



# Henley Surf Life Saving Club

Est. 1925

Welcome to the 2020/2021 Season!

## Saturday sessions

**Henley Surf Life Saving Club Juniors Program for the 2020/2021 season will start on Saturday 31 October 2020.**

Please arrive 15 minutes early to enable sign in and prompt start

Under 6s, 7s:	1:00 – 2:00pm
Under 8s:	1:00 – 2:30pm
Under 9s – 13s:	1:00 – 3:00pm

All parents are to meet with their Age Group Leaders at the beginning of each session to receive any notices, and again at the end of each session to help with pack up and sign out. Each group is responsible for the pack up of their last area.

## Come and Try sessions

We offer a free 'Come and Try' session at the start of the Juniors season. Come and Try sessions are available Saturday 31 October 2020 and Saturday 7 November 2020. A form will need to be completed prior to the session.

## Swimming proficiency evaluations

For the upcoming 2020/21 Junior season, the Henley Surf Life Saving Club is required to meet swimming proficiency evaluations as outlined by Surf Life Saving Australia and Surf Life Saving SA. **These are not new prerequisites and it is mandatory that we adhere to Surf Life Saving SA requirements.**

**The below link explains all Junior Member evaluation requirements by Surf Lifesaving SA:**

<https://static1.squarespace.com/static/556e5d1ee4b09348a1583d32/t/5f5ee73009e76456db2ab4dd/1600055136594/Age+Group+Evaluations+and+Surf+Education+Awards.pdf>

## **Rosters**

Please remember that surf life saving is 100% volunteer driven. Age groups will be rostered on to assist with BBQ and carnival duties on a rotating basis. More information will be available at the start of the Junior season.

## **Mid-week Training**

Additional training is available for Junior Members interesting in competing for Henley SLSC (Under 8 and above age groups). Competition Skills Evaluation must be met to participate in water-based sessions. Please speak to your Age Group Leaders.

Please refer to separate document weekly training on the website at the commencement of the Junior season.

## **Swim Squad**

**Swimming at Seaton Swimming Pool: Thursdays 7:00 – 8:00pm**

**Cost: \$10 per session**

Swimming at Seaton is for Junior Members who are able to confidentially swim 100 metres freestyle. If you are unsure of your child's ability, please feel free to bring them to the pool for a trial. Our coaches are qualified, experienced Swimming Instructors/Coaches.

There are many swim schools around if you think that your child might need a term or two just to work on stroke and form. We recommend the following Swimming Schools: Seaton Swim School, Findon Swim School, iSwim - Immanuel College, Thebarton Swim School.

## **Junior Carnivals**

Junior Carnivals dates have been set for the 2020/2021 season.

They are as follows:

Junior Carnival 1: Sunday 15 November (Seacliff)

Junior Carnival 2: Sunday 13 December (Grange)

Junior Carnival 3: Sunday 31 January (Glenelg)

Junior Carnival 4: Sunday 21 February (Normanville)\*

State Championships: Saturday 20 & Sunday 21 March (Seacliff)

\*This will include some State Champ heats/events.

## **Henley Junior Club Champs**

**Junior Club Champs for Henley SLSC will be held on Saturday 6 February 2021.**

All Under 8s to Under 13s are welcome to participate, as long as they have met the relevant competition proficiency for the event that they are competing in eg. Board and Swim. Times will be communicated in the lead up to the day.

Under 6s and 7s will conduct their usual Juniors programs on these days.

In addition to providing valuable competition experience and encouraging more children to attend midweek training, the Junior Club Champ session will determine the overall male and female club champions for each age group.