

February Edition - 2023



SHARK ATTACK



AVOCA BEACH SURF LIFE SAVING CLUB



President's Message

Stuart Harvey - Club President

We have hit the competitive part of the season and hope all our competitors are ready to go and race hard. From Maters to Juniors, we have seen our athletes train hard throughout the season. Nearly every afternoon of the week you find some type of training happening on the Beach. If you are up early enough like 5am, you will probably be aware our Boat Competitors are out there getting a training session in before work, good luck to all, race hard, be fair and always remember it's a race, be nice to yourself and thank the Officials.

The Board made the decision at the start of season that members will be paying 100% of entry fees leading in the Title Carnivals. This was communicated to all Members via newsletters and Club forums and meetings.

The Board made the decision back in January that the Club would be paying 50% of entry fees for State and Australian entries.

Further to this, at the last Board Meeting it was decided that 50% of entry fees for the Interbranch Team and the ASRL will be reimbursed back to the members.

We will work on reimbursing this money to our members over the coming weeks.

There are a number of members that have outstanding fees that need to be finalised before we move into the State Titles. If you have outstanding invoices for carnival entries, you need to pay them now.

On a more positive note, we are hoping to start the work on the bathroom upgrades and other works inside the building over the month of July. A lot of work is being completed in preparation for this, Sunsets will close for the month of July. The Board has also made a decision that we will be putting some of the Clubs money into the upgrade of the Kitchen as we were unsuccessful in grant money for the Kitchen.



President's Message Continued

With the storage area the back of the Club, we will be asking members who have personal skis stored in the container and or throughout the Club to collect these soon. The container will be sold as soon as we are ready to commence building this storage area.



Sunsets has performed very well over the last couple of months, our numbers have been record breaking with patronage and turnover. A few little stats that may interest a few. We sold during the month of January 675 Chicken Schnitzels, 480 Beer Barramundi and 430 Black Angus Sirloin Steaks.

It is also very exciting we have very recently employed a Head Chef for Sunsets. Michael Hunt comes with great experience within the Hospitality industry, his last employment was Head Chef Kantara House. Michael has been a member of the Club for the last 2 years as he has his kids in Nippers.

Watch out for specials in Sunsets, remember all members get a 10% discount on all purchasers at Sunsets. In the last month of January there were discounts of \$3979.43 to our Membership.

Some other highlights that should be mentioned here, I hope everyone got to see the Junior Branch Titles held at Avoca Beach last weekend (11th & 12th of Feb) there were 850 kids from all the Central Coast Clubs. Avoca Beach once again won the overall Pointscore, Umina was second with Terrigal taking 3rd place. To all the members that helped with the running of the carnival, thank you. And to our Nippers, well done, amazing effort by everyone that wore the blue green and gold cap.

If you watched the final of the Summer of Surf over the weekend you would have seen the Avoca competitors racing around the cans in some typical Kurrawa surf. They call Lachie Tame the old boy in ski paddling, but at Avoca we see him as a Champion Ski paddler. Lachie once again took out first place in the open ski competing for Avoca. Special mentions also go to Bronte Ayres, Holly Ayres, Ellie Richardson, Eliza Giles and Jazzmyr Fillingham competing at the summer of surf, well done girls!

-Stuart



Youth Development

Director of Youth Development - Mish Eagles

We are definitely at the pointy end of the season, I'm not sure it can get much busier!

What an incredible weekend we had last weekend with Avoca Hosting the Branch Champs carnival (and taking home 1st place!!!)

It was a HUGE weekend with Avoca showing the Central Coast just how amazing our club is.

The weekend would not have been possible without Jason Lewis leading the team for the weekend. Words can not express how grateful we are to everyone who set up in the early hours of the morning, packed up at the end of a long day, managed their Age groups, volunteered on the BBQ, officiated, assisted in the water, fed the officials, bagged the many many medals the kids took home and to the Nippers that competed - YOU GUYS WERE AMAZING!!!



DiJONES

A special mention also to Di Jone Real Estate for our new u6-14s Age Flags, section flags and Start and Finish Flags, we're incredibly grateful for the support you have given the club over years that stretch way beyond my tenure (although close to my age)...the beach definitely looked pretty sharp on the weekend and it was so great to set the areas marked out so clearly.

georgebrand

Our George Brand tents also kept the competitors guarded from the sun - thanks to Scott Harvey from George Brand for providing those earlier in the season.



I can't believe how fit and strong our Nippers are looking. Those that love to compete are 100% peaking at the right time of the season. A huge thanks to our board and water coaches as well who every week throughout the season volunteer their time to upskill, guide and develop our kids. They are so lucky to have so many ex Aussie Champs, water men and women to train them.

Next Wednesday, we head South to Queenscliff with 85 Nippers to compete at the NSW State Championships from 23-26th Feb. Whilst Nippers is not all about competition, the opportunity to compete and put their lifesaving skills to the test against other Nippers in NSW is something every Nipper representing Avoca should be very proud of, especially if Branch results are anything to go by.

We wish every Nipper the best of luck and cant wait to celebrate with you.

This Sunday is also the last for u6-8s and any other Nippers not going to State. It was great to welcome 62 new u6s to the club this year in u6's and see another 58 from last year continue on u7s this year. A massive shout out to the new Age Managers for under 6 girls - Shaun Williamson and under 6 Boys - Kael Hudson and Andrew Sceeri. You guys have done a great job inducting our newest recruits into the club.

To Jeff Barnes - u7 girls and Tristan Norris -u7 boys, how lucky are they to have your energy and experience and Damo - under 8 girls and Lee Dixon and Zac - u8 boys thank you for your dedication in transitioning the kids from u7's to the first year of competition. So great to see the determination on so many of the kids.

U6/7s presentation will be upstairs at the club at 11am Sunday.

Last but definitely not least, this Sunday Nippers is also the last Sunday for our u14's. For some of them, its been 9 years of Nippers - all the way from u6s through to 14s. What an incredible achievement.

We look forward to celebrating with you on Sunday - but can't reveal all just yet.

-Mish



Lifesaving at Avoca

Director of Lifesaving - Nick Welch

Rescue Boards

The 2 new Rescue Boards (Crowd funded) are in place and we have identified the best 3 of the current fleet of Boards (2 Kracka and 1 Bennett) and these boards are on the wall rack and use is purely for Patrol/Rescue activities. The remaining boards are on the portable board rack for Water Safety/Training. Identifying the 3 older boards as Rescue dedicated is simple - there is a red 6 inch red tab attached to the front left hand rail of the 3 boards. The new boards are easily identifiable. In the next 4 weeks an additional 2 Kracka rescue boards should arrive - donated by the Women's Auxiliary.



Other Patrol Equipment

The Masters have donated \$1,000 toward lifesaving equipment. This equipment comprises 10 Surf Lifesaving bum bags with a whistle, resuscitation mask, protective gloves, hand sanitiser, notebook and pencil. The bags are held in the First Aid Room and are available for use but must be returned at the end of each patrol. An additional pair of SLS Binoculars have also been purchased and placed in the Tower Patrol Box. Lifesaving clothing equipment priorities for next season include Rescue Rashie Vests and Rescue protective jackets. Other ideas most welcome to Nick.

IRB Management

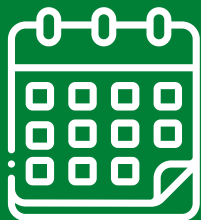
We have introduced an IRB Maintenance Logbook (in Captain's Patrol box) to be filled out at the start and end of each Patrol by the IRB Driver. This is good management practice and ensures we carefully report on and maintain an expensive asset.



Closure of Club Equipment Storage Rooms

The end of financial year asset management and building maintenance audit preparations will commence after the Aussie Titles in early April for all equipment rooms/areas. Please note that ALL private equipment ie. boards, surf skis, craft etc will need to be removed to allow the Club to commence club building inspection, storage rack maintenance, cleaning, painting, and recover Club owned equipment, identify abandoned equipment, and facilitate a deep inspection and clean of the front and back equipment rooms (to include the container at the back). The Nippers and Boat sections are also included, noting that ALL private property will also need to be removed from these areas as well.

All rooms are to be clear of private equipment by Sunday 16 April. Volunteer work party weekends will be planned from that time on, concluding at a date to be advised when all work is completed.



Captains Keg

Date proposed
Saturday 29 April
from 4 to 6 pm
Please mark it in your
diaries.

Junior Club Captain & Vice-Captain

We are looking for interested young men and women between the ages of 17 and 25 to be part of the lifesaving leadership team in season 2023/24. If you are interested, please contact Nick on 0411 249713 or email lifesaving@avocabeachslsc.asn.au

Keep Safe

-Nick



RESCUE OF THE MONTH.

SURF LIFE SAVING
NEW SOUTH WALES



NOVEMBER 2022

Club: Avoca Beach SLSC

Lifesavers and Lifeguards involved: Nick Welch, Kai Hodson, Kai Mitchell, Stuart Harvey, George Ruzek, Jason Barnes, Mitchell Renouf, Gordon Jones, Jeff Barnes, Matt Mitchell, Trent McRae, John Mitchell, Garry Clarke, Millie Parker, Finn Mitchell, Brad Mitchell, Floyd Mitchell, Zack Visconti, Brooklyn Mitchell, Harry Armstrong

Just after 6.00PM on Saturday 12 November the Surf Life Saving NSW State Operations Centre (SOC) was advised of an incident unfolding at Avoca Beach where an informant had identified three 12-year-old boys caught in a rip approximately 200m from the Shark Tower.

The Avoca Beach SLSC Call Out Team was tasked and was on scene within three minutes of the initial response from the SOC.

In all, a team of 20 lifesavers took part in the rescue – Nick Welch, Kai Hodson, Kai Mitchell, Stuart Harvey, George Ruzek, Jason Barnes, Mitchell Renouf, Gordon Jones, Jeff Barnes, Matt Mitchell, Trent McRae, John Mitchell, Garry Clarke, Millie Parker, Finn Mitchell, Brad Mitchell, Floyd Mitchell, Zack Visconti, Brooklyn Mitchell, and Harry Armstrong.

The two Kai's – Hodson and Mitchell – were first on scene, paddling to the incident area on Rescue Boards and stabilising the situation. George Ruzek and Jason Barnes also paddled to the scene.

While others on the beach coordinated the response, first aid solutions and medical support, Jeff Barnes and Gordon Jones arrived via IRB and brought the boys back to shore.

Each of the boys presented safe and well on the beach however after initial consultation with his mother, one boy was advised to go to hospital having indicated he had ingested a large amount of water.

Within the hour, all assets had been secured and responding members had returned home after a very successful and collaborative after hours rescue.

A handwritten signature in black ink, appearing to read 'Joel Wiseman'.

Joel Wiseman
Director of Lifesaving
Surf Life Saving NSW

A handwritten signature in black ink, appearing to read 'George Shales'.

George Shales OAM
President
Surf Life Saving NSW

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In recognition of the successful rescue of three 12 year old boys caught in a rip, at 6pm on Saturday 12 November 2022.

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Joel Wiseman
Director of Lifesaving
Surf Life Saving NSW

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George Shales OAM
President
Surf Life Saving NSW

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