

## AVOCA BEACH SURF LIFESAVING CLUB Inc.

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

# DECEMBER 2008



The Avoca Beach Surf Life  
Saving Club's  
Board of Directors  
Would like to wish all our  
Members and their families  
A very merry Christmas  
And the very best of wishes for  
a happy, safe 2009.  
We thank you for your  
commitment and support  
throughout 2008.



31 December is drawing near....

By this time, **all competitors** must have:

- Requalified in their Bronze or Surf Rescue Certificate;
- Completed 25 hours of patrol (or if a new or rejoining member, 12 hours of patrol)
- Paid their registration fee
- Paid their competition levy.

Those competitors who have NOT met the above criteria are ineligible to compete in 2009. No exceptions.

All Patrol Hours are updated fortnightly during December so no member has any excuse of not being aware of their hours.

Requals will be run most Saturday and Sunday mornings at 9:30am.

**All patrolling members** are also required to be registered members and need to complete their annual proficiency prior to the end of December. This is a vital means of keeping your skills updated which is relied upon by the public.

**Requals are on Saturday & Sunday morning at 9:30am**



### AVOCA BEACH CELLARS GOLF DAY

Our Annual Social Golf Day, at Gosford Golf Club in on Monday, 29 December.

The event will be a two person Ambrose with a 7am roll up for a 7:30am shotgun start.

Ladies and Mixed Teams are welcome!

Cost for the day is \$70, which includes lunch back at the Clubhouse and complimentary drinks on the course.

The day is sponsored by **Avoca Beach Cellars** and the Club is very grateful of their support, so please return the favour and support them.

However we need some Hole Sponsors for the day. Sponsor a Hole for \$360+gst, get a tax deductible receipt and promotion for the day, includes team entry for 4 people, drinks on course, and lunch.

Inquiries and/or bookings for the day can be made to Glen O'Brien 4381 0977 or via the Admin Office 4382 1514.

*All Bookings made require payment prior to the day.*

### SECURITY

Members are constantly being asked to please lock the doors as they leave the premises or sheds.

- An open door recently led to the theft of surf boards and a ski. Luckily for the member, the ski was later recovered undamaged.

- A door at the rear of the Lifeguard area was damaged and a grill forcedly removed

- After some considerable expense, the lock on the gym door had been fixed, but within two hours, the lock was damaged again by someone (member or non-member) who could not gain entry. At this stage the Executive are looking into some more security

Could members over the next month, especially with school holidays, take special care of the Clubhouse and surroundings, if you see something that is not right, do something about it, if you see people about who should not be in that area, ask them to leave. If possible get names and provide them to the Executive.

### COFFS HARBOUR CRAFT CARNIVAL

Another successful Coffs Harbour Craft Carnival for the Board and Ski Squad was held last weekend of November. The annual bonding session was attended by 12 competitors with some outstanding results against strong competitors from Burleigh Heads and Maroochydore.

#### Ski Maraton

2nd Lachlan Tame

3rd Tim Paterson

#### Ski

2nd Lachlan Tame

3rd Ben Hamilton

#### U19 Board

3rd Aaron Benson

#### U19 Ironman

3rd Liam Jackson

#### Open Ironman

2nd Darren Clarke

3rd Gordon Jones

#### Open Ski Relay

2nd and 3rd.

Special mention to Andrew Higgins and Rob Moate two new members of the Club show they possess the attributes to become outstanding members of Avoca.

Well done boys!

### NUTRIGRAIN IRONMAN TRIALS

Congratulations to Jessica Davis, who as a 17 year old competed against the best ... Jess came 3rd in the B final of the ironwoman.

#### Premiership 2

Results yet to be published on SLS NSW website.

### CENTRAL COAST INTER-BRANCH TEAM

Congratulations to the following competitors selected for the Central Coast Interbranch team:

U12 water	Saxon Penn
	Luke Pearce
U13 Water	Brad McCloghry
U13 Beach	Bianca Mould
U14 Water	Cody-Leigh Callaghan
	Gareth Munton
U14 Beach	Jake O'Brien
U15 Water	Tayla Nicoll
U17 Water	Jess Davis
U19 Beach	Annie Stalley

Good luck to everyone competing at Catherine Hill Bay 13, 14 December.



### SPONSORS NEWS!

Congratulations to **Central Coast Mazda** winners of the TrueLocal Awards, Best Business.

Thank you to **Mitre 10 Kincumber**, Bronze Sponsors for renewing their support of Avoca Beach SLSC for the season.

Thank you to the **National Truss Company** for not only renewing but increasing their sponsorship of the Avoca Beach SLSC Boat section.

Thank you to **Ella Bache Erina**, sponsors of the Board section who have donated a supply of sunblock to the Club. This sunblock is for members only and can be found in the First Aid Room.

Thank you to **Airpak Sheetmetal** for renewing their silver sponsorship of the Club

**The Point Café** are in the running for Best Central restaurant, to vote log on to

[www.restaurantandcatering.com](http://www.restaurantandcatering.com)

Voting gives you a chance to win a night at Watsons Bay with dinner at Doyles

### ANNUAL DOOR KNOCK

One of the Club's major fundraisers, the Club Door Knock, is just about upon as again.

#### Board & Ski Section:

Friday 9 Jan 4pm to 8:30pm Kincumber shops

Sunday 11 Jan 10am to 3:30/4 Green Point Shops

#### Masters

Sunday 11 Jan 10am-2:30pm/4 Kincumber Shops

Sunday 11 Jan 10am-2:30pm/4 Erina Fair

#### Water Competitors

Friday 9 Jan 4pm to 8:30pm Green Point Shops

#### Beach Competitors

Sunday 11 Jan 1am to 2:30/4 Erina Fair

#### Boaties

Saturday 10 Jan 9am to 4pm Erina Fair

Saturday 10 Jan 9am-3/4pm Green Point Shops

#### Board Riders

Friday 9 Jan 4pm to 8:30/9pm Erina Fair

#### Lizards

Sat 9 Jan 9am to 3pm Avoca Village

Sunday 10 Jan 10 to 2:30pm Avoca Village

#### Nippers

Friday 9 Jan 4pm to 8:30/9 Erina Fair

Saturday 10 Jan 9am to 3/4pm Kincumber shops

Sunday 11 Jan 9am-3/4pm Erina Fair.

- Min of 3 people required at each collection point
- Patrol uniforms to be worn by all collectors.
- Beneficial if some equipment / display can be set up in the area you are collecting in;
- Please be on time for handover
- All proceeds collected by each section goes back to their section.



## REQUALS

### ALL BRONZE AND SRC HOLDERS

Each year, member of the public rely on volunteer lifesavers to provide them with a safe environment whilst they are at the beach. In times of trouble, life savers skills are required to be at their best, and with this in mind, each year, each Bronze and SRC holder is required to requalify and show their proficiency in the following areas:

- 10 signals demonstrated correctly
- Timed Run Swim Run
- Resuscitation—live patient assessment and CPR manual, including oxygen
- Rescue Board
- Rescue Tube
- Spinal Board.

It should be viewed as a learning and recap session... the aim is to keep up our skills!

Requals must be completed by all Members prior to 31 December.

Requalling is vital for all competitors, for without a current, valid proficiency date, competitors are unable to compete.

Bronze and SRC Requals are generally done on a Saturday and Sunday morning at 9:30am, unless organised otherwise. However please understand that our Assessors have busy schedules and may not be available each and every Saturday and Sunday, but will do their utmost.

## SURF SKIS

Last year SLSA changed the age for which members can paddle a surf ski and compete at carnivals. As a guide:-

Members are not permitted to compete on surf skis until the age of 15 and must be proficient bronze holders;

Members are not permitted to compete on a double ski until the age of 16.

Members must have a SRC or bronze medallion in order to train on a ski

Members under the age of 15 can participate in less formal based skill sessions on surf skis, providing :

- They have completed an initial training session (s) on how to use the equipment, particularly in regards to injury prevention and survival session in the event of any possible loss of craft,
- Be supported and in the presence of a suitably qualified coach or member.

Surf Skis are expensive and easily damaged therefore it is vital that all those wishing to commence training on skis, contact Matt Mitchell, Ski Captain to be assigned a specific ski. Doubles are not to be taken out without permission from Matt. Ski are not available for general use and recreation purposes.

## FROM SLS CC: TENTS

Clubs are reminded of their DUTY OF CARE in reference to the safety and security of Club & Member tents on the beach at carnivals.

As we know, weather conditions can quickly change on any given day and all tents especially the “pop up” style of tents MUST be secured to the ground to guarantee their stability.

## FROM SLSA: SKI LEG IN MASTERS IRONWOMAN

A ski leg has been introduced in to Masters Ironwoman events up to and including 45-49 age group, this is effective from this season onwards

## CRAFT SCRUTINEERING

All craft used at the State Championships must bear a RED sticker. If you have a blue SLS NSW sticker or have new craft, you will need to organise to have your craft scrutineered

Branch will conduct scrutineering as follows:

- 6 December at Umina from 8am
- 19 December at North Avoca from 4pm
- 18 January at Ocean Beach from 8am
- 1 February at Toowoyn Bay from 8am
- 14, 15 February at Avoca beach from 8am

Please do not leave it to the last minute to have your board or ski scrutineered!

Congratulations to our newest Bronze Members:

Callum Dittes	
Kahlee Doyle	Penn patrol
Jackie Duckett	
Kimberley Langlands	Penn patrol
Amanda Morrison	
Cody Morrow	Morrow patrol
Kyal Morrow	Morrow patrol
Tayla Nicoll	static
Elizabeth O'Connor	Hore patrol
Larrisa Shelton	O'Grady patrol
Rachel Thurlow	Smith patrol
Felicity O'Connor	Hore patrol
John Bishop	O'Grady patrol
Paul Christenson	Munton patrol
Natalie Gathercole	Penn patrol
James Gosper	Tame patrol
Jack Paton	Hore patrol
Warwick Pearce	Norman patrol
Michael Pepper	Penn patrol
Jordan Poll	Tame patrol
Pauline Priest	Norman patrol
Mick Skanhill	Tame patrol
Greg Tobin	Penn patrol



### DATES FOR THE DIARY

5 Dec Board & Ski Series 1, Redhead  
13, 14 Interbranch Carnival, Catherine Hill Bay  
19 Dec Board Ski Series 2, North Avoca  
26 Dec Terrigal Twilight Carnival  
**29 December Annual Golf Day**  
17 January Jnr Branch Boardriding  
18 January Open Masters Branch Boardriding  
1 February Jnr Branch Championships, Toowoona Bay

### 8 Feb Rocks to Rocks

14 Feb Masters Branch Champs, Avoca  
15 Feb Open Branch Champs Avoca  
21, 22 Feb Battle of the Boats  
20-23 Feb Jnr State Champs  
26 Feb Masters State Champs  
27, 28 Feb 1 March Open State Champs  
17-22 March, Aussies.

### 5th April Hunters Ocean Swim

### 11 April Club 80th Birthday Party



### CLUB TRAINING TIMETABLE

Swimming: Wednesday Wipe Outs is Back! All Levels, All Sections. Wednesday 6am!  
Ski Training: Tuesday, Thursday 4pm Saturday & Sunday TBA  
Masters Training Wednesday 5pm  
Board Training Snr Monday 5pm at the beach Wednesday 5pm at the lake  
Board Training Jnr Tuesday, 4:30pm at the lake Thursday 4:30pm at the beach  
Combined Training Saturday mornings 7am  
The first Sunday of every month will be a skills session at 4pm followed by a meeting at Sippers for the Parents and competitors.

### MEMBER NEWS

Congratulations to **Lisa Rance** on the birth of her second daughter  
Congratulations to **Wendy Norman** on her gold medal at the Pan Pac Masters in hockey.  
Congratulations to new grandparents, **Tom & Linda Morrow**.  
Congratulations to **Trent McLuckie** and Lauren Chivas on their engagement.  
Best wishes to **Brad Cox** and **Mel Macpherson** on their forthcoming marriage.

### FORTHCOMING CARNIVALS *entries close 20 Dec.*

Terrigal Twilight 26 Dec.  
Premiership 3, Redhead 3 Jan Dec.  
Thoroughgood Jnr Boat Carnival 4 Jan..

### Branch Board Riding

Junior - 17 Jan  
Masters & Opens - 18 Jan  
Please note there is a **meeting Sunday 7 Dec** at 4pm for all those planning to attend Branch & State Board Riding.

### FORTHCOMING COURSES

The following courses are held at SLS CC Branch Office at Tuggerah and must be booked in via the Club Admin Office.

**Spinal Management:** 10 December, cancelled.

**Defibrillation:** 8 December

**Senior First Aid:** 13 December. An on line component *must be* completed before you can do the course please allow min. one week prior the course date



### GOLD SPONSORS

“CENTRAL COAST MAZDA  
“GEORGE BRAND REAL ESTATE  
“GOSFORD CITY COUNCIL  
“RAINE & HORNE - AVOCA BEACH REAL ESTATE

FUTURE FLOOR SERVICES NSW  
MITCHELL BROS, BUILDERS  
“PREMIER FIRE PROTECTION SERVICES  
“ROBSON CIVIL PROJECTS  
“UD TRUCKS

**Silver Sponsors:** Airpak Sheetmetal Pty Ltd; Alto Volvo - Artarmon, Avoca Beach Architectural & Hardware; Avoca Beach Bowling & Recreation Club; ABSLSC Ladies Auxiliary; Central Coast Radio; Coastal Tiles; Dunes; Ella Bache - Erina; Energy Australia; Erina Fair, H&H Catering; Kincumber Village Shopping Centre; Michael Riley & Assoc; 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 Beach Cellars, Avoca Beach Cake Shop, Avoca Beach Medical Centre, Avoca Beach Pharmacy, Avoca Beach Welcome Mart, Avoca Beach Laundrette, Dorrell Fabrications, Hair on York, Light Culture Australia, Lions Club-Green Point; Midcoast Windows, Mitre 10 Kincumber, Riley's B&B, Ritchies Stores, Rotary Club of Kincumber; Shirro Australia, Singo's Meats, SLS Central Coast, The Kiosk; Vicky McGuinness, Video To Go, Zoggs.