

April Edition- 2023



# SHARK ATTACK



AVOCA BEACH SURF LIFE SAVING CLUB



## President's Message

Stuart Harvey - Club President



It's been a busy few weeks for our competitors at the Australian Titles in Perth. The flat conditions meant the racing was hard going, but our Avoca competitors have done us proud. Big congratulations to our medal winners and to every athlete who pulled on the blue, green and gold cap. Special thanks also go to our coaches and sweeps who have worked tirelessly throughout the season to support our athletes.

With only a few weeks left of the patrol season, we encourage everyone to stay safe and have fun during the Easter Break.

## Congratulations Hall of Fame Inductee *Murray Braund*



Murray is a highly accomplished surf lifesaver and one of Australia's top surf ski paddlers of his era (late 1960's to mid 1980's) and a true icon of surf life saving during the 70's and 80's.

During his career, Murray won three world championships, seven Australian championships and thirteen NSW championships in open competition as well as numerous placings at these events. He was the first ski paddler to win the Australian open single and double ski (with great mate Greg Jarman) in the same year and then repeated it again the next year.

He represented Australia in 1974 where he was awarded the trophy for "Most outstanding competitor" and 1982 (captaining the 1982 Australian team) and NSW on seven occasions. He also represented Australia in the "Texan" ultra Marathon in South Africa and was the instigator and organiser of the "Pye Australian Surf Ski Challenge" from Forster to Sydney.

He is regarded by his peers as one of the best surf ski paddlers Australia has produced and his fierce competitive nature and attitude to racing and training became legendary in the sport and that work ethic has contributed to Avoca remaining one of the countries top ski clubs since that time.

In addition to Murrays sporting achievements he has been a patrol member and captain for over thirty years and was awarded the Royal Humane Society medallion for bravery after swimming in to a submerged stormwater drain to rescue a small child swept in during a large surf.

***Congratulations to Murray on a well deserved recognition.***

Director of Administration - Katy Allen

# Save the Date



*Nippers End of Season Presentation - Sunday 30th April*

*ABSLSC Senior Presentation Night - Saturday 27th May*

*SLSCC Awards of Excellence - Saturday 3rd June*

*ABSLSC AGM - Sunday 18th June*



## *In Memory of Kevin Bootle*

On Sunday 12th March we had the pleasure and privilege to row out to sea with Maree to scatter Kev's ashes. To be able to share this moment with his family at his beloved Avoca Beach alongside his team mates, The Tweakers, was a moment we won't forget. Rest in peace Kev. You will now forever be with your Avoca family and with all of the rowers when we crack a wave at the point and enjoy a swim off mugs together after training.



# Aussies Wrap Up

Wow, what a week of competition !! Our ABSLSC athletes are truly stars of surf sports

You would have seen all the updates throughout the week, so this post is a summary of the Sunday finals day and the wonderful results that came through!

In the opens, our ski paddlers dominated  
Congratulations Natalia Drobot on winning the u19 ski race and Ella Beere on 3rd place in the Opens ski. Davara Marshall and Byron Benson had stellar finals paddles in the u/17 ski, placing 10th and 16th respectively.

Our opens also have some very fast swimmers and board paddlers that braved the feisty can turns to come out with some great results. Congratulations Mia Cracknell 8th in u19 swim and 16th in the board, Bronte Ayres 14th u19 Iron and Hannah Stevenson 20th u17 swim.

A massive congratulations to our u19 taplin team Bronte Ayres, Natalia Drobot and Mia Cracknell on the . A truly spectacular race!! And to our Open taplin of Ella Beere, Eliza Giles and Ellie Richardson came away with 12th!

The boats also had some unbelievable results on Sunday. The Yowies had brilliant rows in the semis, unfortunately they got very unlucky and were knocked out in this round. The Yetis also performed brilliantly, making the u19 FINAL! They had a strong race and came away with 5th. The team work of all our crews both in and out of the boat is amazing and the Yetis and Yowies should be extremely happy with their results.

The whole ABSLSC community is so proud of our amazing athletes this week. You have all worked extremely hard this season and we have loved watching you get faster and stronger week by week.

***The competition season is officially over for another year. Enjoy the rest and watch out for ABSLSC next season, they will be back bigger and better than before!***



# Masters Aussies

What a carnival! Our masters showed their experience and strength in all races, prevailing over high class fields to achieve some unbelievable results.

Our masters have trained and raced hard all season, the ABSLSC community is in awe of your skill, dedication and achievements.

A special shout out to Nigel Ball for his 3rd place in the 70-74 sprint and Gordo, Garth and Jason for their 1st place in the 130 Ski relay. Unbelievable results!

## MASTERS BOATS

The flat conditions at Scarborough proved for some tough racing. But the masters field were no match for the speed of our Blue Pills and the Tails Crews as they rowed to BRONZE MEDAL SUCCESS

Their grit and team work has been a significant element to their season of successes and Aussies is not different. A massive congratulations to our boat crews on a tremendous result and a thank you to Matt Mitchell for his dedication and motivation as sweep of our crews.

### Blue Pills 180yrs 3RD PLACE

Matt Mitchell (sweep)  
Greg Mitchell  
Nick Mesritz  
Duncan Smith  
Andrew Collins

### The Tails 200 yrs 3RD PLACE

Matt Mitchell (sweep)  
Stan Priestly  
Paul Kendal  
Steven Sharpe  
Dan Mitchell



## Youth Aussies

What a competition for our youth athletes. They all showed grit, determination and strength as they raced in conditions that were as flat as a pancake.

A massive congratulations to all of our u13, u14 and u15 competitors. You all raced under the Avoca cap with respect and power, the ABSLSC community is so proud of all your achievements at Aussies and over the whole season.



## Director of Youth Development - Mish Eagles

Only a couple of weeks until we get together to celebrate the 2022/23 Season.

We look forward to seeing all U8-14 Nippers and their families Sunday 30th April.

YOU'RE INVITED TO THE

ABSLSC

ANNUAL NIPPER SEASON

AWARDS

*Sunday*

30TH APRIL 2023

DOORS OPEN 4PM FOR 4.30PM START

DINNER SUPPLIED FOR NIPPERS  
DJ & DANCE FLOOR AFTER AWARDS

Main Hall Sunsets Bistro  
ABSLSC Club

  
AVOCA BEACH slsc

# Director of Lifesaving - Nick Welch



## ABSLSC 2023 Lifesaving Calendar

Month	Activity
Apr	Sat 15 Apr – Patrol Captain's Season Review 4pm – 6pm
	Tues 25 April – ANZAC Day Dawn Service
	Tues 25 Apr – Lifesaving Season ends
	Sat 29 Apr – Captain's Keg 4pm to 6 pm
	Sat 29 Apr to Sun 30 Apr – Club voluntary work parties Sunday 30th - Nippers Presentation
May	Sat 27 May – Club Presentation Night
Jun	Sun 18 Jun – Club AGM
Aug	Sat 26 Aug - Patrol Captains 23/24 Season Planning
Sep	Sun 17 Sep – Preseason Patrol social gathering - Club
	Sat 28 Sep – Patrol Season opens

# Director Strategic Direction - Belinda Clark

## Two new rescue boards

The Ladies Auxiliary recently presented two new rescue boards to ABSLSC. Speaking at our Women in the Water event on 12 March 2023 during Women's Week, Jan Hoban explained the role of the Auxiliary today and reflected on the long history of women supporting all aspects of our Club. Thank you for the rescue boards ladies!



Jan Hoban speaking at the  
ABSLSC Women in Water  
event on behalf of Ladies Auxiliary



## Lesley Adamski Presented with Bronze Medallion 47 years After Qualifying

In 1976, Malcolm Fraser was Prime Minister of Australia, 'Dancing Queen' spent 8 weeks at number 1 on the charts, and at Avoca Beach our own Lesley Adamski completed her bronze medallion with her mate (and now Club life member) David O'Grady. She worked hard and was very capable. A news clipping at the time noted 'don't ever believe that the girls can't do good in the surf. Lesley Adamski mastered a 12 ft surf and towed 300 yards of line off the drum'.

But in 1976 and up until 1982, women were not allowed to be life savers: it was a blokes' only activity. So, even though Lesley completed all the requirements for her bronze, she was not recognised.

Thankfully, 47 years later, and during Women's Week, we had the opportunity to put this right: Lesley was recognised by Surf Life Saving NSW with a special tribute and her long-overdue bronze medallion at our Women in the Water event witnessed by 160 local women and girls including some of the teachers from Kincumber High School who attended especially to support their friend Lesley.

Lesley is a great example of courage and tenacity. She did things many other women and girls at the time could not imagine and she helped pave the way for everyone in our community to enjoy the water and to be active in surf lifesaving. Thankfully, women have been fully recognised surf lifesavers since 1982, and we are grateful to have many in our Avoca Club helping us create a great community.

Congratulations Lesley Adamski. We love your old green Club cap too.





## Women in the Water and a Heap of Unicorns!

NSW Women's Week is a chance for women and girls across the state to come together to support one another, share information and celebrate women's achievements. And that's exactly what we did on Sunday 18 March 2023 at our Club 'Women in the Water' event thanks to a grant from the NSW Office of Women. Sharing a free brunch catered by our new Sunsets Chef Michael Hunt, over 160 women and girls enjoyed a marvellous morning of fun and connection. While many who attended are already active Club members, many were friends and neighbours in the community who have little direct connection with Club programs.

We heard from a range of speakers and celebrated our guest of honour Lesley Adamski's bronze medallion. 18 guests have signed up to improve water confidence or complete their bronze medallion which was a wonderful, and unexpected outcome too. But for many, especially the girls, the most visible and memorable part of the event was the 10 giant unicorns on the beach for some water play at the end!

Special thanks to our volunteer team who helped prepare and host the event: Alice Laurence, Ang Veschetti, Krystyna Harper, Lisa Oppedisano, Lala Day, Paul Taylor, Stu Harvey, Nick Welch, Mark Felton, David Benson, Mish Eagles and Belinda Clark



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