

AVOCA BEACH SURF LIFESAVING CLUB Inc.

PO Box 22, Avoca Beach 2251 www.avocabeachslsc.asn.au Brett Hunter (Dir of Admin): 0410 630 22 brett@rhcoastal.com
The Admin Office: Ph: 4382 1514, Fax: 4382 4250, Email: theoffice@avocabeachslsc.asn.au

JANUARY 2007

FROM THE PRESIDENT....

We welcome everyone to the new year and hope that all had a happy and safe Christmas period. Over the Christmas period the club has been very active with competition and fundraising activities. Rob Davis along with the kids and parents who are attending Warriors on the Water have worked tirelessly in raising funds for the tour. Most sections also worked well in making the Door Knock a success and we need to thank Jim and his team for their efforts to make it a success. It was disappointing, however, that not all sections fulfilled their obligation and therefore let others down. The Door Knock has been a major fundraiser for the club and we would expect as many members as possible contribute to the event.

The Boat Section has worked hard in organising activities and the Ol'55 and Trivia nights should be good social events for all the club.

Also please ensure that your entries are in for Aussies, State and Branch as the club will not be responsible for late entries. If you are unsure contact your sectional captain or the club.

Garry Clarke

ROCKS TO ROCKS - 4 FEBRUARY

The annual fun swim from North Avoca to South Avoca is on again, so time to get in training and be ready for this traditional swim now in its 15th year.

This event is only open to Club members in thanks and in support of the volunteer lifesavers who patrol this wonderful stretch of beach from Michael Hunter and his family and staff from Raine & Horne Avoca Beach.

Registrations are at 8:30am with the traditional photo on the rocks and then the walk along the beach.

THE LEGENDS OF OL'55.....

DINNER DANCE: 13 JANUARY 2007

The Club is organising a great night of dance and fun this Saturday, 13 January when some of the original members of Ol'55 are coming along to entertain and kick up a storm!

Tickets are available from the Club Admin Office, or phone Craig Kelly on 0419 202 609.

Tickets are \$55 including dinner and the bar will be open. Tables of 10 are still available

BRANCH & STATE CHAMPIONSHIPS

Reminder to all Competitors to let your Sectional Head know by 20 January if you are planning to attend these carnivals.

All competitors and their events will be listed on the noticeboards as soon as all entries are in. Please check if you are entered. Late entries will be payable by the competitor.

ANNUAL DOOR KNOCK

Thank you to all those who supported the weekend fundraiser! Your assistance was much appreciated and helped earn much needed funds for your sections.

The total amount raised over the weekend was \$9968 and thanks to Kerry Moore for her money counting expertise and to George & Maureen Spencer, Tony Bennett and Michael Hunter who assisted with the counting.

AVOCA BEACH SLSC GYM!

The much anticipated and much awaited gym has now been completed and is open for Members.

Our thanks go to Andy Hoban, who has devoted many, many hours to the gym set up. Andy was often assisted by George Spencer, Scott Mullaly and Bob Dorrell.

Membership, as determined by the Executive is \$50 per surfclub season, and is only available to Club Members.

Gym memberships are now payable at the Admin Office, and once paid, access will be updated on the security system.

Entry will be via thumbprint scan at the gym door. Please note this is the only entrance, and should the double doors at the back be opened externally, the alarm will be activated.

We hope that all members will respect the gym and assist with the general cleanliness and upkeep of the room and equipment.

For full guidelines to gym usage please see later in the newsletter.

AVOCA BEACH SLSC GYM

The Avoca Beach SLSC Gym is equipped and designed to encourage Members to attain and maintain quality physical health.

This Guideline Information Sheets is to help Members be responsible for the care and maintenance of the gym.

The reasons for the Guidelines are:

- Legality
- Gym security
- Gym cleanliness.

These Guidelines are to be enforced because of directions from legal advice re Public Liability Insurance, Corporate Insurance and SLSC's use of Association Equipment Policy

The Gym is not a facility for the general public.

1. Only current financial Members of Avoca Beach SLSC can enter the gym (do not invite non-financial Members or non-club member's entry into the gym);
2. The gym is out of bounds to U/15 competitors (non-bronze holders) unless under the supervision of their sectional coach;
3. Gym entry is via the keypad passage door located near the change rooms (not via the double doors). Please ensure that the door is kept closed and not left ajar;
4. Members are to supply their own sweat towel and water bottles;
5. No food, glass bottles or cans are permitted
6. Suitable training clothing to be worn at all times, ie shorts, training shirts, enclosed footwear;
7. No free weights or bars to be rested or placed on benches;
8. Replace all equipment – weights, bars, benches, bikes etc to their correct location;
9. Wipe down and remove excess sweat from all machinery, weights and benches with the sprays and towels provided to prevent rust buildup and hygiene;
10. Report any breakages or repairs required to the gym coordinator and place an 'out of order' on the equipment to prevent any member injury;
11. Training squads (eg ski, board, masters) can book a time slot with the gym coordinator.
12. Training squads will have the complete rights to the gym at their designated training time slot (revised each month) as listed on the booking sheet/board. Individuals can enter the gym at any time, but if that time clashes with a training squad, permission to co-use the gym must be sanctioned by the Training Coach;
13. If a training squad does not keep to their designated time slot, after two absentees, that group will forfeit their time position and will need to reapply for a time slot, or be placed on a waiting list if time slots clash.

AUSSIES – PERTH 2007

The Club is trying to organise transportation to Perth WA, and we need to know:

1. If anyone is interested in driving a gear trailer to Perth;
2. Names of all competitors going to Perth;
3. Who has gear that needs transportation;
4. Uniforms sizes and any supporters wanting uniforms.

Please let your Sectional Captain, or Anita in the Admin Office know asap. As time is running out to get all these details finalised

ACCOMMODATION AVAILABLE DURING AUSSIES

If anyone is still looking for accommodation during the Aussies the following accommodation is available

- 2 bedroom apartment at Cottesloe;
- Bunk rooms at Emperors Crown, luxury style backpackers accommodation in Perth.

To all those who have booked accommodation at the Emperors Crown, please let Anita know your flight arrangements so that your accommodation bookings can be finalised.

BYRON BAY BEER

Cases of the boutique beer from the Byron Bay Breweries are available for \$30 per case. There are only a few cases left, so anyone interested, please contact the Admin Office or see Goffo, Garry or Anita at Sippers.

HUNTERS OCEAN SWIM - 17 DECEMBER

Many thanks to all those who turned out to help on the day, without all the valuable helpers within the Club, many of these major fundraising days could not happen.

The day was a great success, with many commenting once again on the cheerfulness of all the helpers, the amazing clarity and cleanliness of the water.

The new event 'Dash for Cash' was a popular and entertaining addition to the day.

Competitors photos can be viewed in the Captains Office or on the Club website.

Our thanks to Michael & Brett Hunter from Raine & Horne Avoca Beach for their support of this event and the Club.

NSW MASTERS, OPEN AND AGE CHAMPIONSHIPS

All details regarding the forthcoming State Championships can be found on the Competition Notice Board. This years Championships will again be at Cronulla:

Age (Nippers): 23-25 February 2007

Masters: 1 March 2007

Seniors: 2, 3, 4 March 2007.

In order to compete at the State (and Branch & Aussies) Championships:

- All Active members must have completed 25 hours of patrol in 2006, Reserve Active 12 hours and new or rejoining members must have completed 16 hours of patrol; Requalified in the Bronze/Cert II or SRC by 31 December, and
- Must be financial members of the Club and have paid the Competition Levy.

We will be in need of Officials for the carnival and possibly 3 IRB Drivers for the Opens.

Entries close with the Club on 20 January, so all those planning to attend and must let their Sectional Heads know which events they wish to be entered into.

Copies of entries will be on the noticeboard for competitors to check their entries and let the Club know of any errors or omissions.

Any late entries will be payable by the Competitor

The Clubhouse is now booked each week night with various activities such as:

YOGALATES AT AB SLSC CLUBHOUSE

Monday & Wednesday evenings 6pm

Friday mornings 9am

Contact: Anne Love 0411 049 969

PILATES AT THE AB SLSC CLUBHOUSE

Tuesday, an early morning class at 6:30am

Wednesday 9:30am, Thursday 6pm & 7:30pm

Contact Michelle: 4384 5005

MAD COW THEATRE DRAMA CLASSES

Tuesdays 4pm to 8:30pm, contact Mad Cow for more details.

AB SLSC COMMEMORATIVE WINES

- ◆ Tyrrell's AB SLSC Chardonnay
- ◆ Tyrrell's AB SLSC Port
- ◆ Tyrrell's AB SLSC Shiraz

With labels showcasing the stages of the development of the new Surf Club

\$15 per bottle or \$140 per case

Contact: Slim Peebles. Ph: 0428 434 223

BRANCH CHAMPIONSHIPS:

Avoca is hosting all three Branch Championships this season and a large workforce of helpers will be required on the days with:

- * Beach set up,
- * Work parties during the day,
- * Pack up,
- * BBQs etc.

Please let Garry Clarke or Matt Penn know if you can help.

Branch Dates are:

Age (Nippers) 11 February

Opens 17 February

Masters 18 February

Entries close at the Club on 30 January Competitors will need to let their Sectional Heads know if they are planning to compete and their preferred events.

Entry requirements are the same as the State Championships.

No entries on the day!

BOATIE NEWS

Just a reminder that the Boaties Annual Trivia Night is on Saturday 19 January 6.30pm at the Clubhouse. If you would like to attend please contact Todd Petrie asap.

Tickets are \$10 per head, bring your own nibblies and the Bar will be open.

It would be appreciated if everyone could assist with the clean up at the end of the night, as the Function Centre is booked from 8:30am the next morning.

Congratulations to the Z Crew, who were placed 2nd overall in the Ocean Thunder Series and to the Zenith who placed third overall. An awesome performance

SIPPERS

Sippers is on every Sunday night in the Clubhouse from 5pm. The Bar is open and once again the Ladies Aux have rostered themselves to supply meals each Sunday. The Club thanks the Ladies Aux for their continued support.

Members on the night are asked to assist with the general clean up by returning your empty glasses to the bar and putting all rubbish in the bin. This is a night run by volunteers for all members to enjoy.

CLUB PRESO

Club Presentation Night has been booked for 16 June, so please mark this in date in your diaries. All new awards, including Bronze Medallions are presented on this night.

RSA COURSE

If anyone is interested in doing their RSA Course, please contact Rod Butler on 0409 854 714

75TH ANNIVERSARY BALL DVDS are available for sale at The Kiosk for \$20.

REDHEAD U8 TO OPEN CARNIVAL - Sunday 21 January

Entries close on Wednesday 17 January and a reminder to all those attending as this is out of Branch, SLS CC approval needs to be obtained.

SLS NSW UPDATES:

Major Sponsor DHL is running an internal competition for their staff this summer to promote the relationship between our two organisations. Their challenge is to get a photo taken of themselves/family with a patrolling lifesaver in the places that they holiday – the best picture wins them a prize and a \$1000 grant for the Club of the member featured. So, if you are approached this summer by a DHL employee on holiday, please make them feel welcome, smile and say “Cheese”!

PATROL CAPTAINS

Patrol captains are reminded of the importance of filling out all stats and preventatives at the end of their patrol.

Please also ensure that the ATV is unpacked at the end of weekend patrols and office is left tidy.

WEB CAM

The Webcam is now up and functioning. Go to:
www.avocabeachslsc.asn.au, or,
Www.coastalwatch.com
And follow the links for your view of our beach!

AB SLSC ADMIN OFFICE: PH: 4382 1514

The Administration Office is opened on
Monday 10am to 4pm
Thursday: 2pm to 5pm
Saturday mornings.

CLUBHOUSE DONORS

MITCHELL BROS. - Builders

SHANE FREEMAN

AVOCA ELECTRICAL SERVICES – Greg Weeks

AVOCA BEACH ARCHITECTURAL & HARDWARE

ALARMIST – Nick Tomlin

CRAIG KELLY PAINTING & DECORATING

JAN'S INTERIOR DESIGNS

MAD BARRY'S

ZUMOTOBEL LIGHTING

SCHIAVELLOS

SIGNWAVE

GOLD SPONSORS

◆ AUSTRALAND

◆ BEECHWOOD HOMES

◆ FRED ROSE BATHROOMS

◆ GEORGE BRAND REAL ESTATE

◆ GOSFORD CITY COUNCIL

◆ RAINE & HORNE - AVOCA BEACH REAL ESTATE

◆ H&H CATERING

◆ L.J. HOOKER AVOCA BEACH

◆ LYNAIR INTERNATIONAL FREIGHTING

◆ PREMIER FIRE PROTECTION SERVICES

◆ ROBSON CIVIL PROJECTS

◆ TYRRELL'S WINES

Silver Sponsors: Avoca Beach Architectural & Hardware; Avoca Beach Bowling & Recreation Club; Avoca Beach Hotel; Avoca Beach Palms Resort; Central Coast Radio; Coastal Tiles; Davistown RSL; Dunes; Eagles Plumbing; Erina Fair, GW Hydraulics; Kincumber Hotel, Kincumber Nautical Village; Kincumber Village Shopping Centre; McDonalds Kincumber; Michael Riley & Assoc; National Truss Company; NBN; Seafood Spot; Signwave; Salmat; TJs Country Fresh; Three Points Surf Shop; Wizard Home Loans.

Bronze Sponsors: Anishas, Avoca Beach Community Association, Avoca Beach Medical Centre, Avoca Beach Cake Shop, Avoca Beach Pharmacy, Avoca Air Mechanical Services, Avoca Beach Kiosk, Avoca Beach Welcome Mart, Bunnings Building Supplies, Billy Todd, Blue Bar & Restaurant, Byrnes Swan & Assoc, Beauty by the Sea, Chris Pickup, Dorrell Fabrications, Enviroclean, Energy Australia, Green Point Village Shopping Centre, Hole in One Donuts, Kahvah, Kincumber Driving Range, Kincumber Signs, Margaret Davey, Maurice Apartments, Michael Wright; Mitchell Brothers, Party Hire, Rebel Sports, Riley's B&B, Sea Change, Shirro Australia, Singo's Meats, SLS Central Coast, Steve Robinson, Three Point Surf, Tarragal Glen Village, Tony Ide, Vicky McGuinness, Video To Go, Weddings to Remember, Westpac Banking Services, Zumtobel, Zoggs.