



FRESHWATER SURF LIFE SAVING CLUB INCORPORATED

ABN 15 606 956 393

AFFILIATED WITH SURF LIFE SAVING AUSTRALIA

Patron: Rear Admiral Peter Sinclair AC, AO (Ret)

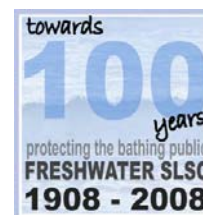


Address all communications to:
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September 2005

Dear Freshwater Competitors



The summer of 2005 is almost here and for the Freshwater Club it will be one of our busiest on record. The club will not only host our Annual Australia Day Carnival, The Freshwater Masters and Bennett Junior Ironman, but this season will also host the opening round of the NSW Premiership Series in October and for the first time will host the 2 day Interstate Series during the last week of January as a lead up to the Freshwater Australia Day Carnival.

The Competition Panel has been active off-season ensuring that we have the team in place to ensure that all our competitors have the best competition programme and that all the mountains of paperwork is completed to compete this season.

The Panel are keen for all members to know what is happening this season so as much information as possible will be posted on our website as often as possible, and we encourage you to access the site as often as possible. www.freshwaterslsc.com

The club has also recently had installed our own web cam, so you can to log onto our site in the privacy of your own home and check out the surf and conditions through www.surffit.com.au then go to Web cams...Freshie

There are many questions that the competition Panel has received already about this season so the following points I hope will clarify many of these questions.

TRAINING: With the exception of the Boats, the club will train through the months of September and October on Tuesdays at the dam from 4.30pm, Thursdays at Freshwater from 4.30pm. These two sessions are primarily for 15's, 17.s and 19.s who will compete on Board, Ski and Water events this season. Extra sessions will be added in October on Wednesdays from 5pm and Saturdays from 7.30am at Freshwater. These extra sessions will be under the guidance of the Competition Panel and rostered under the guidance of several senior members. Under 14's who have their SRC or in training for their SRC are also invited to attend the Board and Transition sessions.

The club has also contracted to hold a three week intense camp at Freshwater in January for those e competitors who will need to ramp up their training leading into the main Competition calendar which will include all major carnivals during January, February and March.

CLUB COACHES: The club has entered in to an arrangement with two of our senior members to host the training sessions this season, Ryan Swan and Matt Lemon will be taking the weekly sessions for the first part of the season and other senior competitors as the season ramps will assist them up. A separate sheet will be handed out to all interested competitors outlining the venues, times conditions for training.

MEMBERSHIP FEES: All members are reminded that they need to be financial members from the start of the season. This will ensure that all matters pertaining to insurance during training are covered. Fees can be paid any Sunday morning at the clubhouse from 9am. All competition members are to proficient by December 24th 2005. Club Proficiency dates will be published on the web and circulated at the club.





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50/50 and COMPETITION ASSISTANCE: The club at its absolute discretion can assist members that have demonstrated their willingness to be active members of the club, with funds to offset new Boards and Skis. The club will also consider assisting in some cases swimming tuition fees to a certain amount. There is a special set of rules that surround these applications and the Competition Panel must approve ALL applications. Competitors are then expected to assist the club at ALL fundraising activities, Club Carnivals, City to Surf, Water Safety and any task that from time to time the club may seek assistance from members.

The club will also expect that ALL competitors assist the club with its Competition Fundraiser this season on December 3rd at Freshwater when we host the Competitors Sports Trivia Night.

CARNIVALS: Attached to these notes is this seasons Carnival Calender. These events are the carnivals that the club will be attending. The SNB Branch website has all the latest notes and details for the season and will publish on their site changes to the programme. The club will again this year place on the competition notice board all programmes that are published and special events that we will be invited to.

PATROLS: ALL competitors must do patrols under the rules of the association. You must attend the Patrol that you have been rostered for, or seek a substitute to do your Patrol if you are going to be away. THERE IS NO EXCUSES FOR NON ATTENDANCE ON PATROL... No Patrol...No Compete. No Patrol... No 50/50.

Last season the Club was audited by the Association, as a few members let us down.

This season our new Club Captain will enforce Zero Tolerance and he has the full support of the Clubs Executive Committee. No excuses.

AWARDS: All members are encouraged to get their next awards. If you have your SRC, then get your Bronze as soon as you are able. Special courses are held for ARC, IRB's and First Aid. Please ensure that you register to do your awards.

Finally if you need to contact anyone about Competition issues you can speak to the following people who are there to assist you get through the season.

Michael Bate	Competition Officer	0411 043 268
Jo Kirkby	Under 15's	
Ian Miller	Under 17's	
Steve Bennett	Under 19's	
Bud Coates	Open	
Julian Delany	Boats	
James Newman	Boards & Skis	
Michael Kirkby Masters		
Wayne Freakley	R&R	
Marina Bate	Carnival Secretary	0415 971 975

Regards

Michael Bate
Competition Officer

