



Christmas Edition



SHARK ATTACK



AVOCA BEACH SURF LIFE SAVING CLUB



URGENT REQUEST

Help Required for Christmas Day Patrols!

Xmas Day Patrol help needed.

3 x 3 hour shifts:
8am - 11am,
11am - 2pm,
2pm - 5pm

Please SMS 0411 249713
or email lifesaving@avocabeachslsc.asn.au
to confirm attendance and shift preference.

President's Message

Merry Christmas to all, hope you a great break and enjoy the beach.

There has been a few little changes in regards to the FOB's for the showers and hot water. We have a made a change that will only allow your FOB to activate the hot water for 2 x 4 mins cycles. We are hoping that we can revert back to normal after the holidays.

State and Australian entries are out at the moment, all competitors should be completing the JOT forms as soon as they can so the relevant managers can complete entries through SEMS.

The Board decided at our last meeting the Club will be contributing 50% of entries fees for the State and Australian Titles. Once we all have a better understanding of the cost for the transport of equipment to Perth the Club will again work out what will be contributed from Club funds.

Stuart Harvey - Club President



Admin Office

Welcome Holly Ayres as our new administration assistant. Holly will be able to help with memberships, surfguard, patrol logs, toggles and uniforms.

Holly's office hours will be:

Mondays: 4pm - 6pm

Thursdays: 5:30pm - 7:30pm

Please note that office will be closed on public holidays

Patrol

Thank you to our patrol members for their efforts throughout this season. Several patrols have been nominated for rescue of the month after conducting rescues in treacherous conditions. Most recently an out of hours call out by the Avoca Beach SLSC team saw three teenagers rescued near the shark tower. A coordinated response from multiple club members saw the boys safely returned to shore. We are very grateful for your expertise in and around the water.



Pink Training Singlets

Pink training singlets must be worn by all club members when training for club activities. This includes board and ski training for our opens and masters. Be safe, be seen



Nippers Christmas Party



The nippers Christmas party was a huge success. Well done to Mish, Phil and the nippers committee for an excellent day out. The slip and slide got a serious workout with Sally best on grounds. The obstacle course and colour run was a blast with Santa's little helpers spreading lots of Christmas cheer. The crowd favourite was definitely Santa arriving via IRB! Merry Christmas to all!





Surf Rescue Certificate

Congratulations to the 31 participants who now completed their SRC! This group of young people are now qualified to conduct water safety, with skills in CPR, first aid and rescue techniques. Massive thank you to our Director of Education, Jason Lauder, as well as trainer and assessor Jeff Barnes, who have helped this group through the course. What an achievement!





Avoca Surf Slam

Well done to Emma Benson and her team for the inaugural Surf Slam at Avoca. The carnival was a success for our open competitors with clubs from Sydney, Newcastle as well as the Central Coast, challenging for over \$7000 in prize money. Thank you to the Surf Slam Sponsors for providing this opportunity



Inter-Branch Championships

Avoca Beach SLSC had an amazing 14 competitors, along with coach Damien Benson, representing the Central Coast at the Inter-Branch Championships at Shelly Beach. The conditions were tough and the racing hard, with Central Coast finishing 4th overall. Congratulations to all involved!





THE ANNUAL AVOCA BEACH GOLF DAY 27TH DECEMBER 2022

Avoca Beach Golf Day is on again on 27th December at GOSFORD Golf Club. If you can get a group for the day email garry.clarke@avocabeachslsc.asn.au.

Shotgun start at 6.30am and then back to Avoca Beach Surf Club for a Sunsets Lunch.

Players must organise their carts privately with the golf club if they want one. Let us know if you do so we put you on the holes in front on the shotgun start.

Bronze Medallion

We have had several new bronze medallion awardees gain their qualifications this season. Congratulations to our newest bronzes who are ready to start patrols. If you'd like to get your bronze medallion, please contact

education@avocabeachslsc.asn.au



Ocean Thunder

Congratulations to the Zeniths, racing as Riverina Fresh Avoca Beach, for taking out the latest round of Ocean Thunder. The surf conditions were dangerous but these ladies were up to the challenge. Great leadership by sweep Dickie Briety, saw the crew take a commanding lead through the break zone. Jump on YouTube to watch the race. You won't be disappointed

THANK YOU TO OUR SPONSORS

