

AVOCA BEACH SURF LIFESAVING CLUB Inc.

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

OCTOBER 2008

Welcome to the Season Night Saturday 18 October -

Put the date in your diary now
and
start organizing your group of friends,

All sections:-

patrols, Nippers, Juniors, Board, Swim, Beach, Ski, Boats, Ladies Aux
are all invited For a Fun Night

Tickets \$10 available from the Admin Office during Office Hours

Juke Box & Karaoke for entertainment
A chance to get to know other members in the Club.
Food Provided, Bar Open

PATROL ROSTERS

Patrol Rosters were mailed out in the start of September, however, unfortunately we have been advised after this, by significant amount of members that they will no longer be available for patrolling duties.

Because of this, new rosters and patrol calendars have had to be created.

Some patrols have had to be merged and some patrols have had an added patrolling date to their roster. These have been mailed out to all affected patrol groups..

However, attached for everyone's information is a copy of the new rosters.

We would also like to thank Lachlan Tame who has taken on the responsibility of Patrol Captain this year.

Members are also reminded of the new Club Calendar which is web based and is available through the Club website and Google Public Calendars. This calendar contains all carnivals, club events and patrols. Just click on the event to open up and view all the details including location of courses etc.

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..

At The Beginning of Each Patrol

1. Ensure all patrol members are in full patrol uniform, that is DHL shirt, red shorts, yellow/red quartered cap.
2. Set up the beach ensuring that all sponsors signage is in place... this is important, they support us, so we need to support them.
3. Ensure the First Aid Kit, Oxy Viva and the Defib are in the ATV with a radio, at all times
4. Assign someone to be the Radio Operator for the day... that person will need to record all communication with Surfcom or roving patrols in the Radio Log Book and will take charge of the radio during any emergency.
5. Ensure a roving patrol is conducted each hour down to the lake area.

At the End of the Each Patrol

1. Clean and wash down ATV, Jetski and IRB—this is particularly important at the conclusion of the Sunday or Monday patrol.
2. Put away neatly all equipment used on patrol in the appropriate areas eg sheds, captain's and first aid rooms.
3. Clean all radios and place them on charge in Captain's Office.
4. Sweep floor in Captain's Office and First Aid Room and wash it at the end of the weekend (there is a broom, dustpan and brush and mop and bucket in the First Aid room).
5. Empty all bins in Captain's Office and First Aid Room.
6. Patrol Captains, ensure you restock your Patrol First Aid Kit and the larger First Aid Kit from stock in First Aid Room.
7. Patrol Captains, take your First Aid Kit home with you for use on your next patrol – don't leave it in the Captain's Office or First Aid Room as they seem to walk from there!
8. Report any faults / problems / need for equipment or stock to your friendly Life Saving team:

Club Captain	Wendy Norman	0407 956 887
Vice Club Captains	Peter Saint & Chris Blakeway	
IRB / Jet Ski Captain	Brett Beswick	0408 536 287
Radio Officer	Wendy Norman	
First Aid Office	Karen	0414292920
Chief Instructor	Craig Anderson	0414 221 957

REQUALS

All patrolling and competing members must requal in their Bronze or SRC each year by 31 December. Requals are generally held on Saturday and Sunday mornings at 9:30am
This is an excellent opportunity to refine your skills.

AUSSIES 2010

SLSA have announced that Aussies will be return to Kurrawa for three years, following this there will be a two year rotation to other states and then back to Kurrawa for a further two years. ie Kurrawa 2010, 2011, 2012, then another state, then back to Kurrawa for two years, then another state and then back to Kurrawa. This will be in place until 2022.

Good Luck to the following competitors:

Endurance Championships

Dan Ryan
Don Boland
Jim McAtamney
Matthew O'Grady
Jade Condon
Tayla Nicholl
Cody-Leigh Callaghan
Robert Annabel
Josh Barnes.

Coolangatta Gold

Erin Braund

Kellogs Nutrigrain Ironman entries and details are now available on the SLSA website. Great to see two of our younger female competitors, Jess Davis and Tami Hunt getting ready to give it a go!

CLUB TRAINING TIMETABLE

Ski Training:	Tuesday, Thursday 4pm Saturday & Sunday TBA
Board Training Snr	Monday 5pm at the beach Wednesday 5pm at the beach October and at the lake in November
Board Training Jnr	Tuesday, Thursday 4:30pm Saturday mornings

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

Invitation to all Competitors and their parents for a 9am training session this **Saturday, 11 Oct.** for all competitors, ski, board, beach, masters, boats to be followed by a **group BBQ.**

CARNIVAL PROGRAMS

The following carnival programs are now on the web and on the Competition Notice boards:
25 October - Opens & Masters Carnival, Terrigal. Entries close at the Club 20 October
1 November - Nutty Masters Wamberal. Entries close at the Club on 28 October.

Please ensure you let the Club know if you are attending these carnivals, so that Gordon Jones can complete the carnival entries and so that officials can be organised.

The Club is in urgent need of officials to assist at each and every carnival.

PROHIBITED DECLARATION FORM

Every year, each Member needs to rejoin the Club, at the same time, they must also sign a Prohibited Declaration Form, whether a new, rejoining, transferring member. This form must be signed annually and lodged with each organisation the Member is involved in....

Of late I have had a few queries as to why they must sign this, and some refuse to sign it until they have investigated it further. This is a NSW legislative requirement that all Members *and Volunteers* working with children must sign this form. Members over the age of 18 and those members under the age of 18 who work with children must sign the form.

Working with children involves:

- Patrol Members, including all Rookies
- Coaches & Trainers
- Officials,
- Water Safety personnel at Nipper
- Those who sell uniforms to children
- All Committee Members

For those who still refuse to sign the form, then a formal letter of request will be sent to the individual to which the individual must reply stating the legal reason why they will not sign. Pleaser refer to the SLS NSW Circular 3076 for further information and additional links to resources

BIOLOCK

Once again the holidays were upon us and the scanner at the entrance to the Club toilets and showers (Footwash) was damaged. The possible cause is sand on the scanner being rubbed in by fingers... Please, Please, Please ensure that the scanner and your finger are dry and no sand is adhering or on either.

Members patience this time was very much appreciated.

During the past two weeks we have had technicians from Sydney working on the system and a possible solution to the security and entry may soon be at hand.

CLUB TOILETS & SHOWERS

Once again, Members are asked to keep an eye out and assist with keeping the Club premises clean and tidy, in particular the Club Toilets and Showers, as once again, the holiday season is upon us and so are the toilet paper fights in the Club showers.

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

REBEL SPORT

Don't forget to use your Rebel Sport Discount Voucher that was with your Annual Report...

- Buy 1 item get 10% of
- Buy 2 items get 15% off
- Buy 3 items get 20% off

This offer expires 30 October, if you want another voucher, please contact the Admin Office, and remember to take in your Discount card at any time to Rebel to receive 5% off all items.

For every purchase, Rebel donate 5% back to the Club... so keep supporting us by shopping at Rebel

SIPPERS

The Ladies are Back!

Once again the Ladies Aux will be cooking for your benefit each and every Sunday night at the Clubhouse.

The Club is extremely grateful to the Ladies - who are assisted at times by their menfolk on the BBQ - for their ongoing commitment and support of the Club.

So please support their efforts and come on down for a meal and a drink at the Club on a Sunday night. The Ladies put in a lot of time and effort purchasing, stocking, cooking and cleaning for Club Member's benefit, so please remember to thank them when you purchase your meal.

OFFICIALS - Urgently Required for all Levels at the Club!

Each Club must supply officials for each carnival based on the number of competitors attending, based on one official per 7 competitors.

As Avoca is such a strong, competitive Club with a large number of members who compete on a regular basis, we are always in need of officials.

There will be an **Officials Course** held at SLSCC on **11 12 November**, and if anyone is interested, please let the office know.

Officials **MUST** have attended a SLS conducted Officials Course, & complete a number of hours before their accreditation is accepted. Once an official is accredited they will be provided with a blue log book which must be presented at each carnival they attend and be completed at that time, by the supervising official of their area on the day. These points then contribute to their 100 points required over a three year period to maintain their accreditation.

In the past few months, those officials, whose three year period was nearing were sent email from the SLS NSW requiring them to provide copies of their log books and forms for their application for their re-accreditation. Every member who has received this, is encourage to complete the forms and send to SLS CC for their endorsement and forwarded to SLS NSW.

SLS CC News

There will be a buoy placement course at SLS CC office on 14 October. As the Club is hosting the Branch Open and Masters Championships, we will need people to attend the course.

All Trainers and Assessors will need to complete and lodge their re-application forms to the Branch Office by 10 October.

Carnival Official Nomination Forms are asked to be returned to the Branch office as soon as possible

MASTERS NEWS

The committee for this year will comprise Doug Jorgenson, David O'Grady, Greg Cook and myself. We do need a female member to get a more balanced view. Please advise if you would like to help out.

The annual Nutty Masters Carnival will be held at Wamberal on Saturday 1 November. This is usually the first carnival of the year for many of us. Please email me if you intend to compete.

A new carnival has been added to the calendar this year. A carnival will be held at Urunga SLSC for Masters only. Many of you may recall Mark Sutton (a long time resident of the coast) who now lives up that way. Quentin Riley, Dog and myself are definite starters at this stage. Similar setup to the Pacific Palms event. Due to the distance we will be making a weekend of it and leave on the Friday, returning late Saturday or early Sunday. Again, let me know if you would like to attend.

Details of training will be announced soon. This year we will be training with fellow Masters competitors only. Wednesday is still the preferred day with a 5 or 5.30pm start sometime in mid-October.

There are 386 days to go to the World Masters Games. These games will be held in Sydney and include a two day SLS championship to be held at Manly Beach on 10 & 11 October 2009. For those interested, a few of us are putting together teams to compete in the track & field events (100, 200, 400, 800, 1500 plus relays).

MEMBER NEWS

Best wishes to **Chris Parker** and Brooke on their forthcoming wedding.

Congratulations to **Ben Shine** whose baby is due next May

The Club expresses their sympathy to **Marie Ward** on the recent death of her son. Marie is in the Branch office and a member of our Club who fills in many official hours on the Club's behalf.

Good luck to the **Michael Isbester's** parents who have taken over Jim and Lynne's shop on the Round Drive, we wish them all the best in their new endeavour.

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

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; Avoca Beach Palms Resort; 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; Seafood Spot; 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.