

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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

SEPTEMBER 2009

Friday

13 November 2009

Welcome to the Season Night

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!

REGISTRATIONS 2009-10 SEASON

Registrations are now due and payable at the Admin Office for the 2009-10 season. Fees have remained at the same rate for the third year:

Active, Jnr Active, Cadet, Long Service Associate	\$45
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.

Welcome to our new Gold Sponsors!

KINCUMBER SHOPPING VILLAGE

Thank you to the Coles Property Group who have become a new gold sponsor of life saving.

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.

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.

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

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:

October: Monday 19, Tuesday 20
at Umina Surf Life Saving Club. 6:30pm
Nominations close 5 October.

&

November: Monday 16, Tuesday 17
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.

Static Membership

Members who are unable to do rostered patrols due to work commitments or other significant factors can request static membership with the Club so that you will not be put on a roster.

These requests must be received in writing and contain a valid reason for the request. These requests are called upon should we be audited. Failure to apply in writing, could result in inability to compete.

These must be applied for annually

Long Service Membership

Members who have patrolled for a minimum of 12 years are entitled to request Long Service Membership with the Club.

This must be done in writing to the Board of Directors and contain details of your membership with the Club.

TRAINERS REQUIRED

As the season is about to get under way, so does a new lot of training sessions.

The Club is hoping to get some new trainers on board for the forthcoming season, with particular emphasis for bronze training.

If you are interested, please contact Craig Anderson craigavoca@hotmail.com

The next course for Trainers will be on Saturday 17 October at SLS CC office.

PATROL NEWS

This year, SLSA will be distributing new patrol uniforms to each Club and each patrolling member. The new uniforms will carry the logos of the sponsors of Surf Life Saving:

DHL
Telstra
Westpac

Once the new patrol uniforms are received, members will be asked to return ALL their old patrolling uniforms which will be collected by SLSA, and they will be issued with their new uniform of shirt and shorts.

Old uniforms should not be worn at any time as SLSA have made a commitment to support our sponsors.

Chairs for Patrols

Thank you to Jeff Doyle and **Bunnings** for the donation of plastic chairs for our patrols.

It would be appreciated if these could be maintained and looked after by the patrols and that they are packed away at the end of each patrol.

These are not for loan or borrowing.

SURF SPORTS

The latest and up to date Surf Sports Calendar has been released by SLS CC.

All dates have been updated on the Club Calendar which can be viewed from the Home Page on the Club website

www.avocabeachslsc.asn.au

This calendar also contains all course information, club events and when released the latest and up to date patrol information.

Members are encouraged to check this out.

The calendar can also be accessed via Google Public Calendars.

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. Please note, SLSA have just released a new training manual, and we are just awaiting delivery.

SURF BOAT ROWERS REUNION, 6, 7 NOVEMBER

Have you bought your ticket yet?

The Club will be hosting a re-union dinner for all current and ex surf boat rower members. If you know of anyone who might like to attend, please pass this on.

Friday 6 Nov - Meet & Great at Avoca Bowling Club

Sat 7 Nov - Dinner and entertainment at Avoca Beach Club house

Sun 8 Nov - BBQ/ Row at the beach.

Tickets are on sale now until 15 October and will not be available at the door, and must be paid for at the time of booking.

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

In conjunction with this, Mike Tamblyn has compiled a fantastic history section on the Club Website, in the Boat Section.

Closing Date for forthcoming events:

Jnr Coolangatta Gold Endurance Ironperson for U14, U15, U17 on 18 October. Entries close Friday 2 October.

Endurance Champs - entries now closed.

Peters Boat Series - crews planning to compete must submit their details to Warwick Pearce asap.

LADIES AUX AGM

The Ladies Auxiliary held its Annual General Meeting on Sunday 13 September.

During the meeting, the following ladies were awarded Life Membership of the Ladies Aux

Marie Fuller

Iris Hancock

Shirley McLuckie

Jane Faulder

Congratulations to these hard working Ladies.

Membership for the forthcoming season are now being taken, and any ladies interested in joining these hard working, fun loving ladies, please contact Marg Wilson or Cec Norman or the office.

NIPPER NEWS

The Nipper Season gets under way on Sunday 18 October 2009 at 9am.

Registration days will be held at the Clubhouse on

Saturday 26 Sept 9am to midday

Sunday 27 Sept 1pm to 4pm

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.

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)

2nd Nipper child - \$50 (U6 & U7's) or \$70 (U8 to U14's)

3rd and subsequent Nipper children - \$40 (U6 & U7's) or \$60 (U8 to U14's)

TABLECLOTHES

If anyone needs to borrow tablecloths, can they please contact one of the ladies aux committee... members.

Please do not borrow and return dirty....

Please do not borrow and not return....

Please note, the tablecloths are not part of the Surf Club general use. They are the property of the Ladies Aux

If anyone has any of the white tablecloths that they may have used and taken home to wash, if they could please return them to the Ladies Aux it would be most appreciated

REBEL DISCOUNT NIGHT Thursday 24 September 9am to 9pm 20% off store wide.

To get your discount you must present your MVP card. Cards were sent again with your annual report, or can be collected from the Admin Office or arranged at Rebel quoting 869 as our Club member number

CONGRATULATIONS TO ELLA BACHE ERINA

Congratulations to our Club's Silver Sponsor, **Ella Bache, Erina**, who recently won an award for Outstanding New Business. The award recognized their community involvement and for their strong following and high level of client satisfaction.

Well done to Lauren and her team.

Thank you to **Robson Civil Projects** for renewing their Gold Sponsorship of Avoca Beach Surf Life Saving Club.

Robsons have been a long time sponsor of the Club and we appreciate their ongoing support and commitment.

ATTN: PATROL CAPTAINS

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

Could all Patrol Captains please return their First Aid Packs to the First Aid Room as soon as possible so that new packs can be to be re-issued for the start of the season.

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.

Youth Leaders Program

21, 22 November

Targeted at 15-17 year olds who have qualities that can be developed to enhance their future and that of surf life saving.

Nominations close at SLSCC 22 October

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

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 the new grandparents, Greg and Vicki Cook, on the birth of their first grandson, Lennox to former member, Elyse.

Spinal Management Training**At Avoca Beach SLSC**

Sunday 27 Sept 9am

Anyone interested in doing this course at Avoca, must get their names into the office or Craig Anderson asap.

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

Silver Sponsors: Airpak Sheetmetal Pty Ltd; Avoca Beach Architectural & Hardware; Avoca Beach Bowling & Recreation Club; ABSLSC Ladies Auxiliary; 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.