

November 2023



SHARK ATTACK



AVOCA BEACH SURF LIFE SAVING CLUB



President's Message

Well, it seems like only yesterday the season started, but Christmas is fast approaching and with that comes the influx of the holiday makers and one very crowded beach. Our Patrol teams have been working hard on the beach. They carried out many preventative actions so far with 12 or so rescues. Within the next couple of weeks, we will see the teams complete their annual proficiencies, which include board rescues, run swim run, resus and some online work.

As mentioned in the last newsletter we have seen an enormous effort by our education team with new members gaining their Bronze award and the upskilling of existing members with further awards like the IRB drivers. This is so important to our Club to ensure we have strong Patrol teams and that we are not relying on just a few people. It's not too late to renew your membership if you haven't already. Please go to our website and click on "The Club, How to join" if you're not a financial member for the current season. Your Fob for entry to bathrooms will not work until you renew your membership.

Thanks to the Ladies Auxiliary for the Donation of 2 new Rescue Boards and 2 new Patrol Tents. We will see the new equipment in the new year. The Ladies Auxiliary are also planning on holding a wine and beer tasting fundraising afternoon soon, so watch out for these notifications to be part of this.

I have been getting lots of questions about the showers and hot water. The showers are all on timers and are activated by a Fob. Your Fob activates the hot water for 5mins every 4 hours.

We are also about to start handing a membership keyring to all members 17yrs old and above that will identify you as a member for the current season. If you're visiting "The Surf Club Avoca Beach" you will be required to show your Keyring to receive the 10% discount.

The Club is looking for some volunteers to help locking up the downstairs parts of the building each night and putting the chairs away. If you're interested in helping out 1 night a week for about 25 mins please reach out to me so I can finalise the group.

It's amazing to see the number of members honing their skills and training hard each week. The Boats have 9 crews in training and consistently performing extremely well with their training and competition.

The craft competitors have had new opportunities this year and have taken it in their stride. The coaches have been working the competitors hard and are concentrating on improving their fitness and craft skill. The Nippers have taken the extra step and added a new dimension to their training with ability groups on Tuesdays. This has been a success where we are catering for all skill levels at training. The extra swim session on Thursday mornings with the older kids is proving to be a hit as well.

As per normal, the many Masters competitors keep on training and gearing up for the big events at the end of the season.

We have spent a lot of time trying to keep the building clean and tidy inside and out. Council are about to paint the western wall of the Club in the next few weeks. The little things that we all can do make a huge difference in keeping the place clean and tidy.

Stuart Harvey
ABSLSC President



MEMBERSHIPS

If you have not renewed your membership for the 2023/24 season please go to the members portal and renew now. This is to ensure you are covered by insurance and are able to be entered in competitions.

For information on how to renew on our website or contact our admin team

website:

<https://avocabeachslsc.asn.au/how-to-join>
or email office@avocabeachslsc.asn.au

Memorabilia update!

We are currently working on a Masters Australian and Worlds champion honour board.

If you or anyone you know was a champion at one of these events please let John Mitchell know.

John Mitchell: 0418485689





SLSA Awards Of Excellence

The SLSA Awards of excellence were held a few weeks ago in Sydney. These awards bring together and congratulate the very best in the surf lifesaving movement nationally.

These awards saw Avoca recognized for the tremendous after hours rescue last season at the Shark Tower.

The awards also saw the official induction of Murray Braun as an SLSA Life member. This recognition honors the outstanding contributions Murray has made to the SLS Movement over his career. A massive congratulations Murray in reaching the highest honor is SLS.



Life Member Lunch

The life member lunch was held a few weeks ago, bringing together all of Avoca's Life members to celebrate the long and rich history of the club.

It was a great celebration of where the club has come from and the direction of its future.

Thankyou to all that attended and made for a lovely afternoon of laughs and reminiscing.



PATROLS

LIFESAVING UPDATE

Remember, if you are unable to make your patrol, please organize a sub that holds the same certificate/qualification.

Also dont forget to requal.

The in person requal (run swim run etc) will be completed on patrols so make sure you attend to get signed off!

The online requals can be completed through your members portal.

If you dont requal before Dec 31st you will be unable to patrol for the rest of the season.



COMPETITION UPDATE

COMPETITION REMINDERS

Make sure that all competitors have renewed their memberships for the 2023/24 season or you will be ineligible to compete this season.

Also don't forget that competitors have to complete 25hrs of patrol between the period of the 1st of Jan - 31st of Dec 2023. You can check your hours in your members area. Dont leave it too late!!



UPCOMING CARNIVALS

There are many carnivals coming up on the coast in the next few weeks . Check out the following dates, make sure you head down and support our athletes

Saturday Dec 2 and Sunday Dec 3 - CCBS Woolgoolga

Saturday Dec 9 - Surf Slam Avoca Beach

THE BOATIES ARE BACK !!

This month saw the first Two rounds of the Central Coast Hunter Surf Boat Series.

We had 8 crews racing at both carnivals and for many it was their first time competing in the boats.

As always, Avoca dominated the racing at Ocean Beach starting the season on a high and the tricky surf at Caves did not stop our crews from powering ahead and winning the round!!

The next round will be held at Woolgoolga at the start of Decenber, make sure you get down there and support our boaties.

Well done everyone !!



SLSCC INTERBRANCH TEAM

Congratulations to the 11 Avoca competitors that got selected in the SLSCC rep team for this season.

The team will be heading to Fingal Bay at the start of December to compete against the best from the other Branches in NSW.

We know that these stars will represent Avoca Beach and the Central Coast Branch with pride. Congratulations everyone



HOME CARNIVAL !!

On the 9th of Dec the 'Infront Surf Slam' will be held here at Avoca!

There is \$8,000 of prize money up for grabs and it is looking like it will be a massive carnival.

We would love as many members to come down and support our athletes or lend a helping hand.

Cant wait to see you all there !

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