

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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

NOVEMBER 2008

We are now well into the season and it has been great to see patrols working well on the beach and also supporting our sponsors by wearing their uniforms. Thanks also to the increasing amount of members who are ensuring our facility is looked after checking appropriate use and making sure areas are left clean and tidy. If everyone does this it will make the job lighter for others.

Congratulations to Chris Parker and Brook on their recent wedding and also to Tayla Nichol and Annie Stalley on their inclusion in the NSW high performance squad.

As we approach Christmas it is important that competing members ensure they have met patrol requirements for competition. In some cases members may need to do some additional hours to meet their 25hour requirements. Also please make sure if you cannot make a patrol that you have arranged a substitute. NSW has checked this in our previous audits.

The welcome to season night was a success and it was great to have so many new members there. Plans are under way to have a bigger and better one next year with a band booked well in advance.

The Hunters Raine and Horne Ocean Swim has moved from the 2nd weekend in December to April 5th next year. Please put that in your diaries. The Rocks to Rocks is set down for 8th Feb.

Also coming up soon is our annual golf day which will be held on December 29th at Gosford. We would like to see any new members or friends get involved in this day. If interested please contact Anita in administration and leave your name and contact.

CLUB HANDICAPS

Are back from **16 November**...

Club Handicaps are a great way to get some fitness, hone a few lifesaving skills, have a laugh with a bit of competition thrown in! And maybe... even a chance for an end of season prize!!!

Club Handicaps are for all Members: new or old, young or old.. Events include:

Long and short swim,
Board,
Run &
Ski.

It is run on a handicap system so everyone gets a fair chance and there is always time for a laugh and a chat.

Gordon Jones, also in charge of Carnival Entries will be organizing the events, so come along, lend a hand and have some fun, with a bit of fitness and skill improvement thrown in.

Meet at 11am near the corner of the rock pool each Sunday, starting 16 November.

REGISTRATIONS

Club & Gym registrations for the 2008 - 2009 season are now being taken.

All Members must be financial members when patrolling the beach so that they are covered by insurance.

All Members must be financial members in order to be entered into any carnivals.

Membership from 2007-2008 season expires on 10 November along with members access privileges to the Clubhouse and its facilities including gym membership .

All registrations received by the due date, ie, prior to 10 November, include a chance to win \$1000 in the SLS CC Ducks For Bucks as your reward for registering on time.

Those who have registered and did not receive their duck certificate (which is tax deductible) can collect from the Admin Office..

Interested in, and want to be involved in Surf Sports but aren't an athlete???

Then how about being an official?

Avoca Beach Surf Life Saving Club's core business is patrolling the beach and making it a safe environment for visitors to our beach.

But our Club has also a proud history as a strong, competitive Club.

But to compete we need officials! And more officials than ever before due to the SLS Central Coast requirements of one official per 7 competitors coupled with a very strong contingent of U15 competitors and the many that have joined our Club from other Clubs, adding to the increased demand for officials.

You don't have to be a competitor to be involved in surf sports!

How do you become an official?

- You must be a member of the Club, so that you covered by insurance
- Attend an officials course which is held by SLSCC - the Club pays the \$75 fee for the course.
- Then complete the workbook and log and make sure you get your log book signed at each carnival.

What do you get from it?

- A sense of community and involvement
- A uniform
- A manual
- Two free drinks at the end of the day
- Lunch on the day
- A chance to be close to the all the action on the day!
- Certification which can be used in other sports and on resumes

Want to know more about it?

Ring Toni Jennar on 0412 313 131 or 4384 4959

When is the next course?

11, 12 November 6:15pm to 9pm

1, 2 December 6:15pm to 9pm

Book in via the Admin Office on 4382 1514 or email office@avocabeachslsc.asn.au

SPONSORS NEWS!

Congratulations to the following Club sponsors who have been nominated in the Central Coast Express TrueLocal Business Awards, with winners to be announced on 24 November:

Avoca Point Café - casual dining

Avoca Beach Cellars - Liquor Store

Central Coast Mazda - Motor Vehicle Dealer

Ella Bache, Erina - new business

Good luck for the night, and than you for your support of our Club!

PATROL NEWS

At the end of each patrol, patrol captains are required to fill out various statistics, including the number of preventative actions carried out during the patrol.

Preventative Actions are the number of:

- Swimmers advised / warned
- Craft users advised / warned
- Beach users advised / warned
- Warning signs erected.

Patrol Attendances

Patrols will have noticed that Surfcom now requests the following information during the course of the patrol, so patrols are advised to prepare themselves to answer Surfcom the following:

- Number on the beach
- Number in the water
- Number of radios with the patrol
- Number of ATV operational on the beach
- Jet Ski operational and location
- Number of IRBs used by the patrol
- Number of personnel in the patrol team

This is generally requested around 11am and 2:30pm.

CLUB TRAINING TIMETABLE

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.

Please note: Doubles skis are not to be taken out with out the permission of the Ski Captain.

CARNIVAL PROGRAMS

The following carnival programs are on the Club website and Comptition Notice Board:

Saturday 8 November, Open Carnival and Inter-branch Trials, North Avoca, carnival program is on the Club

Sunday 16 November, U9 to Open Beach
Events Only carnival, Umina

If you plan to attend these carnivals, please ensure either your name is on the Attendance Sheet, or that you email the office. All entries must be in at Branch the Wednesday BEFORE the carnival.

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 Baord
- 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.

REQUALS:

ARC Requal Times:

Sunday 9 November at 9am

Tuesday 11 November at 7:30pm

2008/09 NSW HIGH PERFORMANCE SQUAD

Congratulations to

Tayla Nichol - U15 Female

Annie Stalley - U19 Female

Who have been selected for the NSW High Performance Squad, well done and all the best!

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:

- 8 November at North Avoca from 8am
- 6 December at Umina from 8am
- 19 December at North Avoca from 4pm
- 18 January at Ocean Beach from 8am
- 1 February at Toowoan 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!

PREMIERHSIP RND 1 RESULTS

Towradgi 1 November

Jess Davis U17 - 1st Swim, 2nd Female Ski, 5th board

Cody Leigh Callaghan U14 - 2nd Swim, 3rd Ironwoman,

Robert Annabel U15—6th Ironman

Amy Annabel U13 - 2nd Board

OPENS/MASTERS CARNIVAL 25 OCTOBER.

Congratulations to our current U15 group who blitzed the carnival. Jade Condon, Tayla Nichol, Cody-Leigh Callaghan, Robert Annabel - these names seemed to dominate the top 3 placings in the U15 group, as well as Matthew O'Grady, Dillon Mould, Nick Reekie, Toby Cracknell.

In the U15 Board Relay Avoca came 1st, 2nd, 3rd!! Well done team and great work coach David O'Grady.

In the U17 area, Jess Davis, Tami Hunt, worked hard with some good results.

Over at Masters, Steve Jung, Quentin Riley, Peter Saint had good results, and first time competitors, Nigel Ball and Graham Ball coming home with some placings.

Thank you to Jeff Doyle, Lee Dean, Rob Davis who officiated on the day.

MELBOURNE CUP DAY

Tuesday saw the running of another Melbourne Cup and another successful, happy luncheon was held at the Surf Club.

Thank you to all who attended and to Spike and Joe Murray who worked on the bar.

Special thanks goes to a very special lady in the Club **Sonya Walters**, who continually puts up her hand to assist. Sonya is a Nipper Age Manager, sells the Nipper uniforms and is active on the Ladies Auxiliary and has a young family. This is the second year Sonya has organised the Melbourne Cup and we very much appreciate her efforts. *Thank you.*

Also, thanks to **Bec Knowles** (Ibbett) who donated the decorations which looked fantastic!

Club Swimmers - Male competitor tri colour swimmers are now in stock - \$25

Dates for the Diary

8 November Open Carnival, North Avoca, Interbranch trial
16 November Beach Carnival, Umina U9 to Opens
29 30 November Coffs Harbour Craft Carnival

29 December Annual Golf Day

17 January Jnr Branch Boardriding
18 January Open Masters Branch Boardriding
1 February Jnr Branch Championships, Toowoan 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

Exercise Classes at the Clubhouse:

Below is a list of exercise classes held at the Club and available for Club members:

Yogalates

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

Yoga

Classes cancelled during winter
Contact Melissa: 0413 925 211

MEMBER NEWS

Best wishes to **Chris Parker** and Brooke on their recent wedding. - it was great to see so many of the old boys back at the Club!

Our thanks to **Ian Wiseman** of Light Culture Australia for a donation of lights to the gym and Club.

Congratulations to Chick & Daph Froud on their 60th wedding anniversary.

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: 22 October, 17 November, 10 December

Defibrillation: 20 October, 19 November, 8 December

Advanced Emergency Care: 10 November

Senior First Aid: 29 November, 13 December. An on line component *must be* completed before you can do the course please allow min. one week prior the course date

Basic Beach Management: 18 October

Gold Medallion: 11 October,

Officials Course: 11, 12 November & 1, 2 December.

GOLD SPONSORS

"CENTRAL COAST MAZDA

"GEORGE BRAND REAL ESTATE

"GOSFORD CITY COUNCIL

"RAINE & HORNE - AVOCA BEACH REAL ESTATE

FUTURE FLOOR SERVICES NSW

"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, 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, Mitchell Brothers, Mitre 10 Kincumber, Riley's B&B, Ritchies Stores, Rotary Club of Kincumber; Shirro Australia, Singo's Meats, SLS Central Coast, Skins, The Kiosk; Vicky McGuinness, Video To Go, Zoggs.