

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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

OCTOBER 2009

Friday

13 November 2009

Welcome to the Season Night
And back by popular demand will be
the 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!

LADIES AUX BBQ

The Ladies BBQ nights are back!

Commencing Sunday 5 October, the Ladies and
their helpers will be preparing and serving
dinners from 5:30pm to 7pm.

OFFICIALS COURSE

As Members are aware, in order to compete at
any carnival, the Club must supply one official for
every 7 competitors. Avoca, being the large Club
that it is, is often required to supply a significant
number of officials at each carnival.

If you are interested in assisting the Club at
carnivals as an official, the following courses will
be held:

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

Please note: You must be a member of the Club
to do this course, and the Club will pay the
required \$75 course fee.

REGISTRATIONS 2009-10 SEASON

Registration mornings for Seniors
Saturday 11, 18, 25 October
8:30am to 11:30am
In the Community Room

Registrations are now due and payable at the
for the 2009-10 season.

Fees have remained at the same rate for the
third year:

Active, Jnr Active, Cadet, Long Service	\$45
Associate	\$50
Gym Fees, Active Members	\$50
Gym Fees, Associate Members	\$100
Competition Levy	\$55

Payment of fees entitles you to access to the
Clubhouse toilet and showers, which is via the
key pad. All Members are requested to supply
their own individual 6 digit pass code, if not
already done so.

Payment of fees also means you will be
covered by insurance should you be injured
whilst on patrol, training for new awards,
training for competition, or competing.

Members who are **not financial** for the 2009-10
season **will not be able to be entered into any
carnivals** until their fees are paid.

**All Memberships expire on 9 November
2009, at which time access to facilities will
no longer be activated.**

CONGRATULATIONS!

Congratulations to the following Avoca members who
have been selected as follows:

NSW High Performance Squad
Cody-Leigh Callaghan
Tayla Nicoll

NSW Talented Athletes Program
Jake O'Brien
Amy Annabel

Well done and good luck!

SURF BOAT ROWERS REUNION, 6, 7 NOVEMBER

The Reunion is Open to all Club Members and their partners

****Due to the increase of hall capacity, a second stage of tickets is now available for sale.***

This night is shaping to be a *must attend* for anyone who has ever completed in surf boats, rowed down the river, touched a boat or an oar, cheered the crews on or even had to move your towel to let the boat through!!

Many members from near and interstate and have already booked, from those who rowed for the club in the early 1950's through to current members.

Don't miss out on this great club gathering with a boatie theme.

- Excellent meal
- Professional comedian entertainer
- Great surf boat films
- Momento gift for all who attend (first 200)

So come and join in for a great night

If you know of anyone who may not be on the clubs email list, and would like to attend, please let them know about the night. Saturday 7th November 2009

Bookings must be in and paid by Monday 26th October

Please contact Mike Tamblyn at ggtamblyn@hotmail.net.au

NEW BRONZE CLASSES

As the season gets under way, training for new courses will be starting soon.

The Club conducts training classes for

- Bronze
- Surf Rescue Certificate
- Advanced Resuscitation
- IRB Crewmans
- IRB Drivers

If you are interested in doing any of the above courses, please contact Craig Anderson at craigavoca@hotmail.com

To register your interest, so that we can start organising training sessions and instructors.

Please note, to do any course, you must be current financial members of the Club.

All those doing their Bronze and SRC must also complete a timed pool swim prior to your course. These can be done at any of the local swim centres, just get them to sign a form stating your name and your time and bring it along to your first training session.

All bronze and SRC course attendees will also require a manual.

PATROL NEWS

Unfortunately, due to many late changes and notifications, there were significant changes to patrol rosters over the recent month.

Please ensure you have the most recent and up to date roster and patrol groups list. These can be found on the Club website, Captains Office and Noticeboards.

Public Donations

From time to time the Club receives donations from members of the public following life savers assistance or often from those families with holiday houses in the area.

Recently the Club received a \$1600 donation from the strata holders of 27 Avoca Drive.

So guys, your volunteer work is noted and appreciated by the members of the public and those who live in the area! *Thank you!*

ATTN: PATROL CAPTAINS

Your First Aid pack is a vital piece of gear for your patrol!

A new First Aid Bag is available for your collection from the First Aid Room on your first patrol.

Inside the pack will also be your Patrol Captains Information Pack to assist and help you review procedures.

Just a reminder to all patrol groups, that the Captains Door should remain shut whilst not manned, and a request that the Captains Office and First Aid room is cleaned and tidied up at the end of each patrol, not just the end of the day!

LATE & EXCITING NEWS FOR COMPETITORS!

Stay tuned for the news of the East Coast Surf Festival for U15 to Opens Competitors to be held
7 November—Dixon Park
21 November—Shelly Beach
Final, 22 November—Shelly Beach

Over \$75,000 in cash and prizes to be won!
TV coverage!

See www.surffestival.com.au for more details.
The Club is currently reviewing final details for this event!

PURCHASES

Are you in charge of or do you purchase things on behalf of the Club?

If so, please be aware of the new purchasing requirements:

An itemized quote must be provided to the Finance Director, Joe Murray so that approval by the Executive can be organised and so that Order Forms can be organised.

BOAT NEWS

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

All entries have now been submitted for the Peters Boat Series. Good luck to the following crews

Zeniths	Open Female
Zuluz	Masters & Opens Female
Blueberries	Masters & Open Female
Kuru	U23 Female

Japeyes	U23 Male
Mungas	Open Male
Gummy Sharks	Masters, male
Silvertails	Master, male
Zippers	Masters, male
Tweakers	Masters, male

Just a reminder to all Boaties, that not many have to date registered or paid their competition and boat levies.

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

NSW Pool Championships, Woy Woy 24 October 2009

This carnival is for U13s to 50+ Male and Females. Anyone wishing to compete please submit your name and age group to the Admin Office by Friday, 16 October.

For more information, please check out the SLS NSW website, or see the Competition Noticeboard.

Open Masters Carnival

Macmasters Beach 31 October

Planning to attend? Please ensure you have notified your Sectional Captain, and have put your name down on the Carnival Notice Board or have emailed the office.

Nutty Masters

Wamberal 7 November

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

Avoca is hosting a carnival on Saturday 5

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

NIPPER NEWS

remaining registration dates

Thursday 15th October 3.30-5.30pm &

Saturday 17th October 9-11am at surf club.

PLEASE NOTE NO REGISTRATIONS FOR RENEWING MEMBERS WILL BE TAKEN ON SUNDAY 18TH OCTOBER-THESE CHILDREN NOT REGISTERED WILL NOT BE ELIGIBLE FOR POINTSCORE THIS FIRST CLUB DAY!

RENEWING MEMBERS WILL NEED TO REGISTER BEFORE SUNDAY 18TH OCTOBER!

Sunday 11 October, 4pm

Nippers will be holding an Information and Welcome afternoon, to which all Nipper parents are invited to come along, meet the committee and age managers and find out information on the forthcoming season.

Age Managers Meeting

All Age Managers are requested to attend a meeting on Sunday 11 October at 3pm.

Nipper Information Booklet for 2009-10 and Nipper Calendar can be found on the Nipper page of the Avoca Beach SLSC website.

Sunday 18 October

First Day of Nippers from 9am

New registrations (renewing memberships will not be taken on this day) and Uniforms sales only from 8am.

Nipper Fees for 2009-10

The Nipper fees for Season 2009/10 are;

1st Nipper child U6 & U7's - \$110 (includes General Membership for 1 parent)

1st Nipper child U8 to U14's - \$130 (includes General Membership for 1 parent)

1st Nipper child U6 & U7's - \$60 (only if a parent holds current Club Membership)

1st Nipper child U8 to U14's - \$80 (only if a parent holds current Club Membership)

SURFCOM OPERATORS

The Surfcom base which operates out of Avoca Beach SLSC, is now seeking new SurfCom operators to man the radio base during the 2009-10 season. Shifts will be half days on Saturdays, Sundays and Public Holidays.

For more information and nomination forms, please refer to the Club website

World Life Saving Championships Alexandria, Egypt October 2010

Anyone interested or thinking of attending the Masters Events on Oct 9 & 10, are asked to contact the office, so planning can commence and possible fundraising activities can be arranged.

BRANCH NEWS**Leadership Program U13, U14**

5, 6 December.

The Youth Leadership Program is aimed at U13 & U14 age groups with potential to become a leader and an interest in improving their Surf Club.

Nominations close at SLSCC 5 November.

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.

Officials Up Skillings

There will be a courses in November for officials to upskill as boat and craft starters. Please contact the office for more information. Or SLS NSW website

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:

Beach Management: 31 October,

Defibrillation: 18 Nov,

Spinal Management: 28 Nov, Training

Officers: 17 October, 28 November

Advanced Emergency Care: 4 Nov

Assessors Course: 10, 11 October

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

MEMBER NEWS:

Congratulations to Olivia Doyle on her selection to the U15 Australian Catholic Schoolgirls Netball Team.

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

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; National Truss Company; NBN; The Palms At Avoca; Rebel Sports, Skins, TJs Country Fresh; Three Points Surf Shop.

Bronze Sponsors: Allcoast Concrete & Pump Hire, Avoca Beach Community Association, 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, The Kiosk; Vicky McGuinness, Video To Go, Zoggs.