

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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Admin Office Hours Monday 9 to 5, Thursday 2 to 5pm, Saturday Mornings.

NOVEMBER 2009

Friday

13 November 2009

Welcome to the Season Night
With popular cover band PennyBlack

The Club would like to invite all members,
new and old, Patrolling and competitive Members, & Nipper parents
To come along for a night to get together & launch 2009-10 Season
with the Band from Preso Night,
PennyBlack!

Tickets are \$10 and includes band, chicken & salads!
So come along and help make the first social event of the year a great fun
filled night!

This night is not a fundraising night,
it is a night for the Members of the Club to enjoy their Club
and meet other Members in a social atmosphere!
So come along and enjoy YOUR CLUB & support your Club.

OFFICIALS COURSE

The Club is in urgent need of officials for senior, open and master carnivals as each Club is required by Branch to supply 1 official per 7 competitors.

There is a course being held at Avoca Beach for any interested members

**Monday 16, Tuesday 17 November
at Avoca Beach Surf Life Saving Club**
Nominations close, 2 November

We are also in need of IRB Drivers to become Officials who would be available to do IRB duties at Aussies and NSW.
Please contact Matt Mitchell if you would like to have more details and info.

BOARDIES DAY FRIDAY 27 NOVEMBER

The annual fundraising event run by the Surf Life Saving Foundation, is on again on Friday 27 November.

Would you be interested in:

A chance to wear boardies and beach gear to work for the day?

Contacting your workplace to be part of National Boardies Day?

Then get your work place to go to www.boardies.com.au and nominate Avoca Beach SLSC and all proceeds will go to the Club, The Health Promotion Unit, are already registered and 2nd in the country in money raised to date...thanks Nigel Tebb and Don Cook for organising your work place!

CLUB HANDICAPS

Handicaps are off and running.

We had 14 starters on Sunday and had a fun morning combining handicaps and "requals" at the same time.

A thanks to Dan Ryan and Jeff Smith for helping me on my first day back – can't believe it's seven years since I last ran them.

Looking forward to catching up with old faces and new faces during the season.

Just a reminder start time is 10.30am for a bit and fitness.

Thanks Grant Smith

PATROL NEWS

Patrol Uniforms:

The new patrol uniforms have arrived. These will be handed out prior to each patrol.

Each member will be required to return their old uniform and sign for a new uniform.

Patrol Inspections:

The patrol inspections have already started in the Central Coast Branch, with the Hore patrol coming through with flying colours on Saturday... well done!

Just a reminder that each beach will be inspected at least three times during the season. Patrol Captains have a copy of the assessment page in their folders, so be prepared!

Surf Com

SLS CC have released updated information on radio procedures for the Central Coast. Copies are throughout the Captains Office.

SPONSOR NEWS

Congratulations to the following sponsors who were recently announced as finalists for the Central Coast Express 2009 Business Achievement Awards

- **Ella Bache, Erina** (Beauty Services & New Business)
- **The Kiosk** (Food & Beverage, Retail)
- **Central Coast Mazda** (car sales)
- **Central Coast Mechanical Repairs** (motoring services)

The Club wishes you all the very best for the night!

CLUB MEMBERS DOING VARIOUS FUNDRAISING:**Dan Ryan - Movember**

Dan has decided to put down his razor for one month (November) and help raise awareness and funds for men's health – specifically prostate cancer and depression

To donate on line: <http://au.movember.com/mospace/17208/>

Dave Broadbent and Fiona Kirkman - MS

Dave and Fiona recently completed the MS Sydney to Gong bike ride and donations can still be made using the following links:

To donate to Fiona until 17 Nov:

<http://register.gongride.org.au/?fionak>

To donate to Dave until 17 Nov:

<http://register.gongride.org.au/?broadaus>

MACS OPEN & MASTERS CARNIVAL.

Congratulations to the U15, U17 & U19s who competed last weekend, in the first Opens Carnival for the season.

Cody-Leigh Callaghan & Jake O'Brien started their senior careers and the season with some great results,

Tayla Nicoll continues with her impressive form, and the board relays teams dominated the results

Alex McIntyre continues in his career as the ski paddler who continues to pick up beach results

Pete Mitchell, Jake Bishop, Riley Fitzsimmons also medalled and Jade Condon picked up a gold in the 2km run!

Thank you to our officials on the day. Your presence and your efforts are much appreciated.

The Australian Lifeguard Service (NSW) is now recruiting lifeguard staff for the 2009 / 2010 season, with positions available at Frazer Beach (Munmorah State Conservation area) for the Summer and Autumn NSW School Holiday periods.

Recruitment packs including Job Descriptions, the Application Guide and all the relevant forms are now available online for downloading at the Australian Lifeguard Service website – www.australianlifeguards.com.au – click on the NSW Jobs page and all the information is found there

COMPETITION NEWS

Competitors please note, your registration, and your insurance expires on 9 November 2009, after this you will not be eligible to compete as you are not covered by insurance and do not meet competition guidelines

Attn: Surfboard Riders!

Anyone interested in competing in board riding events at Branch, State or Aussies, there will be an inter-club meet on Saturday 7 November at 8am at North Avoca for the following age groups:

U13 U14, U15, U17, U19, both male and female

Nutty Masters

Wamberal 7 November

Details are on the website, entries \$25 per person. Please submit names if planning to attend.

Club of Origin - Saturday 5 Dec at AVOCA

so we will be in need of assistance on this day for set up, water safety etc

Super Surfer Series

Good luck to the following Club members who will be competing in the first round of the East Coast Surf Festival this weekend:

Amy Annabel
Robert Annabel
Josh Barnes
Tim Byrne
Cody-leigh Callaghan
Jade Condon
Nat Gathercole
Bianca Mould
Gareth Munton
Tayla Nicoll
Jake O'Brien
Matt O'Grady
Chris Parker
Chris Turner

State Officials

Thank you to the following Officials who have already nominated for the State Championships:

Age Champs: Carolyn Booth, Julie Bromley, Chris Gathercole, Marie Ward

Masters & Opens: Marie Ward, Bob Dorrell, Maree Bootle, Kevin Bootle

Opens: Rob Davis, Chris Gathercole, Bryan Low, Mike Tamblyn

Xbox Board & Ski Series

1st round 14 November Red Head, information on the Club website—remember all entries must be endorsed by the Club.

Coffs Harbour Craft Carnival 27 28 Nov

Information is on the website.

NOVEMBER NIPPERS NEWS

*COPACABANA CARNIVAL-well done to all Avoca juniors & everyone involved on a HUGE effort for this years first carnival at Copacabana last Sunday. it was fantastic to see all the new competitors (& of course the regular faces) enjoying themselves & contributing to helping Avoca take out the pointscore on the day by nearly 200 POINTS (over Terrigal in second place)-so CONGRATULATIONS competitors!

*THANK YOU to the ladies auxilliary sewing ladies who have sewn new flags for the age groups which will be seen on the beach from this Sunday to identify each age group.

*OFFICIALS COURSE-new officials needed from each age group desperately-your kids WILL NOT be able to compete unless we supply the required number officials for each carnival!! The next officials course will be held at Avoca surf club (so you dont have too far to go!) on November 16th & 17th from 6.30-9.00pm. Call Sonya on #0403 748 348 to register & for further information.

*ORDERED SWIMWEAR-some swimwear is available & will be available for collection on Sunday morning from 8.15-8.45am

*BBQ-this Sunday 8th November the 11's & 12's are on bbq duty - see your age manager Sunday morning to help.

*RAFFLE-this Sunday 8th November the 7's are in charge of selling raffle tickets-see your age manager Sunday morning to help

*CLUB UNIFORMS-are on sale in the nipper room on Sunday mornings from 8.15-8.45am. Swimwear & cap compulsory.

*SUNDAY SIPPERS-don't forget all members & guests are welcome each Sunday afternoon from 5pm to come to the club & enjoy Sunday sippers, with the ladies auxilliary cooking a beautiful bbq (let someone else do the cooking) on a Sunday night!

*DATES TO REMEMBER-

Terrigal carnival sunday 15th November - interbranch trials (program on website)

- officials course 16 & 17th November at Avoca Surf Club from 6.30-9.00pm

- Wamberal carnival Sunday 29th November

- BEACH ONLY - 9's-opens

BRANCH NEWS

Future Leaders Program, 18-25 year olds

Participants will receive training in core leadership competencies under guidance of active leaders in surf life saving, business and community. The program is devised around workshops and a Club based project. This will start in May 2010.

Club Development Program 18-25 year olds

Each Branch has two positions available to send interested 18-25 year olds to attend this specialist camp 20-22 November at Sydney. It is a great opportunity to develop knowledge and understanding of surf life saving through a series of activities, presentations and more!

TRAINING FOR NEW AWARDS

Please book via the Admin Office if you are interested in attending any of the courses listed below held at SLS CC office:

Defibrillation: 18 Nov,

Spinal Management: 28 Nov,

Training Officers: 28 November

Advanced Emergency Care: 4 Nov

Senior First Aid: Please register at least two weeks prior in order to receive your manual and complete the on line component: 11 Sep, 23 Oct, 14 Nov, 4 Dec

Gold Medallion: 12 December

MEMBER NEWS:

Congratulations to **Joyce & Jim Harpur** on their 60th wedding anniversary.

Congratulations to **Jan & Andy Hoban** on their 40th wedding anniversary.

Congratulations to **Garth & Suzie Hunter** on the birth of their third child

Beach Competitors

Beach events training on Tuesday at 5pm, meet at the Clubhouse 5pm. For more details, contact Rob Cairncross 43331074 0427331074

BOARD TRAINING U14, U15, U17, U19

Tuesday and Thursday at 4:15pm

Saturday morning 8:30am

Contact David O'Grady for more information.

Exercise Classes at the Clubhouse:

Yogalates

**** Special Deal for Club Members****

Discounted Yogalates classes for Avoca Club members: \$10 per class, a saving of \$4 per class Monday 9:30am, Wednesday 6pm, Friday 9am
Contact Anne: 0411 049 969

Casual classes, no need to book by the term.

Pilates

Thursday 6pm, Wednesday 9am

Contact Michelle: 0425 224 532 or 4384 5005

GOLD SPONSORS

CENTRAL COAST MAZDA

GEORGE BRAND REAL ESTATE

GOSFORD CITY COUNCIL

KINCUMBER SHOPPING VILLAGE

RAINE & HORNE - AVOCA BEACH REAL ESTATE

LJ HOOKER AVOCA BEACH

MITCHELL BROS, BUILDERS

PREMIER FIRE PROTECTION SERVICES NSW

ROBSON CIVIL PROJECTS

LADIES AUXILIARY

Silver Sponsors: Airpak Sheetmetal Pty Ltd; Avoca Beach Architectural & Hardware; Avoca Beach Bowling & Recreation Club; BlueBerry Events; Central Coast Radio; Coastal Tiles; Dunes; Ella Bache - Erina; Energy Australia; Erina Fair, H&H Catering; Kincumber Village Shopping Centre; Michael Riley & Assoc; Mr Catering; NBN; The Palms At Avoca; Rebel Sports, Skins, The Kiosk, TJs Country Fresh; Three Points Surf Shop.

Bronze Sponsors: Allcoast Concrete & Pump Hire, Avoca Air, Avoca Beach Cellars, Avoca Beach Cake Shop, Avoca Beach Medical Centre, Avoca Beach Pharmacy, Avoca Beach Welcome Mart, Avoca Beach Laundrette, Central Coast Mechanical Repairs, Dorrell Fabrications, Hair on York, Light Culture Australia, Lions Club-Green Point; Mitre 10 Kincumber, Riley's B&B, Ritchies Stores, Rotary Club of Kincumber; Shirro Australia, Singo's Meats, SLS Central Coast, The Funky Kitchen, Zoggs.