

## AVOCA BEACH SURF LIFESAVING CLUB Inc.

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

# FEBRUARY 2010

The Board of Directors would like to wish all our competitors the best of luck during the forthcoming Branch and State Championships.

All Masters and Opens Competitors are invited back to the Clubhouse on Sunday for Branch Wrap Up and Presentation of Medals.

Congratulations to all Nipper competitors at the Branch Age Championships on Sunday, on what must have been a long and wet day!

And Congratulations to the successful **Avoca Rookie Team** who competed and won the **SLSCC Annual Rookie Challenge**

### NOTE FROM SLS CC

Please be advised that competition equipment (eg, boards/skis/boats) is not allowed inside the Red and Yellow Flagged area under any circumstances. We unfortunately have also had reports of clubs members training for competition whilst being signed on for patrols.

**Please be aware that if you are signed on for patrolling duties you are not allowed to be training on any competition boards, skis, or in a surfboat.**

If you have any further questions on the above information please don't hesitate to contact me on 0438 422 659.

Regards

Stuart Harvey, Director of Lifesaving

### AVOCA HAS A NEW OCEAN SWIM!

In conjunction with North Avoca SLSC, Avoca will be hosting the

#### **HMAS Ex-Adelaide Reef Swim on April 24, 2010**

Two swim lengths available, an easy 1km swim and a 2.5 km swim. These swims will be open to the public and will include great prizes both for place getters and random swimmers. In conjunction with the swim will be a racing mal race out and around the ex-HMAS Adelaide and a surfboard race around the 1km swim course. Entry fee will be a low \$25 for the first event and \$10 for each extra event. A late entry fee of \$10 will apply on the day of the events.

Age divisions for the swims will be <20; open; 30 – 39; 40 – 49; 50 – 59 and 60+ for both male and female.

We are planning a great day in the water so put the date in your calendar.

More information will be available soon on the club websites and on Oceanswims.com.

Thank you to **Raine & Horne, Avoca Beach** sponsors of the Ocean Swim

### SHIP SKUTTLING 27 MARCH 2010

On Saturday 27 March 2010 the Ex-HMAS ADELAIDE will be scuttled approximately 1.75km off the shoreline between North Avoca and Avoca Beach SLSC's.

The event has been scheduled to take place between 9am – 11am, but as with these events unforeseen circumstances can change plans. Approximately 20,000 boats are expected to be in the water with over 100,000 spectators viewing the scuttling from all areas.

AB SLSC, will be in need of assistance in and around the Club, with final details yet to be organised, as this will be a big day for the Club and the town. Anyone interested in being part of a committee overseeing this day, please contact Gary Clarke or the Club.

SLSCC have been requested through the NSW Government to ensure the beach going viewers remain out of harms way. Patrolling members, IRB Drivers, IRB Crewmans from all Central Coast Clubs have been requested to assist. If you can assist, please fill in the form on the website, or see the Admin Office.

### DOOR KNOCK WRAP UP

Thank you to everyone who assisted in the Club's annual door knock in January, with a special thank you to Fred Spindler for the time and effort involved in co-coordinating and counting.

Many thanks to those who assisted with the counting of the money over the weekend:

Kerry Moore  
Maureen Spencer  
Jan Hoban  
Debbie Rendall.

The amount collected by the various sections for their sections was:

Nippers	\$2241.05
Boaties	\$2200.55
Lizzards	\$2158.05
Swim	\$790.15
Ski & Board	\$304.85
Patrol	\$344.30
Gym	\$58.65
Masters	<u>\$2140.65</u>
<b>Total:</b>	<b>\$10,238.25</b>

Stand out collections/ors

Tim Byrne (with Brad Mitchell) offering to do a push up for every dollar donated at Erina Fair on Friday night.

The Lizzards who used their charm throughout the weekend in the Avoca shops area.

### SECURITY AROUND THE CLUB HOUSE

Members are reminded that they are to lock up after themselves when using the Clubhouse and facilities at any time.

Recently the **Boat Shed** has been found open in the middle of the night on a number of occasions, boat rowers and ski paddlers are asked to ensure that they pull down the roller doors!!!!!!

Leaving the Boat Shed open also gives others access to many other areas within the Club.

It is *your* Club and *your* gear, so look after it!

### TOURING WELSH TEAM

During the Branch Championships, the Club is hosting a touring Welsh team made up of Juniors, Opens and Masters.

Thank you to those who have assisted in billeting them for the four days.

They will be attending a few training sessions with the Club as well as competing, so if you see them around, (I think their lack of tan may make them stand out) say hello, and lend them a hand!

### PATROL NEWS

Earlier this month, various patrol and Club members were involved in a major rescue, which highlights once again that this Club is in fact a Life Saving Club.

It also highlighted the need for full strength patrols, the reason we do requals and training and re-enforced the rescue scenarios that are undertaken in the bronze assessments and at requals.

The incident earlier in the month, saw a patrol doing major life saving work at opposite ends of the beach.... And still maintaining vigilance in the middle of the beach on what was a very crowded beach day.

It was also great to see the number of members who were not on patrol quickly assisting in this major rescue.

We can only stress once again to all our Members the importance of:

- Turning up for patrol and ensuring there is always a full strength patrol;
- Arranging a someone to cover for you (a sub) if you cannot attend your patrol;
- Requals, where you refresh your first aid techniques and do rescue scenarios... it is hoped that most Members will not be called upon to use these updated skills, but when required, we can do them!

[I'd like to call on any interested members who would be willing to take on responsibilities of being a patrol captain next season.](#)

The Patrol Captain is the principle leader of their patrol's lifesaving functions on the beach. The major function of the Patrol Captain is to ensure effective beach safety and rescue capabilities are established and maintained during their rostered patrol. Ideally the Patrol Captain should have at least 3 years patrolling experience, have good communication skills and hold bronze, ARC, Spinal and Defib qualifications with SM Basic Beach Management award.

The Patrol Captain should:

- Ensure their patrol's members attend the beach in accordance with the Club's Patrol Roster and immediately address any shortfall.
- Conduct a pre-patrol risk assessment to determine whether or not the beach is to be opened or closed.
- Select the safest available area to place the flags if the beach is to be opened.
- Ensure the beach is managed and patrolled in accordance with the Club's Patrol Operations Manual at all times during their watch.

Recognise, react, and immediately deal appropriately with any safety related issue during their watch.

[I will also be arranging a Silver Medallion Basic Beach Management course to hopefully be held at the club in the off season for any new Patrol captains and those existing ones who currently don't have this award, which there are a few .](#)  
**Brett Beswick, Club Capt.**

## COMPETITION NEWS

### Branch Championships

Masters: 13 February, Shelly Beach

Opens & Boats: 14 February, Shelly Beach

Timetables are on the website.

All competitors are invited back to the Clubhouse on Sunday night for wrap and presentation of medals.

Remember without the officials attending on the day, the competitors would be unable to compete, so please take the time to thank all those who officiate on your behalf throughout the Championships!!!!!!

### State Championships, Swansea Belmont

Masters - 25 Feb,

Boat Masters & Opens - Friday 26 Feb

Surf Board Riding Events - Friday 26 Feb

Opens - Friday, Saturday, Sunday 26-28 Feb

Life Saving Events - 20, 21 Feb.

The full circular and any other updates are on the competition notice board and on the website.

### Entries:

Entries have now closed, and any additional events or changes to teams will be at \$16 per event.

A list of all events and competitors is on the Club website in the competition section.

Also timetables for the State Championships are on the Club website.

### Craft

Please note all craft being used at the Championships will require a valid red & white scrutineering sticker.

Finalists may be required to have their craft scrutineered prior to racing in event finals.

### Aussies

*Entries close 1 March 2010*

Masters: 16, 17 March

Opens: 18, 19, 20, 21 March

If you are planning to compete, please check with your sectional head to ensure that you have been entered. Late entries are subject to a \$60 fee.

Any changes to events, will incur a \$6 late fee per change, so it is important that you are sure you are entered in all things you wish to compete in.

Any additional events, need to be submitted no later than 5pm the day before the event... no changes on the day!

Thank you to **Josh Malone** and **Rob Davis** who will be the IRB/Officials for these Championships... as without these two, the Club would not have been able to compete.... Please thank them when you see them!

## SIPPERS

It is great to see the number of people attending Sippers this season.. It is a great way to wind up the weekend and catch up with people.

In an effort to ensure the safety and well being and in the interests of good conversation and enjoyment to all those attending, we would like to take this opportunity however to remind people of the Club's Code of Conduct, in that no ball games, skateboards, scooters are allowed in the Function Centre and that children are to be supervised at all times.

It would also be appreciated if Members could assist with the return of their empty glasses to the bar, and putting their rubbish in the bins.

And just a reminder that at the end of each night the chairs and tables do need to be packed up.

Everyone involved is volunteers, so please assist and share the workload.

**The AB SLSC House Committee**

## ANNUAL REPORT

Just a reminder to all Sectional Heads, that as we get to the tail end of the season, especially the competition season, to start preparing for your annual report inclusion.

All reports are to be submitted to the Admin Office by end of April (with the exception of life saving and financials).

The compilation of the Annual Report is a huge job, and take up a lot of time, so please assist in getting your reports ready.

Anyone who has taken any photos during the season, that would be of interest to the annual report, please supply on a CD.

## Life Member Nominations

A reminder too, that any Life Membership nominations should be in progress now, as all details need to be available by June for inclusion in the Annual Report.

## INJURED

Just a reminder to all Members that if they are injured in the course of patrolling, training, competing, that they are covered by Workers Compensation.

An Incident Report should be completed by any injured member as soon as possible after the injury

Workers Comp forms are available on the Club website, in the Membership, Patrols, and Competition sections.

A form need to be faxed to Work Cover as soon as possible after the incident, and then others forms lodged with the Club thereafter.

Please keep all original receipts and invoices for any costs incurred until your Workers Comp is set up and you have received your number.

## SPONSOR NEWS

Thank you to **Three Point Surf** for renewing their silver sponsorship of the Ski Seciton

Thank you to **Premier Fire Protection Services (NSW)** for renewing their gold sponsorship for Coaching purposes.

Thank you to **H&H Catering** and The Point Café for their \$5000 donation to the Club.

## LONG SERVICE AWARDS

Surf Life Saving Australian values the contribution made to the movement by its members and with this in mind have developed a range of awards to recognize their contribution.

Members are welcome to apply for these awards by way of providing proof of criteria for the Club to endorse and then forward to SLSA.

### National Patrol Service Awards

SLSA has established the National patrol Service Certificates which are available to members in recognition of their long service to patrols ie rostered patrols (water safety hours are not included) and completed an annual proficiency test in each of the years. Awards available are for 10, 15, 20, 25, 30, 40, 50, 60 years. Application forms need to provide the patrol hours for each year of service.

### Long Service Award

SLSA has long service awards to recognize members for their sustained membership of surf lifesaving for 25, 30, 40, 50, 60, 70, 75 years on the following conditions: respective years of membership; years commence from date of joining a Club,

## PATROL SWAP

Thank you to the few who contacted the office regarding days that they needed swaps for. It was great to get people in contact with each other.

7 March 9 to 1pm patrol... Mark Felton needs to swap... anyone available?

## MEMBERS NEWS

Congratulations to **Daniel McClelland** and Jess Wright on their recent engagement;

Congratulations to **Craig Anderson** and his wife Janet on the recent birth of their first grandson, Kade, to Jessica.

Condolences to the **Norman family** on the passing of Dot Norman, wife of the recently departed Rex.

Joel Houghton is participating in the **Worlds Greatest Shave** and would appreciate any donations you are willing to make with your generous and loving hearts.

If you would like to donate via b-pay, the biller code is : 939488 reference number is: 20833364

If you would like to contact me to donate and receive a tax receipt, my mobile is 0401229787

The MacMasters Club has also suffered another loss to a long standing member of their Club and the Branch, **Kerry Ross**, who died on the weekend.

## LADIES AUX FREEZER

If anyone has a box freezer that they are no longer using and wish to donate to the Ladies Aux it would be most appreciated as their one has "gone

## GOLD SPONSORS

**CENTRAL COAST MAZDA**  
**GEORGE BRAND REAL ESTATE**  
**GOSFORD CITY COUNCIL**  
**KINCUMBER SHOPPING VILLAGE**  
**H&H CATERING and THE POINT CAFE**

**RAINE & HORNE - AVOCA BEACH REAL ESTATE**  
**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, 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.