



SHARK ATTACK

March 2024

PRESIDENT'S MESSAGE

Welcome to the March Newsletter.

Congratulations to all competitors who competed at the recent State Titles at Queenscliff over the past couple of weeks. We had some amazing results right across the board. Our Juniors' performance was outstanding and the entire team needs to be congratulated on the way they all competed - hard but fair.

The Masters, Opens and Boats also shined as well, bringing home a bag full of medals. It was great to see the entire team of athletes compete together and help each other. I saw some great moments over the two weeks, none better than a group of 13- and 14-year-old boys who got around Sam Wetti who had just gone from 1st to 4th within a few metres from the finish line in the U13 Board Race final. The way all these boys spoke to Sam to lift his spirits was amazing.

Well done to all the coaches over the 2 weeks of competition and all the time you have put in to training. To the team behind the scenes, without your assistance to get the athletes into their uniforms and entered into the carnival, Avoca does not compete. Our members compete and train hard but most of all they are great lifesavers. I am sure if you visit the beach over any weekend, you find many of those who competed on patrol. To our Patrol teams who patrolled the beach while Avoca competed at the State Titles thanks very much.

Moving forward we have the Australian Titles up on the Sunshine Coast starting on the 13th April and finishing on the 21st April. Good luck to our competitors travelling up the coast, over 100 competitors, and in our next Newsletter we will share some of the stories.

With the end of the season fast approaching, the Club is also preparing for end of season Presentations, Annual General Meeting and completing the Audit process of our Accounts. More information will be out soon advertising these dates.

If you own a ski that is hanging above the Surf Boats, you are required to remove these by Sunday 7 April. We expect all personal skis to be removed from this area by that date. The Club needs the space for our equipment. Your assistance with this is much appreciated.

The Surf Club Avoca Beach Restaurant has just switched over to the Autumn Menu. Be sure to get down to check it out and, while you're there, have a look at the photo wall beside the big screens which is awesome.

See you on the beach.

Stuart Harvey



GETTING TO KNOW OUR PATROL CAPTAINS

ANDREW PARKER

Nickname: Juice

Family: Wife Annette, Kids Rhett 24, Henry 20, Madi 19

Years in ABSLSC: 17 years

Overall memories of patrolling at ABSLSC: Pulling the following out of the rips: people on body boards without flippers, people who have no clue on a board and clueless clowns who don't listen to instructions

Best part of being a Patrol Captain: Keeping the beach safe

Any advice for future PCs: If you don't want to get wet, use the PA system

Interests outside of Surf Life Saving: Avoca Rugby

MESSAGES OF THANKS FOR OUR SERVICE

A QUICK RESPONSE

Hi Guys, wanted to send a message to say thanks for today. I was in the surf with my young neice and family when the current pulled us to the right and I couldn't get my footing and didn't have the strength to bring both of us back to the left. The guards on duty were straight onto us and came to help. It served as a great reminder that no matter how well you think you can swim, you are no match to a strong current. Thank you for noticing my struggle and coming out without hesitation to help!

Sarah

PRAISE FOR OUR ACCESSIBILITY

Hi there,

While I know they take up a lot of space and must be beyond your usual scope to maintain - I just wanted to thank you for the use of the water / beach wheelchairs. We were the family who used one on Sunday. My dad is in palliative care and we were up on the coast spending a possible final weekend away as a family. One thing he talked about wanting to do was to 'put his feet in the ocean'. I had looked at hire places before coming across the central coast website. You were all really helpful. Kristy in the restaurant who answered my call - and the lifeguards on duty pointing us in the right direction. Upon recounting the day, dad was grateful that what seemed 'too difficult' to him that morning turned out to be a wonderful day.

So, while they must be annoying in the corner of your tidy garage space, just wanted to say thank you for the great memory you've left for our family.

Ruth



NIPPERS UPDATE

WHAT A SEASON!

Well we have nearly reached the end of the junior season. What a season it has been! We only lost one session on a Sunday due to inclement weather, otherwise we pushed through and had amazing fun in the water and on the beach.

Nippers has now finished for the season with the U6/7's having their presentation a couple of weeks ago. We celebrated the last nippers for the U14 age group as they walked through a tunnel onto the beach and had a special brunch after the session.

NSW Junior State Titles

The junior representative (U9's up) team travelled to Manly for the NSW Junior state titles. We had a great time with some real successes in individual events, team events and some inspired individual personal bests. This year we exceeded our expectations as a club to get into the top 10 clubs in the state, by finishing 6th overall. This is truly amazing, something the club has not seen for many years. The result is testament to the kids dedication, training and focus throughout the season.

Behind any success is the engine room of hard working coaches and age managers, who have spent early mornings and late evenings making things happen and supporting the nippers on their journey.

Whilst we celebrate the success of our individuals and team medal winners, we also recognise the amazing achievements of those kids finishing in the top 10 of the events. This is no mean feat to finish in the Top 10, particularly in individual events. Well done.

There are too many performances to mention individually, but I would like to recognise the successes of those who thought they would never be able to compete at state level. We had kids making finals and semi-finals who at the beginning of the season would never have been able. The depth and strength in our approach to training has helped develop the skills through all abilities.



THANK YOU TO OUR SPONSORS AVOCA BEACH PHARMACY, THE KIOSK AND GEORGE BRAND FOR THE STATE GEAR.

End of season presentation

Saturday 4th May for the U8-U14's, which will see the end of season awards presented. Should be a fun night to celebrate a great year!

Keep up the training

Make the most of the warm water in the next few weeks by keeping the kids on a board and in the water. Always a heartening sight to see kids riding waves all weekend.

I realise that the winter sport season is creeping up on us, but please make some special efforts to keep the kids swimming over the winter in the pool, ideally twice a week if you can manage this.

Parent help

Parents keep your eyes peeled for training opportunities over the closed season to help you get qualified to help volunteer at carnivals next year. We may also look at getting some working groups together over the winter to help clean out the sheds.

Thats it folks! See you at the beach.

Phil Webster



STATE WRAP

from Skye Marshall

As we reflect on another NSW State Championships, our club couldn't be more proud of our athletes that wore our club colours with passion, courage and a strength that is synonymous with Avoca!

Congratulations to every Athlete, Coach, Sweep, Age Manager, Team Manager, Official, Support staff, parent and club member that came along for the ride.

We will continue to strive for more.

We will continue to push the limits.

We will continue to lift each other up.

We will continue to represent this club as the only way we know how, by giving it our absolute all!

INDIVIDUAL MEDALISTS

- U9 Boys Board Race - Clive Morriss
- U9 Girls Surf Race - Amber Stevenson
- U19 Champion Lifesaver - Davara Marshall
- 45-49 Mens Board Race - Jackson English
- U9 Boys Surf Race - Clive Morriss
- U13 Girls Board Race - Alex Hall
- U13 Girls Ironperson - Alex Hall
- 70-74 Mens Beach Sprint - Nigel Ball
- U13 Girls Beach Sprint - Paige Casey
- U13 Girls Surf Race - Alex Hall
- U14 Girls 2km Beach Run - Issy Shorter
- U15 Male Ironperson - Will Josling
- U15 Male Surf Race - Will Josling
- U17 Male Beach Flags - Finn Robertson
- 60-64 Mens Board - David O'Grady

LAST CALL FOR ENTRIES - AUSSIES SURF LIFE SAVING TITLES

At present we have a total of 108 athletes representing Avoca Beach at the Australia Surf Lifesaving Championships in April on the Sunshine Coast. If you would like to enter and are yet to do so, please use the attached jot form to register **before Wednesday 27/03/24.**

The Aussies is broken up over a 9 day period, which encompasses all streams of competition;

- Youth (U13-U15)
- Masters (30+)
- Opens (17-Opens)
- Surf Boat (U19-Masters)
- Board Riders (U14-Masters)

If you would like any more information, please do not hesitate to contact me on 0409 454 050.

EVENT INFO

<https://sls.com.au/aussies/>



STATE WRAP



TEAM MEDALISTS

- Master Boats - Blue Pills - Andrew, Nick, Greg, Duncan & Matt
- 170yrs min Mens Taplin - Mark, Matt & David
- 170yrs min Mens Board Relay - Jackson, Mark & David
- U12 Girls Board Relay - Matilda, Violette & Olive
- U13 Girls Board Relay - Ava, Lily & Alex
- U13 Boys Cameron Relay - Sam, Levi, Jackson & Ziggy
- U19 Female Boats - Avoca Yetiz - Rose, Georgia, Grace, Olivia & Mitch
- U23 Female Boats - Avoca Zephyrs - Elle, Rylee, Summer, Darci & Mitch
- 230yrs min Mens Beach Relay - Mark, Dave, Matt & Jeff
- U9 Girls Surf Team - Eeva, Airlie, Violet & Mila
- U10 Girls Surf Team - Mahli, Franki, Estelle & Gabi
- U10 Boys Beach Relay- Van, Ashley, Oliver & Jesse
- U11 Girls Board Rescue - Stella & Ella
- U12 Girls Surf Team - Violette, Olive, Matilda & Amber
- U13 Boys 2x1km Beach Run - Sam & Levi
- U13 Girls Beach Relay - Ellie, Paige, Melody & Hayley
- U13 Girls Cameron Relay - Paige, Ava, Alex & Melody
- U14 Girls Board Relay - Amber, Josie & Issy S
- U14 Girls Surf Team - Issy S, Izzy R, Amber & Josie
- U15 Board Rescue - Ciara & Amber
- U19 Double Ski - Davara & Emily

Much love and gratitude to our sponsors for your support and passion for surf lifesaving.

Only 3 weeks till Aussies! *Skye Marshall*

VALE

It is with sadness that I inform our members of the recent passing of Gary "Gazza" Lowe. (Age 90) Though not a member of our club, Gary has been a great friend and supporter of ABSLSC since the late 1970's. Gary was raised in the bush and moved to the south coast for a period in the late 50's paddling skis with the local clubs before moving to the central coast in the late 70's. It was a chance meeting with our ski paddlers of the day, Jim John & Bill Mitchell, Murray Braund & Greg Jarmaine that started a friendship with Avoca lasting over 40 years. Gaz was a keen helper in any roll needed in the clubs outback adventures including our cook and support crew in Rowing Sturts Steps from Gundagai to Adelaide, the Bourke to Brewarrina and Wallingat to Winda Woppa boat races and the Darling River rows. Gaz epitomised the old school bushy and our rowers spent many a night camped on outback rivers next to the Avoca boat listening to his stories and bush poetry. His old Pratt wave ski sat in our club for many years, coming out when the surf was up with Gaz's familiar figure atop in footy shorts, T shirt and handkerchief tied in 4 corners as a hat. The ski was there for the use of anyone who wanted to have a go. Gaz was typical of his era. A tough man with old school values, a footballer boxer cook bush poet, big wave rider and mate. He is survived by his three kids Clint, Gav & Vanessa and his soul mate in recent years Daphne. Rest in peace Mate. Thanks for all the good times.

Our club saves as many lives out of the water as in, and Gaz found Avoca at a difficult time in his life. He has requested those mentioned to spread his ashes at Avoca.

STORAGE OF PERSONAL EQUIPMENT AT THE CLUB

There should be no personal equipment other than competition craft left here within the Club.
If you own a ski that is hanging above the Surf Boats, you are required to remove these by Sunday 7 April. The Club needs the space for our equipment. Your assistance with this is much appreciated.



2024 STATE CHAMPS - HAVE YOUR SAY

Did you attend the 2024 NSW Surf Life Saving Championships, proudly presented by Your local club on the Sydney Northern Beaches? We want to hear from you! Complete the SLSNSW post-event survey and let us know how we did.

[SURVEY](#)

IT'S THAT TIME OF YEAR!

With end of financial year for the club fast approaching, we need a team of wonderful volunteers to help with a stocktake of the uniform shop. If you can spare an hour or two of your time on the afternoon/evening of Monday 29 April, please complete the jotform below

[JOTFORM](#)





WHAT'S ON AT THE SURF CLUB AVOCA BEACH



TUESDAY KIDS EAT FREE



Purchase any main meal and receive one kid's meal FREE. Strictly 14yrs and under.



**THURSDAY
NIGHT FOOTY**

LIVE ●

**\$1 WINGS
7PM - 8PM**

BOOK A TABLE AT
AVOCABEACHSLSC.ASN.AU

10% OFF FOR MEMBERS

Don't forget to pick up your 2023/24 membership keyring from the bar to receive 10% of all food and drinks. Please try to come in a quiet time for collection.



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