

SAWTELL SLSC

Newsletter SEPTEMBER 2010

Email lifefthebeach@hotmail.net.au

Webpage www.sawtellspsc.hot.net.au

PRESIDENTS MESSAGE

Thank you and welcome back to all those members who have indicated a preparedness to once again undertake patrols for the coming season.

Please consider undertaking some of the courses that are being offered by both the Club and the Branch as you never know when you will need to use the knowledge that you will acquire.

Also please make use of the facilities of the Club. The gym is there for member's use and the upstairs member's room provides an ideal place for some quiet contemplation.

CLUB CAPTAINS MESSAGE

Many thanks to those who assisted last Saturday when the annual gear inspection took place – especially those involved with the IRB and first aid. Your efforts were appreciated by the Branch assessors.

The first version of the patrol roster will be sent out shortly. The format is different this year in that it comes in 2 parts. The first is a calendar indicating your patrol times as well as other Carnival dates with the second indicating the make-up of each patrol. **If you have any concerns or know of members to be removed/added please let me know asap as mistakes do happen. I can be contacted on 0412 182469 or at jenrobbelle@gmail.com**

This year with your support the Club is looking at putting in place a system whereby members are reminded by SMS/Facebook of their upcoming patrols on the Monday prior to their next patrol. Club Vice Captain Sarah Tisdell will be asking members if they would like to be so advised.

Please ensure you are registered prior to your first patrol for insurance purposes and that you undertake your proficiency at the earliest possible time.

Proficiency dates and times will be out shortly

REGISTRATION

All members should have received an email in the last few days regarding instructions for registration.

Members 13-18 years old may need to check their personal email.

If you have not received this email please contact Cheryl on Ph 66583301 or cheslane@iprimus.com.au.

For those members that prefer to pay by cash or cheque Cheryl will be at the Nipper Registration days to be held on Sunday, Sept 12, 19, 26 at Boambee Swim Centre, Ayrshire Rd, Boambee between 9am and 11am.

Due to lack of access to power at the Swim Centre, any forms (if required) will be need to be handwritten unless you contact me prior, so I encourage you to renew online.

TRAINING OFFICERS MESSAGE

As previously mentioned, several courses are being run by the Branch over the coming weeks and they are as follows:

Spinal Management (an award that entitles you to the use of Spinal Collars, Head Blocks & the “Spider” on the Spinal Board) is also being run at Coffs Harbour on the 25th September.

Cut-off date for nominations is : 4th September.

If interested please let Steve Foster know yesterday in case there is still a vacancy

Training Officer Certificate (covers a nationally recognised Unit of Competency –TAADEL301C which is part of the Certificate IV in Training & Assessment). This course is being run at Coffs Harbour on the 13th November and is a course that doesn’t run very often . If you are considering becoming a “Trainer” within SLSA, this course is a must (together with accreditation in the award you wish to train), so don’t miss-out.

Closing date for nominations: 2nd October.

First Aid (expands on what is already covered by the Bronze Medallion syllabus and is a nationally recognised Unit of Competency) is being run at Sawtell on the 20th November .

Closing date for nominations: 9th October.

NB: Spinal Management & First Aid awards should be held by at least one member on each Patrol. These courses are filling fast, so don’t miss out – get your name on the list now!

Missing Awards

It has come to my attention that many members within our club, have not be formally recognised as having current First Aid qualifications. This may be attributed to the fact that most (if not all) members have attained these qualifications through organisations other than SLSA. If you would like to have your records updated on Surfguard to indicate you have a current First Aid Certificate and your name is not listed below, please contact Steve Foster via email: uamocliamtah@hotmail.com.au and I will endeavour to get the records up-to-date.

Steve Kelly, Alistair Lane, Cheryl Lane & Martin Wells.

Training & Water Safety

Would you like to be involved in the training of our new/young recruits but don't want to go the whole hog? Do you have skills/knowledge that you would like to impart on others? If that sounds like you, read on.

Subject Experts

Subject experts are people with knowledge in a particular area and who like training, but don't wish to be formerly recognised as Training Officers (and don't want to do all the paperwork). They can deliver training under the supervision of a qualified Training Officer and this adds variety to the experience of the candidates and was well received during the last Bronze Medallion course.

Water Safety

A Water Safety Officer is required for every 5 -12 (depending on age/skill sets) participants engaged in any water activity (such as training or competition). In order to run courses such as Bronze Medallion and SRC, we need to ensure there is enough water safety (as well as trainers/subject experts) to cover the number of participants and I would like to create a roster with a view to ensuring these requirements are met at all times (rather than trying to find someone on the day).

SRC & Bronze Medallion Training will be taking place from early October through to mid December and will be followed by another round in the new year.

If you would like to nominate some Sunday mornings where you could assist, please let Steve Foster know via email uamocliamtah@hotmail.com.au.

MESSAGE FROM BRANCH

Ok folks, the new calendar has been done and dusted and can be found on our Branch Web site. Yes that's right the branch has a web site! Please let anyone who competes, officiates, Educates, heck...tell everybody where to find it and what is on it. You can now access the calendar wherever you are in this big wide world

Our Web Site www.slsnorthcoast.com/

Our Calendar: www.slsnorthcoast.com/forum/index.php?action=calendar

You can click on a link on the calendar and it takes you to the forum where more detail can be found.

ASSISTANCE SOUGHT

As already notified the Club has accepted Bunning's offer to run the BBQ on Sunday 19th September.

The Club will be having 3 shifts and requires 9 members prepared to help.

Treasurer, Bruce Coomber, is now preparing that roster. Please contact Bruce on 66589171 or bcoomber@hotmail.net.au

It is a good fund raiser for the Club and also a good way of promoting the Club.

FUND RAISING

The treasurer's task in ensuring the Club remains financially sound is made that much easier through the various community benefit schemes and promotion programs set up by the business community.

The Club takes this opportunity to remind members of these organizations and what you can do to enable funds to flow back to the Club:-

* IGA - The Club can supply you with an IGA card if you shop there even occasionally and do not support another organisation. The Club has been advised that Ritchies (IGA) are improving the Program to comply with the wishes of the majority of customers who have indicated they want cheaper prices. In order to deliver these cheaper prices the Community Benefit donations has been changed from 1% to 0.5% of what customers spend. You the consumer benefits and the Club will continue to benefit.

* BCU - The Club asks that you discuss the opening of a community saver account directly with them if your financial institution is the Bananacoast Credit Union. For more information go to www.bcu.com.au and click on the Sick of Fundraising prompt.

*Telstra - have again assisted surf life saving through their Telstra Affinity Program. Although Sawtell was the nominated Club for \$630, once the North Coast Branch took into account amounts raised by all Clubs in the Branch and divided the total received evenly between these Clubs, Sawtell will receive \$1250. Special mention should be made of Red Rock who were the nominated Club for \$4800 –a wonderful effort. (A nominated Club received \$30 for each eligible transaction with an approved Telstra dealer.

CLASSES CONDUCTED IN THE AUDITORIUM

For your information your clubhouse is used during the week for a range of activities. Classes currently being held are as follows:-

Monday	9am to 10am	Forever Fit*	- contact Lee-Anne	0414970812
	6pm to 7pm	Blockchee^	- contact Glenn (Blocky)	0408665076
Wednesday	9am to 10am	Tai Chi#	- contact Carol	66572609
Thursday	6pm to 7pm	Blockchee^	- contact Glenn (Blocky)	0408665076

* \$ 6 per class. Suitable for all ages and abilities

^ \$10 per class. Strenuous exercise class. Must be over 18

Open to all ages

SURF BOARD RIDING

Ian Dellar is proposing to again offer surfing (surf board riding) lessons this season. Anyone interested meet Ian at the Club at 0730 on Sunday mornings (before nippers) All members welcome.

LOCAL DOORKNOCKING

Please be advised that Guardians of the Surf door knockers will be in your area during September. The funds raised in your area during this time will go into the pool of money that is distributed to all clubs in December each year. Please remember that the bulk of fundraising is still done in the Sydney metropolitan area.

REFRESHER COURSE

FIRST AID/RESUS/DEFIB-ARC/SPINAL REFRESHER EVENING THIS IS NOT A PROFFICENCY!!!!!!

**A CHANCE TO BRING OUR 'SKILLS' UP TO DATE LEAVING THE STRESS UP
TO THE INSTRUCTOR**

VENUE TRAINING ROOM
DATE WEDNESDAY 22nd September
TIME 6.30pm

It would be beneficial if members have reviewed their manuals prior to this evening so they can seek clarification on any matter they are unsure about.

MESSAGE FROM COACHES

Terry and Greg have been looking at ways to improve surf swimming skills including negotiating the break and catching difficult waves. Those attending the Monday and Friday board sessions will be increasingly exposed to surf swimming escorted by the IRB for safety.

Lauren Hall from Terrigal SLSC has been invited to join us in training from the 4th Oct till 7th Oct. This is the 2nd week of the school holidays. Lauren is a champion surf swimmer medalling regularly at state and national level and last year was a member of the NSW state team. She has agreed to conduct extra surf swimming sessions for Sawtell squad members over these 3 days.

I would like as many of you to keep these days free and support this initiative.

This instruction is open to all Club members and would be most beneficial to our Junior Age Managers.

Exact times and place details will be sent out closer to the event

MESSAGE FROM BOAT CAPTAIN

Boat Captain, Nova Cassin, has arranged fitness training for her crews.
An offer is extended to any Club Member to be involved.

Please see detail of the offer below

CrossFit Coffs Harbour is pleased to offer members of the Sawtell Surf Club the opportunity to train at our new CrossFit facility at Lawson Cres Coffs Harbour. CrossFit is now the principal strength and conditioning program for many police academies, tactical operations teams, military special operation units, champion marital artists and hundreds of other elite and professional athletes worldwide. At CrossFit Coffs Coast we will provide a very structured foundation to your overall core strength and conditioning, incorporating such things as basic gymnastic movements, metabolic conditioning and real Olympic weight lifting which are all unparalleled in their benefit to athletic conditioning that will make you stronger, fitter and faster than ever before.

What Nova and I have agreed upon is for the program to start the first Tuesday in September and run through until the end of December. The days are at present Tuesday afternoon, Wednesday afternoon and Friday morning. The fees will be only \$15.00 per week per athlete which is a \$10.00 discount from normal weekly fees. (Please note this money needs to be paid in advance to qualify for the full discount). This arrangement also includes a 25 page training manual specific to surf boat strength and conditioning, a free 'rash' racing top and a long sleeve shirt to wear on the beach. I look forward to training with you all and witnessing your progression throughout the season.

WELCOME BBQ

A reminder that the Surf Club Band require your presence at the welcome BBQ to be held from 5pm on Saturday 18th September

IRB UPDATE

IRB Captain Steve Rayson is also looking at a suitable time to update those members with IRB qualifications on the state of play re IRBs.
Members will be advised when this meeting will take place