

The Masters Maul

~ News For The Freshwater Master ~

Battle Stations! – Six Weeks Till Our First Carnival – That's right, the first Masters Carnival will be held on November 24 @ Freshie (didn't the PM know this!) so let's make the most of the opportunity! (Yes, we have a team for you).

So what is masters? Masters came about when a number of SLSA members decided that after Nippers (6yrs-14yrs), Juniors (14yrs-17yrs) and Senior competition (18yrs-30yrs) there had to be another opportunity to compete and participate again. As such masters compete against each other in 5 yr age groups (starting at 30yrs), for example 40-44, 45-49, 50-54 years and on we go up to 65yrs+. The wonderful thing about masters is that it is for many of us a 'return to nippers', the chance to compete in everything and anything regardless of skill or experience. For those new to Surf Life Saving it is an opportunity to participate in activities that will further your ability to feel confident in the water and on the beach and thus become a more proficient Surf Life Saver.

But I'm new? That's even better. As long as you are a proficient (holder of the Bronze Medallion) and financial member of FSLSC you are more than welcome and eligible to participate in club and inter-club (Branch, State & Australian) activities. We should preface this with the disclaimer that you are undertaking activities at the Freshwater Beach taking responsibility for yourself in, and out of, the water.

Training Times: The club is open daily from 5:30am and remains open till approximately 8pm in the summer months. You will always find someone training or doing something at the club around 6am most mornings, whether that is a run, swim, board, ski paddle, gym, circuit or general chit chat in the surf. 6am at the club.

*** See the Masters Training Spreadsheet Attached ***

- **Ski Training:** Tuesday, Thursday, Saturday & Sunday.
- **Board Training:** Monday, Wednesday & Friday
- **Iron Man:** Saturday Afternoon & Sunday Mornings
- **Swim Training:** Saturday Mornings & Sunday Mornings
- **Boat Training:** We will keep you informed of developments here
- **Social Activity:** Absolutely! Along with Lysa Kiely's Social Calender for the season we have let loose the dynamic duo of Bill Meaney & Tim Crozier to host our fortnightly 'Masters On The Sands' evenings.

Please Note: (If you do not own your own board or ski and are a nipper parent (proficient and financial) you will need to contact the Competition Officer of the BJD ((Peter Obern)) for access to boards, for non nipper-parents you will need to contact the club Competition Officer ((Michael Kirkby)) for access to boards or skis. Board Rescue boards are always available for those needing that little extra balance while getting started).

Want To Buy A Board or Ski: Surf Trade www.surftrade.com.au is an excellent starting point as is the club where a number of second hand boards are sold each year. Also Bennett Surfboards currently have a strictly limited amount of slightly overweight boards running out the door for \$850 (rather than \$1250). Do yourself a favour!

Sunday Surf Swim: Every Sunday morning at 11am Bob Chalmers coordinates the club surf swim. Every surf club in Australia holds a surf swim at least once on a weekend so make sure you participate. No matter where you are in Australia you can get your weekly swim in! You will need to see Anne Wehr to register at 10:55am prior to each race at Freshwater. Life Member Richard Ware will hold an introductory session for new surf race swimmers each week at 10:30am. 30 minutes before the club swim.

Beach Training: The great thing is that 'everyone' will be able to participate in beach relays throughout the season. So if you are keen on running make sure you stretch before you run (not 30 seconds before your hammie goes!). Let me know if you would like to organise a beach running squad.

Camivals: The surf carnival of yesterday was something many of us would like to see a return of. On the line by 7am, team events first followed by individual events and everything done by lunch! The beer tent goes up and the yarns start (some fact, most fiction). The good news is that master's carnivals are well run and normally finish early allowing for beers, bbq and people to get home at a reasonable time.

Harbord Hotel Masters: November 24 2007 = At Freshwater Beach, Six short weeks away. We will need you!

Where To From Here? Make your way down the club and join in. As a member of Freshwater SLSC you are on one of the greatest beaches in the world with one of the most respected clubs in the movement. Masters is a great way to get fit, have fun, meet like minded new friends and lead a way of life others are envious of.

Still Not Too Sure? Ring Me (Simon)!

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Please Note You Can Always Join In With Other Sessions As Per Notice Board

Monday's

Board – Iron Mike & Alby Session On The Water 6AM

Tuesday's

Ski – Tim Munro Session On The Water 6AM

Wednesday's

Board – Iron Mike & Alby Session On The Water 6AM

Women – Broads On Boards At The Club 9:30AM

Circuit Class – Punishment With Tim Jacobs In The Gym 6PM

Thursday's

Ski – Tim Munro Session On The Water At 6AM

Friday's

Board – Iron Mike & Alby Session On The Water At 6AM

Board – Introduction To Board Paddling With Hurricane Hurrell At 6AM

General – Meet At The Roller Doors Every Second Friday 5:30PM, Our Session Includes Body Surfing, Surf Race Starts, Board Starts & Flags.

Saturday's

Ski – Manly & Freshie Race Meet At Club 7AM

Swim - Surf Swimming With Peter Obern 9AM

Sunday's

Ironman – Open & Masters with Grant Coates at 6:00AM

Ski – Iron Mike & Kev Crowe Session's at 7:30AM

Swim – Rick Ware Learn To Surf Race Session At 10:30AM

Swim – Club Surf Race (Everyone) At 11am

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