



Nowra-Culburra
SURF LIFE SAVING CLUB INC

Junior Activities Information Booklet



2017 – 2018 Season

Welcome to Nowra Culburra SLSC Nippers

www.nowraculburraslsclsc.asn.au

Find us on 

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Welcome

The Junior Activities Committee would like to welcome all new and existing nipper families to another season of Nippers at Nowra Culburra Surf Life Saving Club. We are looking forward to another great summer on the beach educating our nippers.

Our aim is to introduce the juniors to the surf by teaching them the many facets of surf awareness and surf safety. Our club runs the junior development award program for each age group which teaches various skills in surf awareness and safety skills progressively leading into the surf rescue certificate in U/14.

We hope you will enjoy your time with us on the beach each Sunday and as Nowra Culburra SLSC and nippers is run entirely by volunteers we look forward to your participation, as you watch and become involved whilst your child progresses to one day becoming a fully qualified lifesaver. We also encourage nipper parents to be involved by doing their Bronze Medallion which then enables parents to do water safety on nipper days and at carnivals or becoming a level 1 official so we can fulfil our official requirements for carnivals.

We will continue to update you via our website www.nowraculburraslsc.asn.au or follow our face book page www.facebook.com/ncslsc . Please check the calendar on our website for important dates.

NCSLSC Nippers is trialling a new app – “Team App” it’ll keep you up to date with news, events, schedules & more.

To get the full features download the app to your smartphone.

launch Team App, then:

1. Sign- up to Team App. You’ll be sent an email to confirm your registration.
2. log in and search for NCSLSC Nippers & select your child’s age group to become a member.

If you require any further information that is not contained in this handbook or on the website please feel free to ask a member of the Junior Activities Committee.

See you on the beach.

Sunday Morning Routine

Each Nippers Sunday the beach setup will commence at 8am. If you are rostered on for beach setup please ensure you are here then to help. If you are not on the set up roster for that week arrive at the beach at around 9.00am to be ready for 9.15am start. When you arrive please ensure your child(ren) are wearing their nippers caps and high visibility vests. At the nippers call at 9:15 please get them to line up behind their age buckets. Nippers starts with a short meeting to inform parents and children of the day's activities. It is also a good way to find out what is happening around the club.

Nipper caps and High Vis Singlets must be worn throughout the events on Sundays. This identifies you to the Water Safety team and Age Mangers on the beach. Once nippers has finished children are to remove their Nippers cap. This signifies to everyone on the beach that the child is under their parents or guardians supervision.

After nippers and after asking their parents or guardians, children are more than welcome to use nipper boards to practice on. Parents are to supervise their children before and after nippers. If children do use boards after nippers please ensure that they then take the board back to the club house, hose off with fresh water and put away in the board racks.

Please note that The Club Does Not Teach Swimming and children will not be forced into deep water. However, as swimming is a major component of surf lifesaving it is strongly recommended that your child takes part in regular "learn to swim" programs or swimming squads to their appropriate level.

During nippers a parent or guardian is required to be at the beach and accessible during nippers and to resume responsibility for their children at the conclusion of the day's events. Nippers is not a child minding service.

What to Bring to Nippers

- Nippers Cap
- Hi Vis Singlet
- Swimmers
- Sunscreen
- Water Bottle
- Swim goggles
- Towel

The only compulsory items required to participate in nippers are the club cap and Hi Vis singlet (one high vis singlet will be given to each nipper after registration) which must be worn during nippers. Nowra Culburra SLSC swimmers, rash shirts, caps, high Vis Singlets, t-shirts etc are available for purchase from the canteen or via the clubs website.

Bad weather / surf conditions

Each morning the JAC committee will assess beach and weather conditions to ensure they are suitable to run nippers. We are very lucky in that if Warrain Beach (Surf Club Beach) is not suitable for nippers we can relocate nippers to Culburra Beach (generally Tilbury Cove or Ocean St). If nipper's is relocated we still commence at 9.15am at the surf club and the children walk across to Culburra Beach with their age manager. Nippers will still be on if it is raining but will be cancelled if there is any sign of lightning. In the event that nippers is cancelled we will send out an SMS and email as soon as possible.

Registration

Registration / proficiency days for this year are:

30 th September 2017	10.30 am to 12.00 pm	Bomaderry indoor pool
7 th October 2017	10.30 am to 12.00 pm	Bay & Basin leisure centre

Membership Fees

Nippers - 5 to 14	\$80.00 per child
Active / Patrolling Member	\$40.00
Social Member	\$20.00

Age Groups / Proficiency Requirements

Age groups remain a minimum age of 7 years (U/8) up to a maximum age of 13 years (U/14) on a seasonal basis, with age group for the season being determined as at midnight on 30 September at the commencement of that season.

Listed below are the age groups members will be in for the 2016/17 season if they are born between the following dates:

Age Group	Date of Birth
Under 6	1st October 2011 to 30th September 2012
Under 7	1st October 2010 to 30th September 2011
Under 8	1st October 2009 to 30th September 2010
Under 9	1st October 2008 to 30th September 2009
Under 10	1st October 2007 to 30th September 2008
Under 11	1st October 2006 to 30th September 2007
Under 12	1st October 2005 to 30th September 2006
Under 13	1st October 2004 to 30th September 2005
Under 14	1st October 2003 to 30th September 2004

Note: Proof of age/birth certificate must be sighted for all new children joining a Surf Life Saving Club.

U/6 and U/7 members may participate in activities on an educational basis only, meaning children in these age groups may not compete in any point score/ championship events.

A child may join a Club as soon as he/she turns 5 years of age. No Club is to accept membership of a child until they have reached the age of five years to comply with insurance requirements. A child who reaches five years of age after 30th September 2016 may join Nippers at that time; however, this child will be required to stay in the U/6 Nippers age group again the following season. It is the clubs responsibility to explain this to the parents of the child.

SLSA Junior Evaluations and Education National Guidelines.

Preliminary Evaluation	Competition Evaluation		Surf Education Awards
Under 6 Surf Play 1	From a standing position in waist deep water perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.		Surf Play 1
Under 7 Surf Play 2	From a standing position in waist deep water perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.		Surf Play 2
Under 8 Surf Aware 1	25 metre swim (any stroke)1 minute survival float	Nil (no water competition, except for wade which takes place in waist deep water)	Surf Aware 1
Under 9 Surf Aware 2	25 metre swim(any stroke)1 minute survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Aware 2
Under 10Surf Safe 1	25 metre swim(freestyle)1 1/2 minutes survival float	Minimum 150m open water swim (competition course as per competition manual)	Surf Safe 1
Under 11Surf Safe 2	50 metre swim(freestyle)2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Safe 2
Under 12Surf Smart 1	100 metre swim(freestyle)2 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 1
Under 13Surf Smart 2	150 metre swim(freestyle)3 minutes survival float	Minimum 288m open water swim (competition course as per competition manual)	Surf Smart 2
Under 14SRC	200 metre swim(freestyle, in less than 5 minutes)3 minutes survival float	Minimum 288m open water swim (competition	Surf Rescue Certificate

		course as per competition manual)	
Assessors	Delegated authority as per the SLSC Circular No. 108/15-16.		
Notes	Every junior member is required to participate in this evaluation, conducted by the club, prior to any junior water activity training or competition being undertaken. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities at the discretion of the club.	The competition evaluation must be achieved before any members are eligible to compete	Every junior member should achieve the relevant Surf Education Award appropriate to their age group.

We Need Your Help!!!!

The Club and Nippers operates entirely from volunteer help. Our dedicated volunteers both past and present are what have made Nowra Culburra SLSC nippers such a success. To ensure Nippers runs smoothly each week there are numerous tasks that we need parents help with. This year we are going to run a parent roster system for the canteen, BBQ and beach set up / pack up. This roster will be announced at the commencement of nippers and also put up on the clubs' web site. Each parent will have 1 to 2 Sundays through the season where we need your help.

Age Managers – Each age group has at least one age manager. Wherever possible we like to have a junior age manager to pass on skills and knowledge that they have learned during their time as nippers themselves. Age managers are responsible for their age group during nippers. They record attendance, organise the activities during nippers and facilitate the Junior Development Awards Program. The age manager works with experienced members of the club to teach the kids surf lifesaving skills.

We need age managers for this coming year for various age groups. If you would like to work with an age group and have a heap of fun along the way please contact jac@nowraculburraslsc.asn.au . No SLS experience is necessary, just a willingness to help out and watch the kids grow in skills and confidence.

Water Safety – The club is required to provide water safety whilst water activities are being conducted (nippers, training and carnivals). The minimum ratio is one

water safety to 5 children, but for younger groups we like to increase this ratio to as much as one to one to help build the kids confidence. Water safety wear orange caps and vests and hold a Bronze Medallion or Surf Rescue Certificate. Assistance in this area is vital in giving our kids the necessary water time to improve their skills and have some fun. For safety reasons parents are not permitted to be in the water with their children during nippers unless they are bronze medallion or surf rescue certificate proficient. Doing water safety is one of the most rewarding and one of the most fun of all of the roles on a Sunday morning.

If you are interested in doing your Bronze Medallion or surf rescue certificate we are very willing to train you. Please speak to the chief training officer or any member of the committee for information.

Beach Set up / Pack up – Every Nippers morning from 8.00 am we need the assistance of approximately 6 people to load the nippers gear into the trailer and set up the beach as well as set up tents, BBQ, tables and chairs etc. As always, many hands make light work and we would appreciate your help. Again, after nippers we need to bring back all the equipment that has been taken down to the beach, hosed off with fresh water and put away in the club house. We will put out a roster based on age groups to help spread the load between all families involved in nippers.

Canteen / BBQ – The canteen and BBQ at Nippers is critical for the success of Nowra Culburra Nippers, not only is it our primary source of fundraising but it also provides us all with our coffee fix on those Sunday mornings. Again, we will be using our roster system this year to ensure we get the help required to ensure our canteen and BBQ are successful.

Fundraising co-ordinator – All surf clubs rely heavily on Volunteers, fundraising and Sponsorship. Nowra Culburra SLSC does its best on the funding provided by council, a small number of sponsors, membership fees, hiring of the Hall, a handful of annual fundraising activities such as: Tilbury Ocean Swim and various meat raffles, and funds raised from the BBQ and Canteen. The raised funds in turn need to finance all rescue equipment, maintenance of club facilities, nippers boards and patrol vehicles.

Point Score

Each season we endeavour to run 4 point score days for U/8 to U/14 age groups. We endeavour to set these dates so they do not clash with other SLS events wherever possible. These days accumulate toward the age champions presented at the end of season presentation. Point score days may get cancelled due to surf conditions. In the event that a point score is cancelled we will try to reschedule for another date wherever possible. **For children to be eligible for point score they need to attend a minimum of 60% of regular nipper days.**

Children MUST compete at the point score day to earn points for that round. If the point score date does clash with another SLS event your child is attending you may apply for your child to receive an average of their other attended point score totals for this day. This will only apply SLS events that they participate in. To apply for an average please contact Shellee Cook via email jac@nowraculburraslsc.asn.au no later than two weeks prior to the point score event.

Surf Sports / Carnivals

In addition to the regular Sunday morning Nowra-Culburra Nipper sessions and the (4) Club Point score events, there are a number of junior (and Senior) Surf Carnivals which take place at various beaches in the South Coast region. All children aged U8s and over are encouraged to participate in carnivals. It further develops their surf lifesaving skills, encourages teamwork and is a great way to make new friends both within our club and with Nippers from other clubs. Whilst there is no emphasis within the Nowra-Culburra Club that competitors are expected to place or win, it is good that the children experience the friendliness and rewards that these types of competitions bring.

For more information on Surf Sports, coaching or carnivals please see the Surf Sports Handbook or contact the Surf Sports Coordinator Shellee Cook on 0417 779 162 or via email cookies357@hotmail.com

Our Volunteer Committee Members

President - Mitchell Pakes	Junior Chairperson - Shellee Cook
Vice President - Colin Pakes	Vice Junior Chairperson - Emma Pakes
Club Captain - Peter Adlington	Director of Surf Sports - Shellee Cook
Vice Club Captain - Brad Lilly	Gear & Equipment Coordinator - Simon
Director of Administration - Emma Pakes	Fillery
Director of Finance - Rod Sleath	

Please see our website for a list of all Nowra Culburra SLSC committee members and their contact details.

Code of Conduct

Parents have an important role in the delivery and support of sporting activities for their own and other children. With it comes a clear responsibility to act in a constructive and encouraging manner at all times. As part of this responsibility the following Codes of Behaviour have been adopted by Nowra Culburra SLSC Junior Activities Group (Nippers):

Parents, Caregivers, & Spectators code of behaviour:

- Remember children learn best by example. Appreciate good efforts by all participants but also, provide for your children and others an example of appropriate behaviour for them to model which not only reflects the positive ideals of competition but also demonstrates an appropriate level of respect for the activity and all those involved.
- Remember that children participate in sport for their enjoyment and development encourage children to participate, do not force them focus on the child's efforts and performance rather than winning or losing. Set realistic goals.
- Encourage children to always play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Respect official's decisions and teach children to do likewise.
- Show appreciation for coaches, age managers, officials, and administrators. Without them, your child could not participate.
- Volunteer your services and talents to assist the club when possible.
- Respect the rights, dignity and worth of others.
- If you disagree with an official, coach, age manager, raise the issue through the appropriate channels rather than question the officials judgment and honesty in public. Remember that most officials, coaches, and age managers give their time and effort for your child's involvement.

Nipper's code of behaviour:

- Co-operate with your coach, age managers, team mates, officials and opponents. Without them there would be no competition.
- Compete within the rules, and within the spirit of Surf Lifesaving and Nowra Culburra SLSC. Never argue with an official. If you disagree have your Age Manager, coach or team manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging of other competitors, deliberately distracting or provoking an opponent is not permitted.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud all good performances whether they are given by your teammates or other teams.

- Treat all participants as you would like to be treated. Do not bully, interfere or take unfair advantage of another competitor.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the equipment you use, wash it and return it after use. Report any damage.
- Respect the club house. Treat it as you would treat your home. Leave it tidy
- Have fun!

Development Awards

The Junior Development Program includes lessons that are tailored to each of the nipper age groups, ensuring the content is relevant, in line with lifesaving and surf sports most up to date training standards and most of all exciting! The program is based on participatory evaluation and not assessed on competence; this means your child must only be actively involved in each of the lessons to be eligible for the award. We believe this is the best way to introduce juniors to surf lifesaving where fun takes priority over being 'tested'.

Below is a summary of each of the junior development awards:

Surf Play 1 & 2 (Under 6 & Under 7)

Surf Play is the program designed for the most junior members. There is no award for Surf Play – the focus is on play, participation and fun. Activities and games will be the focus of the sessions with a number of simple beach safety and awareness lessons available such as: basic safety practices during activities, what makes up a beach environment, SunSmart guidelines, the importance of having an adult with them at the beach, what a lifesaver is and what they do, wading, beach sprinting and beach flags.

For a summary of the learning outcomes for Surf Play 1 [click here](#), Surf Play 2 [click here](#).

Surf Aware 1 (Under 8)

Surf Aware 1 is the first of the junior development awards. The focus is on understanding, identifying and demonstrating SunSmart guidelines and dangers that relate to themselves, as well as what it means to feel safe. They learn to recognise whether they are, or someone else is, in an emergency situation and how to get help. Ecosurf discusses the beach environment and communities surf lifesavers operate in. Surf sports skills focus on; bodyboarding, wading, dolphin-diving, beach sprint starts and beach flags starts.

For a summary of the learning outcomes for Surf Aware 1 [click here](#).

Surf Aware 2 (Under 9)

Surf Aware 2 builds on Surf Aware 1. Personal Safety Networks are introduced so participants are comfortable asking for help; Ecosurf talks about the impact surf lifesavers can have on the beach. Safety of self-steps up a gear by introducing safety tips and the ability to identify hazardous surf conditions. As an U9, participants can begin to use a nipper board, so basic board positioning and paddling is introduced. Other surf sports skills focus on; body surfing, sand running technique and diving for a beach flag.

For a summary of the learning outcomes for Surf Aware 2 [click here](#).

Surf Safe 1 (Under 10)

The first of the Surf Safe awards Surf Safe 1 begins to get a little more specific in its lessons introducing a number of new topics. Participants will identify adults at the surf clubs they can ask to help them, in Ecosurf they focus on water conservation and in sun safety the spotlight is on the consequences of skin damage. Participants learn about rips, recognising unsafe behaviours and relating these areas to preventative actions. Resuscitation is introduced for the first time with an opportunity to experience CPR on a manikin. Rescue techniques are also introduced for the first time as participants learn to use body boards to assist distressed swimmers and experience rescue tubes. Surf sports skills focus on; entering and negotiating the surf on a board and beach relay baton changes.

For a summary of the learning outcomes for Surf Safe 1 [click here](#).

Surf Safe 2 (Under 11)

Surf Safe 2 takes a significant step up in the level of content. As U11's they have the ability to learn more technical aspects of lifesaving and are able to be more physical in surf sports skills. Participants are encouraged to persist when needing help and Ecosurf gets into energy conservation. There is a strong focus on recognising 'at risk' people and recognising and managing patients suffering from a range of basic first aid cases. As a 10 year old participants can learn how to perform CPR and there is an opportunity to work towards a Resuscitation Certificate. There is also a strong section on communication both interpersonal and through beach signage. There is a significant percentage of surf sports skills which focus on; board dismounts, catching waves on a board, board relay, surf swimming techniques, crouching beach sprint starts and ironman/ironwoman and cameron relay transitions.

For a summary of the learning outcomes for Surf Safe 2 [click here](#).

Surf Smart 1 (Under 12)

Surf Smart 1 continues similar to Surf Safe 2. Participants begin to learn about their rights and responsibilities as a member of SLS, the Ecosurf lesson looks at how weather impacts on the beach environment. Personal health & wellbeing and sun safety is focused on skin cancer and staying fit and healthy respectively. The role of patrols is first introduced to this award as is the managing rips and using them to assist in rescues. As an 11 year old, participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. Some more signals are introduced that compliment the first set previously learnt. Previous board skills come into play as participants learn how to conduct a board rescue. The focus of surf sports skills is to complete all the skills in each skill set and includes; rolling under a wave on a board, diving under large waves, beach sprint arm and leg drive and beach flags race strategies.

For a summary of the learning outcomes for Surf Smart 1 [click here](#).

Surf Smart 2 (Under 13)

The last of the junior development awards, Surf Smart 2 looks to wrap up the skills and knowledge learnt in all the previous awards. Participants learn about what the SLS Member

Safety and Wellbeing Policy is, and in Ecosurf they tackle the issues of Global Warming and Climate Change and how they will impact on surf lifesaving. Surf Safety is wrapped up into the 10 Surf Safety Tips, Communication focuses on the importance of communicating with beach users, Patrols identifies other professional emergency services and participants will experience performing a tube rescue. Participants can work towards a Basic Emergency Care Certificate (as well as a Resuscitation Certificate). This certificate comprises of lessons in the human body, complete basic first aid and resuscitation. The focus of surf sports skills is on bringing all the skills learnt in previous awards together to participate in an event for each of the disciplines: board race, board rescue, surf race, run-swim-run, beach sprint, beach relay, beach flags, ironman/ironwoman and cameron relay.

Key Dates to Remember

24th September 2017 - Branch Development Day and Interbranch Team Trial Day - Day 1 – 8:30am – Shellharbour SLSC

30th September 2017 – Proficiency Day 1– 10:30am - 12:00pm – Bomaderry Indoor Pool

7th October 2017 – Proficiency Day 2 – 10:30am – 12:00pm – Bay & Basin Leisure Centre

15th October 2017 – Nipper Season Start – Setup 8:45am Start 9:15am – NCSLSC

15th October 2017 – Open Day – 9:00am – 12:00pm – NCSLSC

21st October 2017 - Branch Development Day and Interbranch Team Trial Day – Day 2 – 1:30pm – Warilla Barrack Point SLSC

27th October 2017 – SLSNSW Country Championships Entries Open

27th October 2017 – SLSNSW State Age Championships Entries Open

27th October 2017 – SLSNSW State Masters Championships Entries Open

28th October 2017 – Sydney Water Surf Series 2017 – Round 1 – Juniors 8:30am – Seniors 12:30pm – Shellharbour SLSC

4th November 2017 – Sydney Water Surf Series 2017 Round 2 – Juniors 8:30am – Seniors 12:30pm – Venue TBA

12th November 2017 – Nipper Point Score Round 1 – 9:15am - NCSLC

25th November 2017 - Sydney Water Surf Series 2017 Round 3 - Juniors 8:30am – Seniors 12:30pm – Venue TBA

26th November 2017 - Branch Interbranch Team Compulsory Training Day - Venue and Time TBA - For those selected in the team.

2nd December 2017 - Sydney Water Surf Series 2017 Round 4 - Juniors 8:30am – Seniors 12:30pm – Warilla Barrack Point SLSC

9th December 2017 – Interbranch Carnival – Stockton Beach NSW

10th December 2017 – Interbranch Carnival – Stockton Beach NSW

17th December 2017- Nipper Point Score Round 2 – 9:15am – NCSLSC
17th December 2017 – Nipper Breakup Afternoon – 12:00pm – NCSLSC
7th January 2018 – Nipper Season Resumes – Setup 8:45am Start 9:15am – NCSLSC
10th January 2018 – SLSNSW Country Championships Entries Close – 11:00pm
20th January 2018 – South Coast Branch Carnival – Venue TBA
21st January 2018 – SLSNSW Country Championships Online Entries Close – 11:00pm
No late entries will be accepted after this date, including at the championships.
5th February 2018 – SLSNSW State Age Championships Entries Close – 11:00pm
No late entries will be accepted after this date, including at the championships.
11th February 2018 - Nipper Point Score Round 3 – 9:15am – NCSLSC
12th February 2018 – SLSNSW State Masters Championships Entries Close – 11:00pm
No late entries will be accepted after this date, including at the championships.
2nd March 2018 - SLSNSW State Age Championships – Belmont Swansea SLSC
3rd March 2018 - SLSNSW State Age Championships – Belmont Swansea SLSC
4th March 2018 - SLSNSW State Age Championships – Belmont Swansea SLSC
7th March 2018 - SLSNSW State Masters Championships – Belmont Swansea SLSC
8th March 2018 - SLSNSW State Masters Championships – Belmont Swansea SLSC
25th March 2018 - Nipper Point Score Round 4 – 9:15am – NCSLSC
25th March 2018 – Nipper Presentation – TBA - NCSLSC

Nippers Roster 2017/18

Contact - Emma Pakes: 0421074836 Club President - Mitchell Pakes:0432557516

U6s	U7s	U8s	U9s	U10s	U11s/12s	U13s/14s
					15 th October	22 nd October
29 th October	5 th November	12 th November	19 th November	26 th November	3 rd December	10 th December
17 th December	7 th January	14 th January	28 th January	4 th February	11 th February	18 th February
25 th February	4 th March	11 th March	18 th March	25 th March		

Parents to meet at club 8:45am

Many hands make light work- We hope that with this roster in place it will allow all parents to still be able to watch their children on the beach whilst giving those who currently volunteer each Sunday a hand as with limited helpers the job becomes hard & we would hate to have to close the canteen & bbq due to lack of helpers.

Club Attire

Girls One Piece Size 6 - 12: \$70

Ladies One Piece Size 14 - 18: \$75

Girls Two Piece Size 6 - 12: \$70

Ladies Two Piece Size 14 - 18: \$75

Boys Knix Size 6 - 14: \$60

Mens Knix Size 16 - 18: \$65

Boys Racer Size 7 - 14: \$40

Mens Racer Size 16 - 22: \$45

Club Shirt: \$25

Club Hat: \$15



Nowra – Culburra SLSC Nipper Program is Proudly Sponsored by

