



# SHARK ATTACK

February 2024

AVOCA BEACH  
SURF LIFE SAVING CLUB

## PRESIDENT'S MESSAGE

With the Holiday season and the crazy crowds behind us it's great to see our Patrol Teams get a breather from the massive crowds in and out of the water.

The Patrol Teams over Summer have been very committed to keeping our beach safe. We have seen several rescues with no major injuries. However, the patrols have had many preventative actions and the rip beside the pool has kept our teams busy.

This time of the year we see the energy move towards the competitive part of the season. We have already seen our Branch Titles completed with some excellent results, but overall, the number of members competing for Avoca is very pleasing. At the Junior Branch Titles, we had over 140 nippers compete, and this team won the point score by over 500 points. Our Opens, Boats and Masters also saw large numbers with excellent results across the areas. We have just seen 6 Boats crews travel to Lorne, Victoria to compete in the ASRL. Surf Sports will give more details with all these results. Competitors like these make great Lifesavers on our Beach.

In the next 4 weeks we see the State Titles being carried out down at Queenscliff and this is also going to be a couple of big weekends for Avoca Beach. We wish all our teams the best of luck at Queenscliff and hope we get some nice weather.

Mid April we see our competition teams head up to the Sunshine Coast, QLD for the Aussie Titles. More to come about these Aussie Titles next newsletter.

As you can imagine there is lots of work behind the scenes to get our competitors to the start line. There is always massive amounts of admin work and we thank everyone involved to help get the competitors to the start line.

We have a group of volunteers who, each night, take turns in locking up the club downstairs and cleaning of the pathways. I'm asking everyone to take that little extra care to pick up their rubbish, put chairs away and generally try and keep the Club area clean. We would love a few more people to put their hand up and help with this. It is no more than once a week. For more info on this reach out to me and I will give you more info. If your child has been using nipper boards from the Club, they are not to be left at the front of the club. They need to be returned to the nipper shed.

Watch out for the weekly specials and member specials upstairs in "The Surf Club, Avoca Beach." You will see these on our Facebook page and website.

Hope to see you on the beach, good luck to all our competitors, train hard and race hard, but race fair.

*Stuart Harvey*

AVOCA BEACH  
SURF LIFE SAVING CLUB

# LIFESAVING UPDATE



## GETTING TO KNOW OUR PATROL CAPTAINS

### MATT PENN

**Nickname:** Brian Westlake

**Family:** Wife and three kids. All three kids completed nippers from U/6 to U/14. All family members have achieved their bronze medallion.

**Years in ABSLSC:** Joined as nipper parents in around 1998 (~ 25 years). PC from ~2002.

**Overall memories of patrolling at ABSLSC:** First patrols as with all new bronze holders ("what do I do with this...?"). Receiving thanks/ acknowledgement from the public after retrieving a family member, and overdosing on chicken salt on the patrol chips...

**Best part of being a PC:** Being able to provide support to the patrol team and public. Enjoying seeing the camaraderie and cohesion between the patrol team.

**Any advice for future PCs:** Do as many awards as possible and encourage other members to do the same. Ensure you understand the capabilities/skills of your team members at each patrol. Remember that you have a legal responsibility for the actions of your team member's (vicarious liability...). Follow up on the wellbeing/debrief of team members after a rescue.



## LIFESAVING AT AVOCA BEACH & BEYOND

### Pacific Palms Surf Lifesaving Club - Elizabeth Beach

Twenty members of ABSLSC travelled the 222 km north to Elizabeth Beach to assist the Pacific Palms Surf Lifesaving Club with patrolling their beach for the the 13th and 14th of January, 2024.

Surf Lifesaving NSW sponsor a Patrol Support program to assist a number of regional clubs to deliver patrols over the summer school holidays. Avoca has supported this program for over 10 years at the Pacific Palms Surf Lifesaving Club. Our club has rallied to support them to maintain their appropriate patrolling strength and capability throughout the Season.

The Beach was particularly busy over the morning and late afternoon periods on both days. Conditions were generally kind and incident free with the exception of a 75 year old lady breaking her collar bone boogie board surfing (with fins). She was safely transported to Forster Hospital for treatment.

**A big thanks to** Janet Hoyer-Cobb, Gary Byak, Jane Gillings, Tony Shephard, Linda Van Hove, Peter Kemp, Sarah Cotter, Warwick Ryan, Janet Kemp, Joe Murray, Lindsay Cunningham, Greg Byrne, Alice Laurence, Dan Ryan, Belinda Clark, Steve Bingham, Grant Barrington and Mark Felton.

### Nigel Ball and Nick Welch - Patrol Captains

ABSLSC would like to thank Nigel Ball & Nick Welch, and the members who travelled & gave up their time during the busy holiday period. If you or your patrol would be interested in doing something similar in 2024/25 please let me know.

**Trent McRae - Director of Lifesaving ABSLSC**





# NIPPERS UPDATE

## SUCCESS AT BRANCH

Avoca came in first place with 860 points at the Umina Branch Championships on Sunday 4 Feb. We displayed an excellent performance in team events which showed team spirit, dedication and determination. We also saw some superb individual performances on the day with athletes achieving their personal best.

## CONGRATULATIONS

Josie and Ajay, our Junior Club Captains were excellent representatives of ABSLSC in the junior lifesaver of the year competition. Well done on going through the process.

## BIG THANKS

A big shout out of thanks to all our recent ex-nippers who have come back and helped out with assisting age managers, water safety, coaching and generally being great role models. Some are also coming to the state titles to help out. Legends.

## FUNDRAISING WIN

With the fund-raising from the BBQ we have recently purchased 6 new Infront Nipper boards for Club use next season. We have been able to loan these to some of our younger athletes who are going to the state titles to improve their performance.

Please remember to to help keep the Nippers shed clean and tidy. Stack all the boards after training or Sunday nippers.

## WHAT'S ON

**Sunday 25 Feb** - Moving into the last few weeks of nippers we have the last Age Championship Event on . These club points recognise the all round nippers who do their best each and every Sunday.

**Sunday 25 Feb** - Drone outreach event for kids aged 9-14. Register at [avocabeachslsc.asn.au/jotforms](http://avocabeachslsc.asn.au/jotforms)

**Sunday 3 March** is the last nippers of the season - packed schedule with the U6/7 Presentation and then the U14's last Nippers Sunday! State uniform presentation in the evening for U9-14 State competitors with a pasta supper for the nippers.

**7-10th March** - Nippers representative Team travel to Queenscliff and Manly for the State Titles. A season of preparation for what is the pinnacle event for the Juniors. The kids have worked so hard, supported along the way by the coaching and support team. I am very proud of the nippers and the team. I think we are in good shape going into this event and we are geared up for lots of laughs and fun along the way.

## WINTER ACTIVITIES

As we move close to the closed season we will be continuing education opportunities with Bronze, SRC and IRB courses. We also will support anyone wishing to do the Officials course. For parents this is great opportunity to get involved and become part of the club by patrolling or participating at carnivals. Next year we are looking to engage every family to have either a watersafety or an officials role to help us support the kids at events and in the water in the 2024-25 season.

During the winter months please try and keep your kids swimming at the pool. Swimming is a fundamental skill of our surf life savers and any nipper should be able to confidently swim in if they come off their board.

**The end of season presentation for the U8-14's is on the Saturday 4th May early evening, so save the date.**





# AUSTRALIAN SURF ROWERS LEAGUE 2024

**OVER 330 CREWS FROM ACROSS AUSTRALIA TRAVELLED TO LORNE TO COMPETE IN THE ASRL OPEN TITLES FOR 2024.**

Avoca Beach SLSC had 5 crews make the journey south to compete for a national medal. We hired a mini bus to take the junior crews to Lorne & 2 boats were towed by car as well. After a long journey the crews settled in and did some awesome rowing. The club showed great spirit in competing and also had some fun times off the beach as well.

A big thank you to all the rowers and also the support crew who made the trip. Everyone chipped in and made it a successful carnival. Up Avoca!



## RESULTS

- 19 FEMALE - YETIS - 5TH PLACE IN THE FINAL
- 19 MALE - MACDOGS - SEMI FINALISTS, TOP 8 IN AUSTRALIA
- 23 FEMALE - ZEPHYRS - SEMI FINALIST, TOP 12 IN AUSTRALIA
- 23 MALE - YOWIES - SEMI FINALISTS, TOP 8 IN AUSTRALIA
- OPEN WOMEN - ZENITH - ROWED WELL, JUST MISSING OUT ON A QF
- AVOCA BEACH - 5TH PLACE IN BOAT RELAY

# MEET OUR OPEN ATHLETES



## HOLLY AYRES

### How long have you been a part of ABSLSC?

I have been a member of ABSLSC since U9s (13 years).

**Favourite memory at the club?** It's a tie between making my first individual final at a major carnival (U17 ski at State at Swansea Belmont) & Sunday Funday ski sessions & coffee with the girls, Shaz & Rich.

**What do you do outside of surf (profession &/or study)?** I am studying a double bachelor degree of Law & Commerce (majoring in economics) - full time. I am also working as a Beach Lifeguard.

**Dream holiday destination?** Anywhere in Eastern Europe.

**Favourite surf carnival beach?** Freshwater Beach (my favourite carnival of the year).

**Favourite discipline?** Ski

**What would you like to improve on?** I would still like to work on my mental strength. Letting the losses go and not letting everyone else in the races get me. Just focussing on myself and what I can control.

**Favourite thing about the SLS movement?** The amazing people that you get to meet and the lifelong friendships that I have made. I love that the ocean is always different and there is always a new challenge to try and master. It keeps this movement so interesting & dynamic.

**What's one piece of advice you would give your younger self?** Just keep persevering & challenging yourself, then results and luck will come your way.



## BRONTE AYRES

**How long have you been a part of ABSLSC?** I have been a member of ABSLSC for 13 years. I started in the U8s.

**Favourite memory at the club?** Winning Aussies Gold in Perth (2023) with Mia & Natalia in the Taplin, Making my first Summer of Surf Open Ironwoman final, North Bondi (2022), Sunday Funday ski sessions & coffee with the girls, Shaz & Rich.

**What do you do outside of surf (profession &/or study)?** I am at University studying a Bachelor of Speech Pathology full time. I also work as a professional beach lifeguard.

**Dream holiday destination?** Travelling through Southern Europe.

**Favourite surf carnival beach?** Freshwater

**Favourite discipline?** Iron

**What would you like to improve on?** I would love to continue improving on my iron transitions and consistency.

**Favourite thing about the SLS movement?** I love training hard & the feeling of pushing myself to the next level. The sport has also given me lifelong friends which I am so grateful for.

**What's one piece of advice you would give your younger self?** Spend as much time as possible in the ocean, whether it's surfing, swimming or training - the ocean can teach you so much. It's all about building confidence and doing the best you can as often as possible. If your mind can conceive it and your heart can believe it - then you can achieve it.



# SLSNSW STATE CHAMPS

We are fast approaching the NSW Surf Lifesaving State Championships, which kick off in less than two weeks time on the Northern Beaches.

**Champion Lifesaver** 1-2 March , Freshwater SLSC

**Age Champs** 7-10 March, Queenscliff SLSC

**Inclusive Champs** 10 March, Queenscliff SLSC

**Masters Champs** 13-14 March, Queenscliff SLSC

**Open Champs** 15-17 March, Queenscliff SLSC

**Surf Boats Champs** 15-17 March, North Steyne SLSC

If you are able to assist over the championships in any capacity (officials, water safety or IRB) please contact Skye Marshall on 0409 454 050.

## THE AUSSIES

The 2024 Australian Surf Life Saving Championships will be held on the Sunshine Coast, Queensland at Alexandra Headland SLSC, Maroochydore SLSC and Mooloolaba SLSC from 13 to 21 April 2024.

The Aussies is an annual event where members from Australia's 314 Surf Clubs come together to compete in more than 480 beach and ocean events. It is the largest event of its kind. The pinnacle of the Surf Lifesaving Surf Sports calendar, the Aussies are opened for ENTRIES until 28/03/2024.

**Youth Championships (U13-U15)** 13 & 14 April

**Aussies Ocean Swim** 14 April

**Masters Championships - incl. Masters surf boats (30-75+)** 15 & 16 April

**Open Surf Life Saving & Surf Boats** 17 – 21 April

**Adaptive Events** 20 April

**Lifesaving Events** 13-16 April

**Board Riding Championships** 14-18 April

If you haven't yet entered, and are wishing to compete, please enter via the jotform on the website: [avocabeachslsc.asn.au/jotforms](https://avocabeachslsc.asn.au/jotforms)



# WHAT'S ON AT THE SURF CLUB AVOCA BEACH



**KIDS EAT FREE**  
MONDAYS & TUESDAYS



Purchase any main meal and receive one kid's meal FREE. Strictly 12yrs and under.



*Wednesday*  
**MEMBERS NIGHT**

**\$29 RUMP + BEER**

250g Black Angus Rump Steak served with chips and salad and sauce  
+ A house beer, wine, or soft drink

**HAPPY HOUR**

**3PM - 5PM**  
\$10 Six String Pints    \$10 Stone & Wood Pints  
\$7 Trentham Wines    \$15 Soul Vodka Cocktail

## 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.



# THANK YOU TO OUR GENEROUS SPONSORS

