

AVOCA BEACH SURF LIFESAVING CLUB Inc.

PO Box 22, Avoca Beach 2251 www.avocabeachslsc.asn.au Murray Tancred (Dir of Admin): 0408 023 102 administration@avocabeachslsc.asn.au
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.

JANUARY / FEBRUARY 2009

Band Night, Friday 30 January

The Club will be hosting two bands featuring the surf sounds of the

The Rhythm Method and
The Mounzers.

\$7 entry; From 7.30 to midnight -

Buy your drinks at the Bar-
Ladies Aux are selling platters of finger
food

Open to all those 18 years and over
Tickets from the Kiosk, The Point Cafe
or at the door

Many thanks to **Joe Murray** and **Ian Charlton** for organising the night.

SLSCC CHAMPIONSHIPS - AT AVOCA Masters - 14 February

Opens & Boats - 15 February

Once again the Club is hosting the Branch Championships and we are asking for the assistance of all our members in helping make these carnivals a success!

We will be needing help on each day in the following areas:

Set Up From 5:30am - We need to set up the sprint lanes, march past area, the boat areas (Sunday), the water areas, tents to be erected, fences to be put up and a BBQ manned to supply the workers with breakfast.

Work Party - During the day we need people to assist with the changing of lanes, distribution of meals, distribution of water and general assistance

Pack Up - At the end of the day the beach needs to be packed up or secured on the Saturday evening.

On Sunday night, all those who assist are invited back to the Club for a drink and carnival wrap up.

Please contact the Office or Matt Mitchell or Garry Clarke if you are able to assist.

HUNTERS ROCKS TO ROCKS

– SUNDAY 8 FEBRUARY

Hopefully the training has begun and our Members are ready for this years Hunters Rocks to Rocks on Sunday 8 February.

Registration commences at 8:30am

The Avoca Beach Traditional Photo in front of the Clubhouse is scheduled for 9:30am

Then the walk down the beach ready for the swim back to the Rocks.

Followed by a sausage sandwich.

Presentation for all swimmers will be at 12:30pm at the Clubhouse.

Please note, this event is for Members Only: Bronze, SRC & Associate Members.

The Club is very appreciative of the ongoing support by Michael Hunter and his family of this annual event which is one of the highlights of the Club calendar.

TEXT MESSAGE UPDATES

The Executive have decided to use Vanilla Sports to send SMS messages or emails to members where important information needs to be conveyed to certain sections or all members of the club.

Vanilla Sports is a completely secure site and only members of the club can view information and send messages to other members.

The Avoca Beach Nippers have been using Vanilla Sports for several months and found it an efficient way to distribute information to its members and allows members to contact each other at no cost to them.

Members of the club can visit www.vanillasports.com and have a look at the site. Members user name is their first name and surname with no space and their password is their first name. They can change the password when they log in.

Club members information has been loaded from SurfGuard and you can add a photo to your member profile, edit your details or send an email to other members.

Further information about Vanilla Sports can be obtained by emailing Steve Jelfs at jelfsone@hotmail.com or if should you wish your number to be removed from the list.

BRANCH, STATE AND AUSTRALIAN CHAMPIONSHIPS

Circulars for the SLSCC and SLS NSW Championships with programs are now available on the Club website, the competition noticeboard and from the office.

To compete in the Championships,

Competitors must be financial members of the Club, have completed their proficiency or new award (Bronze or SRC) by 31 December, and must have completed sufficient patrol hours. For all renewing members that is 25 hours of patrol.

For all those who rejoined the Club or attained their Bronze or SRC, patrol hours required are as follows: If the award was completed in September – 16 hours, October – 12 hours, November – 8 hours, December – 4 hours.

To enter the Championships

Competitors can email **Gordon Jones**, Carnival Entries Manager at gordojones@hotmail.com or if you do not have access to emails, please let your Sectional Head know.

For State & Australian Championships, please also include a list of each event and their code, if possible, (available in the State and Aussie Circular) that you wish to be entered in to.

Please note teams will be selected by the Surf Sports Panels and members will be advised closer to the date.

Aussie Uniforms

With a great deal of work and organisation of **Sonya Walters** and **Debbie Rendall**, a Club uniform has been put together for both Nippers and Seniors. It is planned that additional items will be added over the next few years.

Once again the Club is subsidising the Senior uniforms for those attending the Australian Championships. The Uniform levy this year will be \$60 for shorts, shirt & hat for both men and women.

Gear to Aussies

This year we will be transporting our gear to Aussie with SLSCC once again. The Club (Warwick Pearce & Matt Mitchell) had organised our own container but Branch were able to come up with a greatly discounted price, so our gear will be going on convoy with the other Clubs. More details to follow as to when craft will need to be ready for packing etc.

First Aid Championships

8 February at Ocean Beach

Champion Life Saver

31 January at Ocean Beach

Patrol Competition

7 February at Ocean Beach

The Open category consists of 6 members who must all be proficient Bronze and are ARC members and one member of the team must have their IRB Medallion.

In the U17 category, they must all be proficient bronze and ARC holders.

These Championships are great SLSA events and focus on first aid, signals, and all the basic skills of being a life saver and a good knowledge of life saving and the manual is required.

For more information, please contact the office.

SLSCC AGE CHAMPIONSHIPS

Good luck to all our Nippers competing at the Branch Championships at Toowoona Bay on Sunday 1 February.

LIFE SAVING UPDATE

Just a reminder to all patrols, the importance of assigning one patrol member to be the **Radio Officer** for that patrol.

The Radio Officer, is then in charge of monitoring the radio and responding to requests by Surfcom for information, doing radio checks, noting all calls the Radio Log Book and ready to assist the Patrol Captain in the event of any rescue or emergency.

There is a laminated copy of the stats required with the Patrol Log Book, to make it easier for the Radio Officer to report in when required.

A reminder to all members that the patrol hours done now are accumulating towards your 25 patrol hour requirement for competition next year.

AROUND THE CLUBHOUSE

Thank you to the Ladies Auxiliary for their purchase of new fridges and freezers for the Clubhouse.

They look fantastic!

ANNUAL DOOR KNOCK

Once again the Club turned out in force to raise funds for their sections and the Club. Raising funds at the shopping centres certainly proved easier than the traditional knocking on doors and to all who attended, thank you for your support and your efforts.

To **Fred Spindler**, thank you for organising this once again and committing your time to a hectic weekend.

Thank you to **Maureen Spencer, Kerry Moore, Jan Hoban** for assisting Fred with the counting.

SPONSORS NEWS!

Thankyou to our Gold Sponsors, **George Brand** for the renewal of their sponsorship for 2008/09

Thank you to **Three Points Surf** who renewed their Silver Sponsorship of the Club

Thanks also to **Coastal Tiles**, Bronze Sponsors of the Club.

Once again thank you to **Avoca Beach Cellars**, Golf Day Sponsors

To **The Funky Kitchen** thank you for the donation of a prize at the Golf Day.

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:

- 1 February at Toowoomba 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!

SIPPERS

Sippers has been proving a popular way to wind down the weekend on Sunday nights.

However, please note on Sunday 1 February & 15 February the usual Sippers will not be on as the Club celebrates the conclusion of the Age and Senior Championships.

Many thanks to the Ladies Aux. for the cooking of the wonderful meals, to Spike, Mick and Joe Murray for all their work at organising each successful Sunday evening.

Sippers will conclude for the year on March 22

MANLY & FRESHWATER CARNIVALS

Congratulations to all competitors at the recent Manly and Freshwater Carnivals.

It was great to see such a large contingent of members making the trip down, particularly the number of U13 and U14s!

Avoca Beach had great results with everyone making the finals...there are too many results to mention and as the results are not on the web, I would hate to miss anyone, so congratulations to all.

AVOCA BEACH CELLARS GOLF DAY

Thank you to all those who participated in the Club's annual Avoca Beach Cellars Golf Day at the end of December. A great day was had by all with some great results by some groups and for others just plenty of laughs! Great to see the female contingent is on the rise.

Thank you to **Avoca Beach Cellars** for their sponsorship of the day. Their ongoing support of the Club is very much appreciated, so please don't forget to support them and drop by to say thanks!

Thank you also to **Glen O'Brien** and **Keith Ferrier** who took on the great task of organising the day. This was their first year at the reins and we look forward to their repeat performance at the end of this year.

ACCOMMODATION AT AUSSIES!

Thursday Friday Saturday night and check out Sunday.

The apartment has three rooms two queens and two singles.

It is the Observation Rise which is opposite the beach where we compete.

The cost is \$400 per night.

Please contact Jeff on 43812624 or Quentin on 43822927

DATES FOR THE DIARY
 1 February Jnr Branch Championships, Toowoon 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

MEMBER NEWS
 Welcome to Eden Petrie.. born 6 weeks early to Todd & Mel Petrie just before Christmas
 Congratulations to Grahame Lowe.... Inducted into the Poets Hall of Fame at Tamworth
 Congratulations to Mel & Brad Cox and Sean & Rachel Macgugan on their recent weddings.

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.

Exercise Classes at the Clubhouse:
Yogalates
 *** *Special Deal for Club Members* ***
 Discounted Yogalates classes at \$10 per class, a saving of \$4 per class
 Monday 9:30am, Wednesday 6pm, Friday 9am
 Contact Anne: 0411 049 969
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
 “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; 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.