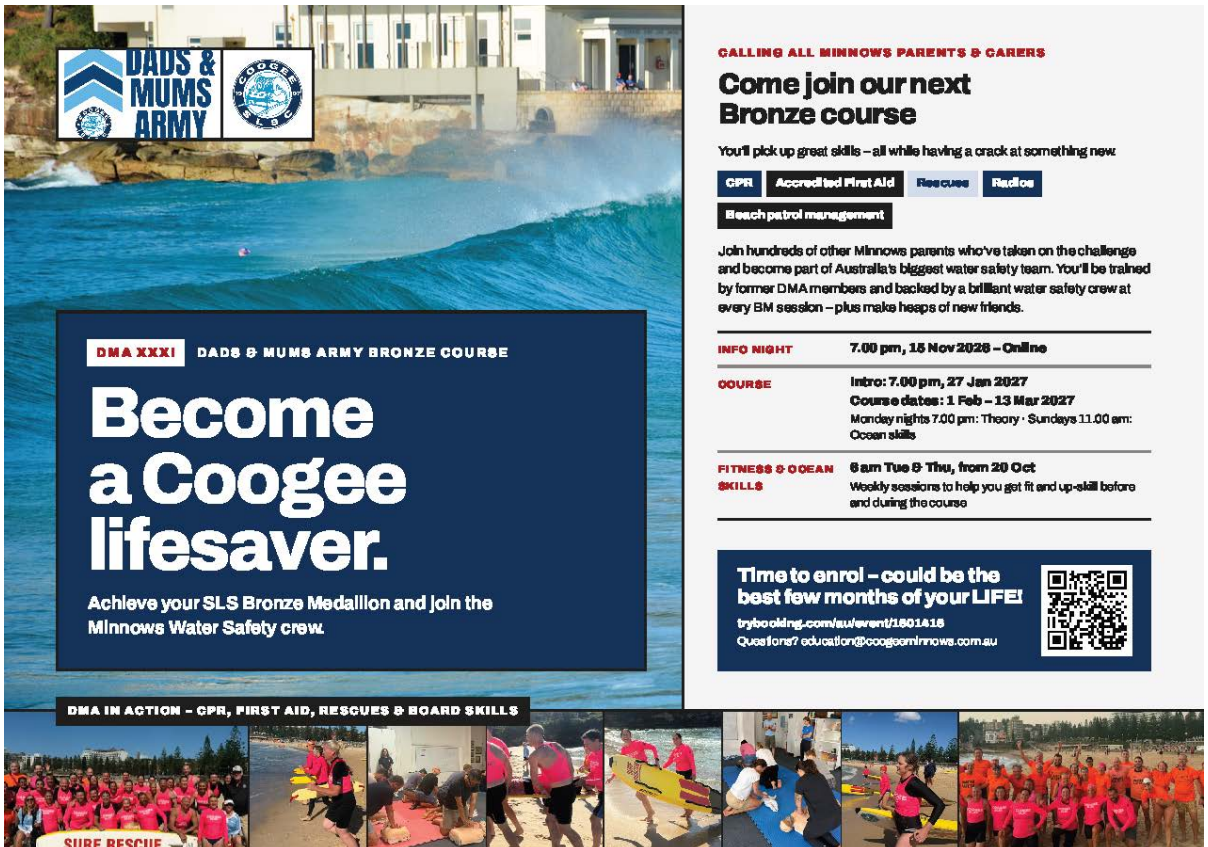

DMA XXXI (Dad's & Mum's Army Bronze Medallion Course

Attn: ALL Minnows Parents, especially from the younger age groups

Coogee SLSC Bronze Medallion for Minnows Parents is now open for registration for Jan-March 2027 - This will be quite a special group as it is our 30th Dads and Mums Group to go through - DMA XXXI.

If you are keen to get in the water and become part of the amazing Water Safety team, this course is for you. The course will also enable you to share in the teaching of our "young lifesavers in training" with your new Surf Lifesaving skills, be in the water, and ensure that their training is delivered via engaged and qualified members.

Our DMA XXXI Online information session will be held at 7.00pm Nov 15th 2026.
Info session is open to all and all questions covered.

🌊🛟 DOES YOUR MINNOW LOVE TO PERFORM? 🛟🌊

Does your child love performing 🕺, dancing 🩰 or gymnastics 🤸 AND also loves Nippers? Then Rescue & Resuscitation (R&R) might be the perfect fit for them! ❤️💛 Our amazing Coogee Minnows R&R Team is looking to grow, and we'd love to welcome some new faces!

We're especially looking for Minnows in:

🩷 U11 – Pink Caps
🩵 U12 – Light Blue Caps
💚 U13 – Green Caps

So, what is R&R? 🤔

R&R is a unique Surf Life Saving team event that combines teamwork, coordination, precision, marching and lifesaving skills. Think of it as a little bit of dance, a little bit of choreography and a whole lot of teamwork — all with a Surf Life Saving twist! 🌊 It's a fantastic opportunity for Minnows who enjoy performing, learning routines, working as part of a team and making new friends. ⭐ You don't need to be the fastest swimmer or runner — just bring your enthusiasm, team spirit and willingness to learn!

📣 WE'D LOVE TO HEAR FROM YOU!

We would love to see more Minnows discover the tradition, teamwork and enjoyment of Rescue & Resuscitation. If your Minnow would like to give R&R a go or you'd like to find out more, please reach out to our Minnows R&R Coordinators.
Jenny Trinca, RnR Captain, Coogee SLSC 0418489083 – rrcaptain@coogeeslsc.com.au or
Karren Maurer, (previous Gold Caps Age Manager) - karren.maurer@coogeeminnows.com.au
💙🩵 Come and be part of the Coogee Minnows R&R Team! 🌊🛟

Minnows Apparel Kiosk: CLOSED SUNDAY 1 NOVEMBER

2026/2027 Season Overview

26/27 MINNOWS SESSIONS

Session 1: 7.30am - 8.50am

U14 Red Caps
U13 Green Caps
U12 Light Blue Caps
U11 Pink Caps

Session 2: 9.15am - 10.30am

U14 Red Caps
U10 Lime Caps
U9 Purple Caps
U8 Silver Caps
U7 Blue Caps

U10 Lime Caps move to Session 1 in second half of the season (February 2027).
U6 Gold Caps start in second half of the season (February 2027) in Session 2.
Only Minnows and registered / financial and proficient volunteers are permitted onto the beach area.

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 early in the season

All Outstanding New Member External Pool Proficiencies U8-U14 are now OVERDUE!
If your child has not completed this please do not come to minnows until actioned.
Please send completed form to secretary@coogeeminnows.com.au ASAP!

Minnows Sign Out & Parent Pick Up

Minnows Management have created signs to help the kids sign out and give parents a central spot to gather at pick up time. This will make it much easier to find everyone quickly, so please be on time—our volunteers have other commitments after Minnows, and we want to keep things running smoothly!

✅ 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 NOVEMBER

Session 1 - PINK CAPS (U11)

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

📋).

2️⃣ 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.

3️⃣ 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 - SILVER CAPS (U8)

🏖️ Session 2 Pack-Up Instructions – The Big Finale! 🏄

Here's what's involved for Session 2 pack-up (spoiler: it's a team effort)*:
1️⃣ 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).

2️⃣ 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 Minnows cage.

3️⃣ 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.

4️⃣ 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).

5️⃣ 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! 🏖️

Sunday Minnows 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 prior to 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 you will be able to accrue patrol hours for the season)

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.

🏊 Swim Confidence Group 🏊

Swim confidence is run every Sunday Morning, between the white flags, during the first session of nippers by Age Manager 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@coogeeminnows.com.au and let us know your queries

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Parents Information

Club Wide Skills Maintenance

There are two additional mid-week sessions to allow people with Saturday commitments to complete their Skills Maintenance.

- Wednesday 4 November, 6.30-7.30pm, Totem Hall
- Thursday 12 November, 6.30-7.30pm, Totem Hall
- Saturday 14 November
- Saturday 12 December

Ensure you have completed the online learning prior to attending the physical session. Book your place via your SLS Hub account, eLearning, Training Events.

How Do I Become an Age Manager Assistant?

NOTE - U6 and U7 Age Group - Minnows does require at least one parent to become a general Nipper Parent member of the club and complete the Age Manager Award so they can be with their child on the beach.

We are always happy to welcome parent volunteers to help with a range of Minnows Activities. Instructions on how to become an Age Manager Assistant can be found on our website.

Working With Children Checks (WWCC)

All adult volunteers (Age Managers, Assistants, Water Safety) must hold a valid WWCC. Please send updated WWCC details to cpo@coogeeslsc.com.au. Checks occur throughout the season.

Minnows Competition

🌊Water🌊

Does your child love paddling boards at Minnows or enjoy swimming in the ocean and want to do more? Are they in a swimming squad and love racing? We'd love more of our U8–U10 nippers to join the Coogee water competition team!

Minnows introduces kids to surf lifesaving, and competition gives them the chance to develop those skills further through club training and carnivals around Sydney, with opportunities as they progress to race against kids from across the state at the NSW Championships. From surf swimming and board

racing to iron events and team relays, there's plenty to try — all while building confidence in the ocean, training with friends and making new ones. It's fun, a great way to feel part of the Coogee team and a chance to take the skills they enjoy learning at Minnows to a whole new level.
No competition experience is needed — just enthusiasm and a willingness to give it a go!

If your child is interested, please let your Age Manager know so or email water.coordinator@coogeeminnows.com.au and we can connect you with our Water Competition team and help you get started.

🏃‍♀️Long Distance 🏃‍♀️

Does your child love cross country or go for the longer events at the athletics carnival? Would they enjoy a new challenge? Get them to give the distance beach running events a go!
We'd love to start building up with runners of all ages - they can try it alongside sprinting or just focus on the longer events. It's a great opportunity to build strength and stamina and mix with kids from all age groups. No previous training or competition experience necessary.

Let your Age Manager know if your child is keen or come to training at Coogee Oval on Tuesdays to try it out.

🛟Rescue & Resuscitation (RnR) Competition Team: Competitors Wanted!🛟

Coogee Minnows is looking for future RnR competitors to represent the club.
What is RnR competition? RnR is a traditional surf lifesaving competition that simulates the rescue and resuscitation of a patient from the surf.
Coogee has a proud RnR history, with many State and Australian Championship titles. We are also the reigning SLS National RnR club of 25/26. The resuscitation skills taught in RnR support training and discipline for both the SRC and Bronze Medallion awards. RnR also develops teamwork, confidence, surf lifesaving skills and club spirit.
Training is usually 1–2 hours per week and may increase before the State and Australian Championships in the second half of the season. Days and times for training will depend on team and coach availability. RnR is ideal for younger Nippers who enjoy fun competition, would like to train and compete with a friend, enjoy dance/gymnastics/using their SLS skills and the beach. The RnR community is welcoming, hard-working and fun.

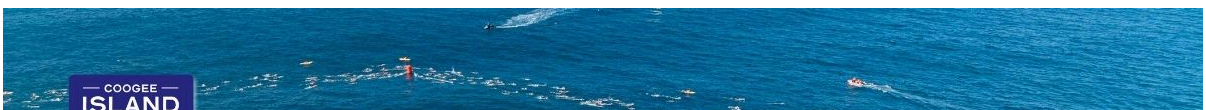
For more information, please contact:
Jenny Trinca, RnR Captain, Coogee SLSC 0418489083 – rrcaptain@coogeeslsc.com.au or
Karren Maurer, (previous Gold Caps Age Manager) - karren.maurer@coogeeminnows.com.au

👟Sprint Training 👟

We are recruiting for the Beach Competition Team!! We are an inclusive team who love to race and would love more team mates!
If you are a sprinter we do both individual and team events and for those with both speed and amazing reflexes there are flags. Come down and meet the team on Tuesdays or Thursdays at Coogee Oval from 5pm! Or reach out via email beachmanager@coogeeminnows.com.au
We would love to see you there!!!

We are super excited to welcome you back to the new season! We have taken your feedback on board from last year and we look forward to sharing some changes as we warm up!

Please join our competition Stack TeamApp group, search for Coogee Minnows - COMPETITORS!



Coogee Island Challenge - 10% Discount for Club Members!

Registrations are open for the Coogee Island Challenge, and we're offering Coogee SLSC members an exclusive 10% discount on entry fees!

Whether you're taking on the iconic 2.4km swim around Wedding Cake Island, the 1km in-bay swim or the 800m Community Swim, there's something for everyone. Simply enter promo code **CSLSCNOV2026CIC** when registering to receive your discount. We look forward to seeing plenty of Coogee members in the water!

CLICK HERE TO REGISTER TO SWIM

We need volunteers!

The Coogee Island Challenge would not be the success it is without the fantastic support from our Club Members. Your time, effort and experience are invaluable!

CLICK HERE TO VOLUNTEER

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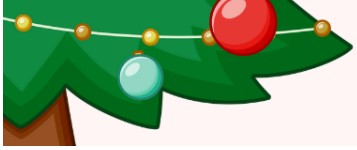
An early summer exclusive for Coogee SLSC members
From 29 October to 1 November
receive 25% off sitewide
Discount Code: COOGEE25

COOGEE SLSC Christmas Choir

Saturday 5th December

Randwick Council lighting of the Christmas lights at Maroubra Beach



SING INTO THE CHRISTMAS SPIRIT!

Fancy singing an easy Christmas carol and spreading some festive cheer? Join fellow Club members to sing at Randwick Council's Christmas lights celebration at Maroubra Beach on Saturday 5 December, 2-5pm.

We're also hoping to perform at Coogee Carols on Sunday 20 December, subject to a successful audition tape submission. More details to follow!

Rehearsals: 10-11am at the Club on 15, 22 and 28 November.

All participants must be financial members. Nippers are encouraged to join in too, with parental supervision required for children under 12.
Have a question, email education@coogeeslsc.com.au

Sign up here and add your voice to the Christmas cheer!

FIT2SWIM
SWIMMING & WELLNESS CENTRE

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 down to parents-and-babies.
Reach out at support@fit2swim.com or 0431 246 247.

Coz Sprint
Run with Style

Our Beach Competition Team is coached by Damien "Coz" Costello from Coz Sprint — a 30-year Coogee Surf Club legend and former Australian medalist. Coz Sprint provides top-tier speed, agility, and rugby skills coaching for athletes of every sport and level. If you want to get faster, stronger, and more confident, Coz is your guy.
Reach out: 0422 596 023, cos2034@gmail.com, @CozSprint.

Regularly Used Links

Coogee Minnows Handbook

Coogee Minnows Calendar

Coogee Minnows Contacts

Coogee Minnows Code of Conduct

Coogee Minnows is proudly supported by

Raine & Horne
Randwick | Coogee | Clovelly

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Cnr Beach & Carr St
Coogee, NSW 2034

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