

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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

MARCH 2009

On Saturday 11 April 2009
Avoca Beach Surf Life Saving Club
is holding an evening of celebration
on the 80th anniversary of the first Life Saving Exam
held at Avoca Beach on 7 April 1929.
Tickets are \$30 and available from the Admin Office.

Dining Options by Mr Catering
Music by Gravy Train

Tickets must be paid for at the time of ordering.

So join us for an evening of nostalgia and fun celebrating our past, our history and our present
Dress is Smart Casual and those with Life Member or Australian Jackets it would be appreciated
if they could be worn on the night.

Hunters Ocean Swim Sunday 5 April 2.5km Avoca Beach Swim

With prizes for winners, competitors
and lucky draw!

Entries before 1 April are \$40 Enter on
line at www.oceanswims.com
Entry Forms available on the Club
website and can be posted
with payment to:
PO Box 22, Avoca Beach 2251

Or, enter on the day between
8am and 9am for \$50.

Any Club Members not swimming on the day,
your assistance with set up, water safety and
registrations would be very much appreciated!!

The Club thanks **Raine & Horne Avoca Beach**
and the Hunter family for their ongoing
sponsorship, support and commitment to the
Club.

CENTRAL COAST MAZDA Club Championships Sunday 26 April 2009 From 2pm

All Members are invited to the Club's traditional
day of Club competition.

The day is open to all members, new and old,
juniors and masters and patrol members
You don't need to be a competitor to compete,
just a sense of fun and sportsmanship and
willingness to have a go and compete in events
such as: Flags, Swim, Board, Tube, Ski,
Sprints, and others

Captains Keg Sunday 26 April from 5pm

All patrolling members are invited to the
traditional wrap up night as we put away the flags
for yet another season.

Wendy Norman and the Board of Directors look
forward to seeing you there and being able to
thank you for volunteering your time.
Drinks and nibbles provided.

AUSSIE WRAP UP

Once again Scarborough Beach, WA, turned on all weather conditions on each day of the competition and once again our competitors did us proud, not only in their results but in their sportsmanship and their cheerful attitude

Just some of the highlights from the Championships.....:

Masters Day 1 & 2

....Gordon Jones and his long legs plowing through the water as he took out gold in the Tube Race. Gordo showed his strength and versatility as a competitor as he brought home points in tube, ski and sprint relay

.... Ben Hamilton, as always racing his ski with style and skill.

.... Pauline Priest who waited in freezing and rainy conditions for her tube race to take out a silver medal - also a 4th in the swim. Well done to this new member of our Club.

Inter-State

On day of carnage and spills throughout the carnival our Inter-State Competitors did us proud and really impressed with their skills. Tayla Nicolls board paddle was simply amazing as she won the race by nearly a half race. Cody Leigh led all the way to the finish line and came in 2nd, and Aaron Benson put in his all and came 3rd.

Boats

Three teams went away and they all came home with medals.

....John and Jim Mitchell swept their crews solidly plus the fitness of our two master crews, meant they kept in control whilst boats all around them spilled and turned upside down. The Tweakers coming home 2nd and the Zuluz 3rd.

....The Helmets then showed their form and commitment over the next three days and brought home gold in a very tight finish with Bulli.

Opens days 1, 2, 3, 4

....Cody-Leigh Callaghan, an Under 14 competitor competing as an U15 brought home gold in both the board and the ironperson.

....Matt O'Grady stunned his father by bringing home a silver medal in the U15 Board.

... Ben Hamilton and Gordo Jones, after racing in Masters raced in the Opens and just continued to show style and fitness, making finals and semi-finals

....Our double Ski paddlers, U19 Pete Mitchell and Alex McIntyre (5th) and Opens, Ben Hamilton and Lachlan Tame (8th) were both in awesome form and right there at the end.

....Aaron Benson showed guts and determination as he led the U19 Board, almost overtaken right at the end, but Aaron was not going to let this one slip by as he took out gold.

...The Open Board Relay Final was exciting and memorable as Aaron brought them in 2nd, Nugget hit the water first and came home 2nd, and Liam Jackson held 2nd till the last 100mtrs when a runner died and the super heros from Qld turned on their motors. Their 5th place is a great achievement.

...Jess Davis U17 and Tami Hunt U19 continued to go in all events and make finals and semi finals. These girls were in areas by themselves and as always had smiles on their faces. Jess's smile was certainly in evidence on the podium to receive her silver medal in the swim.

....In the U15 Board relay we had two male and two female teams in the final... great achievement for all this young team of competitors!!! They raced in driving, freezing rain at 5:30pm. One boys team coming in 5th and one girls coming in 2nd. The Camerons were to after this event but due to conditions were postponed until the following morning where the girls team finished with a 4th.

....Daniel Shade brought the crowd to their feet in his leg of the Taplin and his 2nd in the Open Board was just another great show of skill and ability

So thank you to all the competitors for all their hard work and dedication over the season. Special thanks to the coaches who put in so much of their time and their knowledge.

Special mention must also go to the group of mums from the U15 area who fundraised and held BBQ's all season to help pay for the team expenses whilst in Perth. They did a huge amount of work and managed to fundraise over \$7000. Just goes to show what a bit of hard work can do..... Thank you also to Gary Hore and The Lizards who conducted several beach raffles on their behalf.

Aussies Containers

The containers will be back on Thursday and the Club is presently making arrangements for the gear collection.. Please contact Matt Mitchell for more details.

Apologies to anyone trying to contact the Club by email over the past week, an upgrade to the spam filtering caused havoc with incoming mail and emails to senders, coupled with the disruption to the internet with the recent vandalism to the Club when the Coastal Watch webcam was forcibly removed.

ANNUAL REPORT

With the Branch, State and Australian Championships over, just a reminder to all Sectional Heads to keep in mind that the end of year report is due early May.... So get in early and write it up now whilst it is still fresh in the mind!

So start jotting down some notes or antidotes or special mentions that could be worthy of going in the Annual Report!

A reminder too, that any photos, particularly of your patrol group would be greatly appreciated.

Financial Year

The Club's financial year ends 30 April so it would be appreciated if anyone with outstanding accounts, reimbursements or invoices could contact the office as soon as possible to finalise.

BRANCH NEWS

Year in Review

On Saturday 9 May, SLSCC will be holding a mini conference to which representatives of all Clubs are invited to attend to provide feedback to the Branch and to assist with the planning for the future.

Please note the Surf Sports Summit originally set for 4 April has now been included with the 9 May meeting

Future Leaders

A great opportunity exists with SLSCC for 18-15 year olds in the Club with Surf Life Saving Central Coast inviting nominations for the 2008-09 Future Leaders Program. The Program is a great opportunity to foster member's leadership potential and facilitate team work, goal setting and above all personal growth.

The program will be subsidised by Surf Life Saving Central Coast, and be conducted over six sessions including a camp. The camp dates are from Saturday 18th April – Sunday 19th April 2009 at Challenge Ranch, Somersby.

Applications close 3 April, and forms are available from the Club or SLS CC

Branch Positions:

At the forthcoming SLSCC AGM, the following positions remain uncontested:

Manager of:

- Senior Carnivals
- Youth Carnivals
- Master Carnivals
- Coaching
- Rep Teams
- Competitors Representative
- Special Events
- Surfcom

Other positions are also available, please see SLSCC website or Club noticeboard for more details.

80TH ANNIVERSARY CELEBRATIONS

We look forward to seeing as many Members on **Saturday 11 April** as we celebrate 80 years of trained life savers at Avoca Beach.

This night is open to all Members, including past and new, Nipper parents, and our patrolling members.

Dress is smart casual, but if those with Life Member or Australian jackets, if they could bring them along on the night it would be appreciated.

Food is by Mr Catering... with three gourmet stations of food, Music is by Gravy Train....who always fill the dance floor with their music!

There will be seating, but not set tables, so that people will mingle and mix, and keep moving around the room.

Come along and get to see a bit of our past... but most importantly come along for a great night of chat, food, dance and song!

Murray Darling Trip October 2009

The Murray Darling row will include boat crews and ski paddlers and if possible will go from Menindee Lakes to Wentworth which is a distance of couple of hundred kilometers and should take approximately 2 weeks to cover.

We need to know what boat crews are interested in doing the row so we can work out the itinerary, what stops and changeovers will take place and what crews will be doing certain stretches of the river. If the Darling River isn't flowing sufficiently we will have alternate systems to travel either the Murrumbidgee or Murray.

We are currently in the process of trying to contact Annabel Walsh at Moorna station to make base camp and will work from there.

At this stage dates will be 3rd October till 18th October 2009, which is school holidays in the month of October.

I will add to this as we update our itinerary and our times.

This notification is very sterile but I can assure you for those who have not partaken in the adventure prior to this you will not be disappointed if you have an adventurous spirit.

Also a great way to learn how to row, sweep or paddle a ski.

Yours in the river -

John Mitchell

TRAINING FOR NEW AWARDS

Bronze Award:

One of our trainers is still available to do a bronze award this season. If you know of anyone who is interested in obtaining their bronze, please contact the office asap.

The following courses will be run by SLS CC. Please ensure you book in with the Admin Office at least one week prior to each course:

Beach Management: 22 April, 28 October,

Defibrillation: 4 May, 18 Nov,

Spinal Management: 28 September, 2 Dec

Training Officers: 10 October

Advanced Emergency Care: 4 Nov

Senior First Aid: Please register at least two weeks prior in order to receive your manual and complete the on line component.

18 April, 8 May, 20 June, 3 July, 22 August 11 Sep, 23 Sept. 14 Nov, 4 Dec

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

MEMBER NEWS

Congratulations & best wishes to Brett Hunter and Kelly, Brett Clarke and Heidi who both have babies due mid year...

Congratulations to Jade Hogan and Brad Gee on their wedding 28 March

Congratulations to Kate McNamara on her wedding in Bali on 1 April.

Wishing Max Sainsbury a speedy recovery from his recent knee operation

Best wishes to Bobby Dorrell on his forthcoming knee operations.

SPONSOR NEWS:

CENTRAL COAST MAZDA

Thank you to Central Coast Mazda for renewing their Gold sponsorship of Avoca Beach Surf Life Saving Club.

So if you are currently in search of a car, be sure to call by the Central Coast Motor Group

Continuing thanks to **Ella Bache, Erina** for their on going supply of sun block to the Club.

DATES FOR THE DIARY

5th April Hunters Ocean Swim

5th April, Nipper Presentation Day

11th April Club 80th Birthday Party

30th May Presentation Night

8th August, AGM

GOLD SPONSORS

“CENTRAL COAST MAZDA

“GEORGE BRAND REAL ESTATE

“GOSFORD CITY COUNCIL

“RAINE & HORNE - AVOCA BEACH REAL ESTATE

MITCHELL BROS, BUILDERS

“PREMIER FIRE PROTECTION SERVICES

“ROBSON CIVIL PROJECTS

“UD TRUCKS

Silver Sponsors: Airpak Sheetmetal Pty Ltd; 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 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.