

October 2023



SHARK ATTACK



AVOCA BEACH SURF LIFE SAVING CLUB



President's Message

What a great start to the season! I am so proud to be a part of our Club when I see all the work in the off season which is now showing such great results.

Our competitors are training hard and a great result coming out of the Coolangatta Gold with Hannah Stevenson placing first in the U17 female short course. Congratulations to Hannah on this amazing result and to all athletes who made the trip up to the Gold Coast. Our Lifesaving team are also doing great things with all Patrols well represented and who are patrolling the beach with vigilance. Everyone should be proud of their dedication for fulfilling their duties patrolling our beach. Congratulations to all the new awardees - from Bronze Medallion, IRB Crew and IRB Drivers - who make our Lifesaving teams even stronger.

Remember it is never too late to gain some new skills in Lifesaving. You gain skills for life and get to meet amazing people on your journey. It's a great way to volunteer. Have a look on our website for updates in Education.

Just some administration points:

Everyone needs to ensure they have renewed their membership for the Club as soon as possible. You will not be covered for insurance if you are not financial nor able to be entered into any carnival.

Also, this may be the reason your FOB is not opening doors at the Club. Once your membership is renewed the security system will update your FOB.

If you use the Gym, please remember you must always wear enclosed footwear. After Patrol, if you are intending on having beer with your Patrol team, please change out of your Patrol Uniform before having a drink.

In the next week or so 'The Surf Club, Avoca Beach Restaurant and Bar' is about to launch a new Summer menu. It looks great, so be sure to get down there and have a meal.

Stuart Harvey
Club 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*



Photos Needed!!

If you were a member of the club anywhere from the 1960's to the 2000's we need your help!

We are updating the decade boards and need any pictures that you may have of yourself or others from this period.

If you can send them through to John Mitchell it would be Greatly appreciated!!

John Mitchell: 0418485689

EDUCATION UPDATE

NEW Bronze Medallion and Surf Rescue Certificate Adults Course

Saturday mornings at 7am for both groups.

Wednesday night 25 th October Resuscitation for both groups

Wednesday night 1 st November Emergency Care for Bronze group

Wednesday night 8 th November Theory for both groups

If interested contact Holly: office@avocabeachslsc.asn.au

Previously Held a Bronze Medallion and Need to Update

If you have an old Bronze Medallion we have an accelerated version of the course which will run parallel to the above Bronze Medallion/SRC course come down this Saturday and 7am and we can tailor a course for you.

Rookies 13's Surf Rescue Certificate Course

Our rookies SRC course has started and is running Sunday mornings before nippers and Monday nights 6:30pm.

If you have missed the first week and would like to join the group email Sarita.

Sarita: rookies@avocabeachslsc.asn.au





Advanced Resuscitation Course

Members will need to complete the online modules prior to the night.
It will be held on 6 th November 6:30pm

Email Holly if interested: office@avocabeachslsc.asn.au

Advanced Resuscitation Course Requal/Refresher

If you have done an ART or ARTC in the past and need a refresher or need to requal there are two opportunities
upcoming for Requal/Refresher Advanced Resuscitation.

6:30pm 15 th November or 12 th November 1pm – 5pm when Trent has patrol.

Email Holly if interested: office@avocabeachslsc.asn.au

IRB Crew and Driver Courses

We are keen to generate a list of interested members for these courses to boost
our patrol capabilities.

Contact Holly if interested so we can send out the log for your hours and
additional information.



LIFESAIVING UPDATE

Another reminder: 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.

PATROLS

Patrols are up and running again for this season and it is great to see all our patrolling members back and committed to ensuring beach safety. Remember, if you are unable to make your patrol, please organize a sub that holds the same certificate/qualification.



IRB Crew

Congratulations to our new IRB Crew certificate holders.

They have spend the last month training up and are ready to assist our patrols during our busy summer period.

Congratulations everyone!





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 21st Oct - Terrigal - u/12s-Open craft carnival

Saturday 4th Nov Ocean Beach - CCBS Boat carnival

Saturday 4th Nov - Wamberal - BISS u/14-Opens Craft Carnival

Saturday 4th Nov - Wamberal - Nutty Masters Carnival

Saturday 18th Nov - Caves Beach - CCBS Boat carnival



COMPETITION UPDATE

Coolangatta Gold Update

The Coolangatta Gold was held last weekend in Coolangatta.

4 of our members took part in this prestigious event.

Congratulations to Amber Stevenson, Holly Ayres and Jazzmyn Fillingham for completing this mammoth challenge.



CHAMPION U/17

Congratulations to Hannah Stevenson!! Hannah was victorious in the u/17 short course gold event. Your hard work and dedication all winter paid off.

Hannah took home a brand new Race One ski as prize for her victory.



NIPPERS UPDATE

Hello, to the 2023/24 nippers season! It's amazing to see everyone back at the beach on a Sunday morning having fun. We have been spoilt with conditions so far! I would like to personally welcome all of the new nippers and parents to the club as well as to our returning crew.

We are all very excited about our program for the season. Sunday nippers is designed to be an awesome morning where the kids have fun. They learn new skills, have a laugh and make friends for life.

The program supports kids to become water and surf safe while giving them skills to equip them to become our junior life savers of the future.

Our U14 age group are currently in the process of obtaining their Surf Rescue Certificate which is the first official recognition of their life saving skills.

I would like to officially recognise our Junior Club Captains for the new season. They have been through a selection process and will be involved in activities and learning leadership skills through out the season.

NIPPERS CAPTAINS

Congratulations to our Nippers
Captains

Club Captains :

Josie Kendal & Ajay de Gruchy

Assistant Club Captains:

Soraya Verolin, Jasper Hunter and
Sam McMahon





Water training has started for the older age groups in the week and we are commencing a new ability group training on Tuesdays for the U9-13's to aid the development across the skill levels. Tuesdays also sees the commencement of our new beach training to sharpen our amazing beach skills. Please contact your age manager for training details for your age groups. To attend training and nippers each child will need to wear a pink high visibility rash vest.

Take a minute to think that everyone who makes nippers happen are volunteers, giving up their free time to support kids in the water, on the beach or behind the scenes. If you have some free time then please get involved. Not only do the kids benefit from you being in the water or helping on the beach it is also an opportunity for the adults to make new friends and learn new skills.

Our competition program starts very soon with our first carnival in Terrigal on the 29th of October. Our Avoca club champion point score series starts later in November. Over the course of the season there are lots of opportunities for those nippers looking for the next challenge. Keep an eye on the live calendar and other memos for info.

Remember that Nippers first and foremost needs to be fun for the kids. Positive encouragement from parents on the beach means big smiles all round!

That's it for now. See you on Sunday or in the water!

Cheers

Phil Webster
JAC Avoca



THANK YOU TO OUR SPONSORS

