

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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The Admin Office: Ph: 4382 1514, Fax: 4382 4250, Email: office@avocabeachslsc.asn.au
Admin Office Hours Monday 9 to 5, Thursday 2 to 5pm, Saturday Mornings.

DECEMBER 2009

Monday 28 December The Avoca Beach Cellars Annual Golf Day Gosford Golf Club

6:30am registration

7am Shotgun Start

\$70 per person (ladies are encourage to play)

Free Beer and Soft drinks on the course, followed by lunch and presentation at Avoca Beach Surf Life Saving Club.

If you are interested in playing, please book your spot with

Glen O'Brien: 4381 0977

Hole Sponsorship Available at \$100 per hole.

Contact Glen O'Brien or Keith Ferrier

CENTRAL COAST INTER-BRANCH TEAM

Congratulations to the following competitors who have been selected to represent the Central Coast, 12 & 13 December at

- ★ Rhiannon Booth
- ★ Luke Pearce
- ★ Brad McCloghry
- ★ Cody-Leigh Callaghan
- ★ Tayla Nicoll
- ★ Amy Annabel
- ★ Bianca Mould
- ★ Jake O'Brien
- ★ Alex McIntyre
- ★ Lachlan Tame
- ★ Zenith Boat Crew: Kate McNamara, Julia Mitchell, Mel Macpherson, Rowena Bull, Richard Brierty
- ★ Japeyes Boat Crew: Josh Pickup, Jaxson Prince, Ben Ide, Rory Grinham, Richard Brierty

Coaches: Damien Benson, Matt Mitchell

ARE YOU PLANNING TO COMPETE AT BRANCH, STATE OR AUSSIES IN 2010?

Please bear in mind that there are strict entry requirements, and competitors must meet all the following requirements, *no exceptions!*

- ☞ Be a financial member of the Club
- ☞ Completed your annual proficiency by 31 December 2009, or,
- ☞ gained your Bronze or SRC after September 2009
- ☞ Completed a minimum of 25 hours of patrol between 1 January and 31 December 2009 for all Active, Jnr Active, Cadet Members, or
- ☞ Completed a minimum of 12 hours of patrol for all Reserve Active members, or,
- ☞ For all new Bronze or SRC competitors, completed a minimum of 4 hours of patrol per month since gaining your award.
- ☞ Paid your competition levy for State and Aussies, or paid the entry fee prior to being entered

PARKING AT THE CLUBHOUSE

Members are reminded that the parking immediately outside the front door of the Clubhouse is designated parking for the Council Life Guards during the week, and the volunteer patrol members for that time only. It is not for general parking. Council does do random checks and fines are enforced.

Rebel Discount Day Thursday 3 December 9am to 9pm 20% off storewide

Members must produce their MVP cards

These have been distributed on a regular basis, and are available from the Admin Office, or sign up at Rebel before the event, Our MVP number is 869

BAR AREA AVAILABLE FOR HIRE BY MEMBERS ON FRIDAY NIGHTS

The club has made adjustments to its hiring policy. The club (as part of fundraising) makes the function centre available to members of the public for hire on Saturday Nights.

It has been decided that the Friday times slot will be kept for club members only unless there are exceptional circumstances. This does not exclude members booking Saturday Nights but they will have to compete with the general public and except for a few dates in winter 2010 next year is largely booked out.

Members who wish to hold a small function can book the bar & verandah areas only on Friday nights at the moment.

The hire rates for members are the standard rates less the pro rata discount up to 50%.

Joe Murray

Function Manager:

0412 479 066 or functions@avocabeachslssc.asn.au

Breakfast with the V8 Supercars Racing Drivers: Dec 3

Lawrence & Hanson V8 Supercars Grand Final Breakfast kicks off the Sydney Telstra 500 on Thursday 3 December at the Sydney Convention and Exhibition Centre.

Get up close to the drivers at a delicious breakfast hosted by Matthew White, with great entertainment including a special performance by country music star James Blundell and an autograph session with V8 Supercar drivers. Book now at [ticketek](http://ticketek.com.au).

Surf Life Saving NSW is the nominated charity and the first aid provider to the event

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.

If you have not already collected your patrol uniform, please make arrangements for the uniform swap.

Members are reminded that full patrol uniforms should be worn at all times whilst on patrol
Uniforms consists of

Red Shorts

Yellow shirt

Red/yellow quartered cap

Training Whilst on Patrol

All Members are reminded of the SLS NSW rules and regulations that clearly states that training on skis or in boats is strictly prohibited whilst on patrol.

All Patrol Captains have a copy of the training policy in their Patrol Captains Kit.

Training on boards is permitted but only if discussed and agreed to by the Patrol Captain and that the training is done along side the flags and not further down the beach and that the trainee remains in sight and in contact with the Patrol Captain should they be called upon to assist at any time.

PADDLE 320 - RAISING FUNDS FOR BOWEL CANCER RESEARCH

Pete Wells, member of Narrabeen SLSC and Doug Lucas, member of Long Reef are doing a 320km paddle in an attempt to raise money for Bowel Cancer research and awareness.

[Click here](#). In order to make this paddle worth while they have set a goal of fundraising \$32,000. Pete and Doug would greatly appreciate the support of each of their fellow surf lifesavers to assist in raising funds for this valuable cause. To make a donation please visit <http://www.paddle320.com/>

WANTED SURF LIFE SAVING AMBASSADORS

Surf Life Saving (SLS) is often required to speak on issues relating to surf safety, first aid, lifesaving, membership and fundraising. We would like to engage some Surf Lifesaving Ambassadors. Our members and their families have always been our best spokespeople. If you are in the public eye in business, entertainment, sport or political arenas and would be available to help SLS get the message out to the wider community, we would love to hear from you. Any involvement would help. eg: Wearing your Boardies/patrol shirt on Boardies Day, speaking at a school or being a guest speaker at a members or sponsors luncheon. Contact marketing@surflifesaving.com.au or call Natalie on 9984 7188

COMPETITION NEWS

Carnival Entries

Please note all carnival entries must be in at Branch by the Wednesday preceding the carnival. Gordon Jones is the carnival entry coordinator for the Senior section.

Please ensure that you have signed your name on the Carnival Attendance Sheet on the Competiton notice board by the Tuesday preceding the carnival, or, contact Gordo on 0412 936 188 or, email gordo.jones@hotmail.com
It is each competitors responsibility to ensure that they have been entered.

East Coast Surf Festival

Congratulations to all competitors on what was by all accounts a great series.
Highlights will be telecast on NBN on Saturday 12 December 5pm to 6pm!

Under 15

1st Female Sprint	Bianca Mould
1st Female Flags	Bianca Mould
1st Female Board	Cody-Leigh Callaghan
2nd Male Flags	Jake O'Brien

Under 19

1st Male Ski	Pete Mitchell
2nd Male Flags	Alex McIntyre
2nd Female Flags	Jess Redden (Q'cliff)
3rd Female Sprint	Jess Redden (Q'cliff)

Opens

1st Male Taplin	Chris Parker, Lachlan Tame, Daniel McClelland
2nd Male Ski	Lachlan Tame

Coffs Harbour Craft Carnival

Congratulations to:

1st Open Female Boats	Zeniths
2nd U23 Boats	Japeyes
2nd Marathon ski	Lachlan Tame
3rd Marathon ski	Ben Hamilton

5 December

Club of Origin, at Avoca Beach from 1pm

Competitors wishing to attend will need to sign the form on the competition Notice Board, entries close Tuesday 1 Dec.

Terrigal Twilight 26 December

Competitors wishing to attend will need to sign the form on the Competiton Notice Board.

Weekend of Surf

Great results to both Macy Callaghan and Cody-Leigh Callaghan

GYM NEWS

The gym management team has been asked to provide funding for some new equipment.

As there are competing proposals for the utilization of limited gym funds, it is felt that the best way to determine what should be bought is to ask interested gym to get together and put forward their ideas for discussion.

A meeting has been called for Thursday 3 December at 6pm in the gym.

All financial gym members are most welcome.
George Spenser,
Gym Manager.

AVOCA IS HOSTING TWO CARNIVALS THIS SATURDAY 6 DEC.

Helpers are required to assist with the two carnivals we are hosting on Saturday 5 December
Newcastle Permanent Jnr Ironman
Club of Origin from 1pm

We will be in need of assistance with

- Set up
- Pack up at the end of the day
- Water set up
- Work parties during the day

Any assistance would be much appreciated.
Contact Murray Tancred or Matt Mitchell.

ANNUAL DOOR KNOCK

8, 9, 10 JANUARY 2010

Once again, the Fred Spindler is co-ordinating once of the major fundraisers for the Club, the Annual Dook Knock....

Although these days, it no longer means knocking on the doors of the local area, but rather bucket collections at local shopping areas.

Each section will be allocated times and dates and your sectional head will organise the sectional rosters and man power.

Just a reminder that all money collected by a section, goes to that section.

This is a major opportunity to raise some money for your area and / or help with carnival expenses.

The Club thanks Fred for taking on this job, and your assistance in helping him ensure this is a successful fundraising weekend would be appreciated.

BRANCH NEWS

Surf Life Saving Central Coast will be conducting their annual 'Golf Day' at Magenta Shores on 1 December 2009. All Details are attached. This is their annual fundraiser and we look forward to your continued support as shown in previous years.

Email or fax team registrations to admin@slscc.com.au or fax 02 4353 0298.

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.

TRAINING FOR NEW AWARDS IRB

Anyone interested in IRB Drivers or Crewmans, please contact Craig Anderson who is planning to start a new training session shortly: craigavoca@hotmail.com

OTHER COURSES

See the Club website... www.avocabeachslsc.asn.au - Awards & Courses
Please book via the Admin Office if you are interested in attending any of the courses held at SLS CC office:

For all course inquiries and information, please contact Craig Anderson:

craigavoca@hotmail.com

Those Jelly things in the water...

Kristy McQueen has prepared in an excellent information sheet on all those jelly things that appear in the water and on the beach from time to time.

Please see attached.

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 at the lake 4:30pm

Thursday at the beach: 4:30pm

Saturday morning 9am at the beach

Anyone able to assist on these days would be most appreciated.

Contact David O'Grady for more information.

For all other training, please contact Matt Mitchell, Director of Competition.

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.