

# A FRESH UPDATE

MARCH 2019



## from the President

We're almost at the end of another season of patrols and our safety record is still continuing successfully. Thanks to all those members who have helped in this effort and keep up the "vigilance and service" for another few weeks. A thank you BBQ for all patrolling members is being held at the conclusion of the season and details of the date and time can be found in Dee's report.

We had another successful NSW titles campaign at Swansea Belmont. Results details are included in this newsletter so congratulations to all competitors from Nippers through to the Masters on your efforts throughout the season. Of course, our participation would not have been possible without the support of so many club members who contributed in a variety of ways. These include: IRB, water safety, First Aid, Managers, coaches, drivers of equipment trailers – so thank you to all those involved.

Please remember to keep the night of Saturday, 25 May free for our Annual Dinner & Presentation Night and also Sunday morning, 30 June for our AGM. It's your club so come and have your say in the selection of office bearers for the 2019-2020 season and hear a recap of how our club fared over the previous 12 months.

Lastly and on behalf of all members, good luck to all those competitors in the Australian Surf Championships on the Gold Coast next month.

See you on the beach!

**Alan Burns, President**

## UPCOMING EVENTS

- 23 Mar** Boat carnival, Warriewood
- 30 Mar -** Australian Titles
- 7 Apr** Broadbeach, QLD
- 28 Apr** End-of-Season Patrol BBQ
- 25 May** Annual Dinner & Presentation Night
- 30 Jun** AGM, 10am

## END OF SEASON DINNER, DANCE AND PRESENTATION NIGHT

The annual end of season dinner, dance and presentation night will be held on **Saturday 25 May** commencing at **6pm**.

It's a great opportunity to let down the hair and spend a terrific night mixing with family and friends over a few drinks, food and music. It is also the night when we celebrate



and recognise the patrolling, training and competition achievements of our members from this season. So put a line through your social diaries for the night and make sure you keep it free so you can come to the club and have a rollicking good time. Further details will become available over the next month.

## CLUB CHAMPIONSHIPS

After having to be called off last weekend due to the horrible weather and massive surf conditions, the club championships will be conducted this Saturday, 23 March. Everyone is eligible to compete in the championships but to be crowned club champion you must have competed in at least 6 competition events (e.g. Sunday surf races, carnivals (senior or masters) prior to the day of the championships.





## NIPPERS NEWS - REPORT FROM THE CHAIRMAN

The month of March saw us off to the **State Titles** hosted at **Swansea Belmont SLSC** where our Team of 73 Nippers spent 3 days battling the sand and surf with some great outcomes all round.

The highlights of the carnival were a **gold** in the **All Age Relay** - **Joshua Gedz, Harvey Glanville, Artie Leiper, Oliver McDonald, Leela Scott & Kayvon Scott** - the penultimate event on the land in surf carnivals, **gold** in the U14 Male Sprint taken out by **Josh Gedz**, and a **silver** in the **U10 Female Surf Swim** which was claimed by **Jaslyn Plummer** in her first big season of competing with Freshie.

The kids competed with great spirit and determination and did themselves, their parents and our Club proud. They all looked great in their State Team uniforms and many of them stepped up in age groups to help form teams which is a testament to their courage, determination and outstanding team spirit.

Last Sunday we held our end of season Presentation and awarded our perpetual trophies as well as our Club Champions for each age group and said goodbye to our U14s as they 'age-out' of Nippers. We also recognised all Nippers who had achieved a place in a final at State and there were quite a few!

It was also an opportunity to thank all of those parents who constantly go above and beyond the call of duty to make sure that the kids at Freshie Nippers can experience the best of times with their teammates and friends.

To the water safety, the IRB drivers and crew, the Age Managers and Age Assistants, the uniform ladies, the gear and board guys, the Sunday Activities setup and pack up crews, and all of those parents who just step in and help on BBQ's, carnival setups and everything else that needs to be done a huge thank you for all of your help over the season. If I have forgotten anyone I apologise.

Now that the season has drawn to a close and the kids move into their winter sports we will all have a well-earned break and think about what we want to achieve for next season and how we best go about doing that. To that end, stay focused on swim squads, land training and whatever else you think will benefit the kids during the off-season.

The JAC will look to meet with interested parents to collectively review the past season and plan our approach going forward. To that end we will look to meet on Tuesday 26<sup>th</sup> March, 2019 to run through that review.

In addition to the above, we wish **Josh Gedz** good luck as he heads off to the Aussie titles to compete in the land events.

Finally, to the members of the Junior Activities Committee (JAC) a huge thank you for all your hard work and support during the season. It was always greatly appreciated and Nippers at Freshie would not be the same without you.

**Enjoy the off season and, possibly, see you on the beach!**

**Paul McGettigan**  
**JAC Chairman**



*Freshie Nippers State Team!*





### PATROL OF THE YEAR CALL OUT

It may be March but we only have a month and a bit to go until the end of the season but while it's fresh in your mind, I want to get everyone thinking about their nominees for the following awards:

\* **Patrol Person of the Year** (2017-18 David Price was the recipient)

\* **Rookie Patrol Person of the Year** (Bronze Medallion recipient within 12 months) (2017-18 Caitlin Price was the recipient)

\* **Young Patrol Person of the Year** (2017-18 Tristan Godoy was the recipient)

\* **IRB Driver of the Year** (2017-18

James Coates was the recipient)

Keep in mind I rely on your nominations for, what I would describe as your experience with the member, their overall attitude and behaviour within a team; I then look at the data to separate the field as I'm confident all your nominees are incredibly worthy of any of these awards. Please provide these **nominations by 28 April** at the absolute latest as this awards need to be ready for presentation night in May.

### EXPRESSIONS OF INTEREST FOR CLUB CAPTAIN

As many of you are aware this season will be my last season as Club Captain and we are looking for expressions of interest to take on the role of Director of Lifesaving for the 2019/2020 season. Whilst ideal to have a handover for the last couple of months of the patrol season it is something that can be arranged in the off season in preparation for the new season. Just a

quick background on the time related to this role includes approximately 2-3 hours x 3 days a week in addition to the time required on the weekends that vary. Keep in mind this is during the on-season, whilst the hours required in the off-season can be spread out over a couple months and have less urgent deadlines required. The brief summary of what the role involves is as follows:

- Responsible for the conduct and control all patrols and the Club's compliance with any life saving agreements that may be in force from time to time
- Play an active role in the overall management of the Club as a member of the Executive Committee.
- Schedule patrols and roster patrol duties prior to the commencement of each season so as to ensure the Club meets any requirements of Branch, State or National levels of SLSA
- Preparation and submission of the annual budget for the Club's lifesaving activities to the Executive Committee prior to the commencement of the season
- Overall responsibility for ensuring all operational lifesaving equipment is well maintained and ready for use at all times
- Work in consultation with the Chief Instructor/Director Education to ensure that all patrolling members are proficient each year
- In conjunction with the Director Youth Development, development and

coordination of programs for U13 to U19 members to facilitate an increasing role and responsibility in patrol activities.

- In conjunction with the Chief Instructor & Director Youth Development and relevant school personnel, development and coordination of programs relating to Riverview students and their integration into lifesaving and competition activities within the club
- Maintain a record of members' performances while on patrol, including communication with members who miss patrols to ensure they comply with any obligations arising under Club rules.
- Other duties and responsibilities as provided for in the Club Constitution and any By- Laws

If this a role you would be interested in please contact me at your earliest convenience.

### END-OF-SEASON PATROL BBQ

As the end of the season is in sight we will be holding an end of season BBQ for all patrolling members - past and present - on the **last day of the patrol season, 28 April 2019**. More details to follow shortly over the coming weeks but save the date as we begin our final countdown.

*See you all on the beach!*

**Deandra Godoy**

**Director of Lifesaving/Club Captain**  
e: [captain@freshwaterslsc.com](mailto:captain@freshwaterslsc.com)

The annual club presentation night is to be held on **Saturday 25 May** so now is the time to start thinking about who you want to nominate for the various club service awards which are handed out each year on the night.

A list of the various awards and the qualification requirements are set out at the end of this newsletter.

This year a new Awards Panel - **Lindsay Davis, Sue Walmsley, Ben Kirkby, Ian Gradock & James Crittenden** - has been established to receive, assess and make recommendations to the Executive Committee in relation to all of the awards with the exception of the Distinguished Service Award.

Recommending the recipient(s) of this award will remain the responsibility of the club Honours Panel.

All members are encouraged to get involved in the process by putting forward nominations for the awards. If appropriate, the same reasons can be relied on to nominate people for more than one of the awards which appears on the list.

Nominations can be sent to the Executive Officer C/- [exo@freshwaterslsc.com](mailto:exo@freshwaterslsc.com) or sent to the Awards Panel c/- **Lindsay Davis email address: [lindsay@evelind.com](mailto:lindsay@evelind.com)**.

Nominations for the Distinguished Service Award should be sent to [exo@freshwaterslsc.com](mailto:exo@freshwaterslsc.com)



# COMPETITION NEWS

The Branch and State Championships have now been run and won and the Australian Youth, Masters' & Opens events loom large on the horizon.

The **Junior Branch Championships** concluded with the water events on **10 February** and the club was able to add another gold & silver, 5 bronze and sway of top 10 finishes to the impressive results achieved by the land competitors. The club finished in **4<sup>th</sup> place** behind North Curl Curl, Manly & Newport. Among a host of outstanding performances, **Joshua Gedz** (3 gold and 1 bronze), **Leela Scott** (3 gold and 1 bronze) **Kayvon Scott** (3 gold) & **Mila Mcgettigan** (2 gold and 2 silver) were particularly successful.

The **Open Branch** saw the club finish in **3<sup>rd</sup> place** behind the powerful Newport and Manly clubs. It was great to see medals one across a broad spectrum of events on land and in the water with 8 gold, 6 silver and 11 bronze medals being won by the Board, Ski & Swim, Lifesaving, Beach, March Past and R&R sections. Particularly pleasing were the number of U15 & U17 competitors who featured not only amongst the medals but in the top 6. **Mila Mcgettigan** managed to take out the beach sprint/flags double in the U15 event to add to her 2 gold and 2 silvers from the Junior Branch while **Zac George, Carl Sorensen, Tamsyn Curly & Lauren Bourgeois** seemed to pop up everywhere amongst the results.

Taking into account the results from all three Branch competitions, the club finished in **3<sup>rd</sup> place overall**, again behind the Newport and Manly juggernauts.

The **State Championships** at Swansea proved to be a happy hunting ground for the club. There was plenty of cheering at the State Age event with many Freshie teams and individual competitors making finals. State Age provides tough competition and to make a final is an outstanding achievement for any competitor so there are many of our kids who can be mightily proud of their efforts.

There were some who not only made finals but finished with medals or in the top 6 which is a fantastic effort. **Joshua Gedz** led the way with gold in the U14 sprint, another as a member of the All Age Beach Relay and a silver as a member of the U14 mixed beach relay. The land competitors again led the way with all but one of those finishing in the top 6 being involved in beach events – testament to the hard work and dedication put in over the season by land coach **Michelle Nunura**. The lone water based top 6 finish went to **Jaslyn Plummer** who finished 2<sup>nd</sup> in the U10 female surf.



The final results saw the club finished in **16<sup>th</sup> place** and was the 4<sup>th</sup> best performing club from the Northern Beaches.

Next up was that hardy band of old timers who make up the club's contingent. Again a small group made their way north for this year's event and as in years past, they proved good things do come in small packages. Unfortunately no female competitors were able to get there this year. Under the watchful eye of Masters captain **Stephen Bennett**, the squad came home in **18<sup>th</sup> place** and secured a swag of top 6 places which included 4

gold, 2 silver and 2 bronze. Leading the way in the medal count was **John de Mestre** with 2 gold and a silver while **Captain Stephen** and **Michael Kirkby** each managed 2 gold.

Amongst many highlights over the two days of competition, the win by **Stephen Bennett and Steve Davis** in the pensioner's double ski race was a thrilling experience to watch. Fifty metres behind in second place and relying heavily on their patented clockwork clown paddling style, the duo hitched a ride on a runner half way back to the beach and managed to haul in the runaway leaders right on the line.

The final results saw the club finish on 71 points and **18<sup>th</sup> place**.

Completing the championships was the Open event which also included the lifesaving competition. As with the Branch championships, the club had finalists and medal winners across a broad spectrum of events on land and in the water. The final day of competition saw a number of our Board, Ski & Swims squad contesting finals and competing against some of Australia's finest surf athletes. Along the way, **Joshua Kite** claimed the bronze medal in the U17 surf race, **Tamsyn Curley** 4<sup>th</sup> in the U17 belt, **Natalie Jander** 5<sup>th</sup> in the Open Female belt & **Lauren Bourgeois** 6<sup>th</sup> in the U15 board. On the land, **Mila Mcgettigan** came 6<sup>th</sup> in the U15 flags and the club's march past team managed a highly credible 5<sup>th</sup> place.

As has been the case over the past few years, the Lifesaving and R&R sections proved to be the major points winners for the club. Both confirmed their reputations as leaders in their respective areas. In Lifesaving team events, the squad won the Open Patrol Competition

## Masters'





# COMPETITION NEWS (CONT)



& Open First Aid (4<sup>th</sup> year in a row) while **Andi Malm** won the U19 Champion Lifesaver event. In the R&R section, the Open 6 person team (6<sup>th</sup> year in a row), the Men's 5 (3<sup>rd</sup> year in a row) & the Open Mixed 5 all won gold medals.

Even though it didn't involve any medals or even making a final, one of the best stories to come out of the championships was the performance of the U19 boat crew made up of **Gemma Wickham, Cheyenne Hayes, Kandy Lee & Caitlin Doyle**.

The girls are in their first year of rowing and sent to the carnival more for the experience than as serious contenders. However under the guidance of sweep **Dave Maguire** they defied the odds and made it through to the semi finals on the Sunday. While their good form continued in the semi, they were unlucky to be beaten into fourth place and missed out on qualifying for the final by one spot.

With the boat section having a dry run of late at championships as they go through a re-building program, the efforts of the girls served as great example to our other young crews about what can be achieved with

some hard work and dedication.

The final results saw the club finish in 11<sup>th</sup> place on 62 points.

A full list of the results from Branch and State are included elsewhere in the newsletter



## BOARD, SKI, SWIM

The Surf Squad approached the State SLS Championships with a can-do attitude, lots of excitement and a few pre-race jitters.

**Changa's** approach to have all 14 of us standing on the line with the mind-set that we were there to win each and every race as well as some brutal pep talks on his part, meant a squad ready to utilise the many hard hours of training we have all put in.

A few stand out performances from our belt competitors with **Josh Kite** placing 3rd in the U17 Male belt race and **Tamsyn Curley** placing 4th in U17 Female Belt race.

The U17 boys (**Jack Noakes, Jensen Mclean, Liam Wiseman**) put in the hard yards to make the Taplin final. **Ben Blakeney** with a whole lot of pool training coming in handy, came away with 8th place in the Open Male swim final and some standout team swims as well. Also to **Ben, Nick Doyle** and **Jensen** a big congratulation for making the Open Male Board relay final.

The Freshie girls truly brought their A game to Swansea with **Lauren Bourgeois** placing 6th in her board final and also making the U15 swim final. Tamsyn making her U17 swim final, **Natalie Jander** making the Open Female swim final as well as double ski final with myself and Taplin Relay with Tamsyn and myself. I also raced U19 finals; placing 7th in my board and 8th in my iron.

Out of my realm of reporting but a big Congratulations also to **Mila Mcgettigan** for making U15 Sprint and Flags finals whilst racing up an age group.

With the great results and lots of fun and positive vibes whilst at State, we know we have a few weeks of hard training to go before we are all ready to race in the big leagues at Aussies. **Jess Douglas** 😊





# THE BACKSHOOT: NEWS FROM THE BOATIES



## NSW Surf Life Saving Championships Swansea Belmont

Freshwater was prominent on the beach with crews competing in Reserve Men, U23 Men, two crews in the U19 Boys and one U19 girls crew.

The Reserve men swept by **Mark Rickard** performed fantastic for a new crew racing experienced crews from around NSW. In the end a finalist was needed to knock the crew out from progressing to Sunday.

The U23 Men swept by **Scott Morrison** raced well in a very difficult age division. They were really unlucky not to progress to Sunday.

The U19 boys swept by **Peter O'bern** performed well up against a hot field in the rounds. They were very unlucky not to progress to the quarter finals.

The U19 boys swept by Mark raced consistently over the rounds on Saturday to make the cut to the top 16 crews in the age group. Racing Sunday against the top crews in NSW was a hard race with the crew not making the all important top three. The crew placed fourth in the quarter final.

The U19 girls raced with the best crews in NSW in Saturday. In the final round great wave skills and fantastic rowing power sore the girls get the wave of the day to place 2nd in round three progressing to the top 12 crews for Sunday's Semi Final.

See previous for Sunday.

After a fantastic Saturday racing the best crews in NSW the girls made it into the finals. We made the State semi final top 12 crews. So great for the new rowers in the U19 Girls division. Close racing with a fantastic second on Saturday, which put the girls into the top 12. In a fast semi final Sunday morning the girls came a close sixth. We were with the field until the turn. Really proud of the young rowers; **Cheyenne Hayes, Caitlin Doyle, Kandy Lee** and **Gemma Wickham**.

Freshwater Vets Masters rowing crew competed at the NSW State Championships On Friday. So many strong crews from all over NSW contested a hard day of racing. A 45km NE wind and swell meant that racing was tough going to sea and the return. The Masters crew of **Mark Rickard, Ian Cradock David Maguire, Brian Baker** and **Scott Morrison** missed the medals but raced with pride for Freshwater. **David Maguire**



## SPONSORSHIP & MARKETING

### Barney Mullins Ocean Swim

A huge thank you to our local **Freshwater Community Bank** for their generous sponsorship of the annual Barney Mullins ocean swim that attracted nearly 700 entries this year. Freshwater Community Bank Branch of Bendigo Bank give a generous annual sponsorship to our Club. In addition this season they have provided over 500 water bottles for our beach events and prize money of \$1,000 for the Barney Mullins

Ocean Swim. Remember this is a LOCAL bank, run by Local people with Local Directors - no big bonuses, no heavy selling AND 80% of profits go back into OUR community. Please pop into our local Freshwater Community Bank and personally thank them for all of the support they give to not only our Club but the whole Community. Please, please, given them your support - they deserve it.

### Nippers Flags

Thanks to our latest Freshwater SLSC sponsor and local family, Kristelle and Riaan, of Wavescape Orthodontics who have generously supported our Nippers with new Age flags ready for next season.

### Calling all Instagrammers, Twitterers and social media whiz kids

Come join our social media team to help promote Freshie SLSC. Contact me on 0418 865402 or email [sponsorship@freshwaterslsc.com](mailto:sponsorship@freshwaterslsc.com) to join the team.

Note: Mary-Louise will be away until mid June but will respond to emails and texts - maybe just not immediately. For immediate response contact Gayle in the office.

**Mary-Louise Parkinson, Director Sponsorship & Marketing**



Denise Goldstein, Director Freshwater Community Bank Branch, (Bendigo Bank) with the female 1st



# MEMBERS OUT AND ABOUT

HERE ARE ANOTHER OF OUR FRESHIE MEMBERS - THE WIADROWSKIS - TRAVELLING THE WORLD  
this time Swimming in the Antarctic...water temp a cool 1 degree!



## Director of Member Services

### Member Services

#### Expressions of interest – Member Services Director

I am seeking expressions of interest to take on Member Services next season. This is my third and final season in the role and I have loved the exposure and opportunity to serve the members of the surf club.

If you are keen to take on the role and would like to know what it involves please let me know via [member.services@freshwaterslsc.com](mailto:member.services@freshwaterslsc.com)



### Online Shop

The big sellers over the Summer have been the straw hats and the new 2018 t-shirts.

Both have been selling like crazy.

Get yours today by visiting the store online; <http://shop.freshwaterslsc.com/>





# FRESHWATER SLSC ANNUAL DINNER & PRESENTATION NIGHT



**SATURDAY, MAY 25 2019 6.00PM**

COME AND ENJOY THE COMPANY OF FELLOW MEMBERS AS WE  
CELEBRATE ANOTHER YEAR IN SURF LIFESAVING,  
WITH SOME DANCING & PARTYING TO FINISH OFF THE NIGHT!

**TICKETS \$50 PER PERSON**

INCLUDES WELCOME DRINK AND DINNER  
WITH DRINKS AT CLUB PRICES

LINE UP YOUR CREW, PATROL, TRAINING BUDDIES TO BOOK A TABLE NOW!  
ALTERNATIVELY, YOU MAY BOOK INDIVIDUAL TICKET/S  
AND WE WILL ENDEAVOUR  
TO SEAT YOU WITH LIKE-MINDED CLUBBIES [TABLES OF 8-10]

A BOOKING FORM CAN BE DOWNLOADED AT [WWW.FRESHWATERSLSC.COM/](http://WWW.FRESHWATERSLSC.COM/)  
[EVENTS/ANNUAL\\_DINNER\\_AND\\_PRESENTATION\\_NIGHT\\_2019](http://WWW.FRESHWATERSLSC.COM/)

YOU MUST PRE-BOOK - NO TICKETS AVAILABLE AT THE DOOR

ENQUIRIES - 9905 3741 OR EMAIL [EXO@FRESHWATERSLSC.COM](mailto:EXO@FRESHWATERSLSC.COM)

BOOK AND PAY BY FRIDAY 17 MAY, BOOKINGS CAN ONLY BE CONFIRMED  
WHEN  
FULL PAYMENT IS RECEIVED



# FRESHWATER SLSC ANNUAL DINNER & PRESENTATION NIGHT

BOOKING FORM  
SATURDAY MAY 25 2019 6.00PM

**TICKETS \$50 PER PERSON**  
INCLUDES WELCOME DRINK AND DINNER  
WITH DRINKS AT CLUB PRICES

COMPLETE THE BOOKING FORM BELOW AND POST WITH PAYMENT TO  
ANNUAL DINNER - FRESHWATER SLSC PO Box 308 FRESHWATER 2096  
OR FAX TO 9905 6465 OR SCAN & EMAIL TO EXO@FRESHWATERSLSC.COM

**BOOK AND PAY BY FRIDAY 17 MAY -  
BOOKINGS CAN ONLY BE CONFIRMED WHEN  
FULL PAYMENT IS RECEIVED.**

**YOU MUST PRE-BOOK - NO TICKETS ARE AVAILABLE AT THE DOOR.**  
**ENQUIRIES 9905 3741 OR EMAIL [EXO@FRESHWATERSLSC.COM](mailto:EXO@FRESHWATERSLSC.COM)**

NAME\_\_\_\_\_ MOBILE\_\_\_\_\_

EMAIL [PRINT CLEARLY] \_\_\_\_\_

**SPECIAL DIETARY REQUIREMENTS** \_\_\_\_\_

**■ No. of Tickets \_\_\_\_\_ x \$50PP = TOTAL PAYABLE \_\_\_\_\_**

**PAID BY [CIRCLE] CHEQUE IS ENCLOSED [PAYABLE TO FRESHWATER SLSC] OR CREDIT CARD**

☐ VISA ☐ MASTERCARD      CARD NUMBER      /      /      /

NAME ON CARD \_\_\_\_\_ EXPIRY \_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

OR DIRECT DEBIT TO BSB: 633-000 ACCOUNT No: 117077479  
ACCOUNT NAME: FRESHWATER SLSC

PLEASE INCLUDE YOUR NAME FOR REFERENCE

NOTE- IF YOU ARE PAYING FOR OTHERS OR WISH TO BE SEATED WITH A PARTICULAR TABLE PLEASE PRINT ALL NAMES CLEARLY BELOW [TABLES OF 8-10]

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# FRESHWATER SLSC ANNUAL AWARDS CRITERIA

## PROMINENT SERVICE (Max 5)

To recognise members who have provided prominent service to the club during the course of the season in any club related activities.

## DISTINGUISHED SERVICE (Max 2)

To recognise members who have provided both sustained and conspicuous service to the club at any time during their membership of the club. The award will be presented to any member (not including Life Members) who has served the club at the requisite level in various aspects of club related activities which includes but is not limited to lifesaving, training, competition, administration, coaching, duties as an official, performing any role within the club and participation in club events and social activities.

## SCHOLARSHIP AWARD

The following matters will be taken into account –

- The person has recently finished school and has commenced a new apprenticeship or tertiary education
- The person has been involved in competition as a competitor
- The degree to which the person has assisted the club in training activities, club functions, Australia Day carnival, Masters Carnival, Bennett Iron Man, Barney Mullins Swim, patrol and lifesaving functions, training and assessment and other approved Club activities
- Whether the person had fulfilled his/her Club patrol obligations
- Any other matters the Executive Committee considers relevant.

## YOUNG CLUB PERSON OF THE YEAR

Given to the person (or persons) in the U23 or younger age groups recognising significant involvement during the course of the season in multiple aspects of club related activities including the level of support provided to other members. Club related activities includes but is not limited to lifesaving, training, competition, administration, coaching, duties as an official, performing any role within the club and participation in club events and social activities.

## CLUB PERSON OF THE YEAR

Given to the person (or persons) in any age group older than U23s recognising significant involvement during the course of the season in multiple aspects of club related activities including the level of support provided to other members. Club related activities includes but is not limited to lifesaving, training, competition, administration, coaching, duties as an official, performing any role within the club and participation in club events and social activities.

## CLUB HONOUR BLAZER

The major annual club award awarded to a person who the Executive Committee determines has made the most outstanding contribution to the club during the season. The matters are taken into account when determining the recipient –

- The person's contribution to club related activities which includes but is not limited to lifesaving, training, competition, administration, coaching, duties as an official, performing any role within the club and participation in club events and social activities,
- Whether the person has represented the club at meetings or on committees involving Sydney Northern Beaches SLS, NSW SLS, SLISA or any other external bodies,
- Any other matters the Executive Committee considers relevant





3 & 10/2/19	Junior Branch	Palm Beach
<b>1st</b>	U9 Male Beach Relay	Harvey Glanville, Tom Charlton + others from north steyne
<b>1st</b>	U10 Male Beach Relay	Ewan Humphries, Kayvon Scott, Ezaiah Garnett & Harvey Glanville
<b>1st</b>	U10 Female Beach Relay	Charlie Braund, Olivia Lombardini, Florence Veitch & Lila Guerin
<b>1st</b>	U10 Mixed Beach Relay	Florence Veitch, Kayvon Scott, Ezaiah Garnett & Olivia Lombardini
<b>1st</b>	U11 Female 1km Run	Georgia Nitz
<b>1st</b>	U12 Female Sprint	Leela Scott
<b>1st</b>	U11 Mixed Beach Relay	Abigail Bennett, Ava McGettigan, Cooper Williams & Ollie McDonald
<b>1st</b>	U13 Male Flags	Artie Leiper
<b>1st</b>	U13 Mixed Beach Relay	Jaeka Hastie, Leela Scott, Rio Nunura & Faith Thompson
<b>1st</b>	U14 Male Flags	Joshua Gedz
<b>1st</b>	U14 Female Sprint	Stefanie Fejes
<b>1st</b>	U14 Female Flags	Mila McGettigan
<b>1st</b>	U14 Mixed Beach Relay	Joshan Gedz, Mila McGettigan, Evan Neal & Stefanie Fejes
<b>1st</b>	All Age Beach Relay	Kayvon Scott, Leela Scott, Joshua Gedz, Ollie McDonald, Artie Leiper & Harvey Glanville
<b>1st</b>	U9 Male Surf	Kai Dudley
<b>2nd</b>	U9 Mixed Beach Relay	Mimi McLean, Philippa Quarrell, Harvey Glanville & Tom Charlton
<b>2nd</b>	U10 Female Sprint	Olivia Lombardini
<b>2nd</b>	U13 Male Sprint	Artie Leiper
<b>2nd</b>	U13 Female Sprint	Faith Thompson
<b>2nd</b>	U14 Female Sprint	Mila McGettigan
<b>2nd</b>	U14 Female Surf Team	Charlotte Block, Bree Coates, Lila Smart & Mila McGettigan
<b>3rd</b>	U9 Female Sprint	Philippa Quarrell
<b>3rd</b>	U10 Male 1km Run	Ewan Humphries
<b>3rd</b>	U11 Male Sprint	Cooper Williams
<b>3rd</b>	U11 Female Sprint	Abigail Bennett
<b>3rd</b>	U11 Female 1km Run	Elouise Stephens
<b>3rd</b>	U12 Female Beach Relay	Nara Jordi, India Holden, Charlotte Watton & Leela Scott
<b>3rd</b>	U12 Female Flags	Nara Jordi
<b>3rd</b>	U13 Male Beach Relay	Jaeka Hastie, Rio Nunura & 2 others from Collaroy??
<b>3rd</b>	U14 Male Sprint	Joshua Gedz
<b>3rd</b>	U13 Female Board Rescue	Rachel Bougeois & Dyllan Harrison
<b>3rd</b>	U14 Male Surf Team	Toby Jacobs, Noah Kite, Jacoby Bell & Kailan Sweeney
<b>3rd</b>	U14 Female Surf	Charlottte Block
<b>3rd</b>	U14 Female Board Relay	Addison Nitz, Bree Coates & Charlotte Block
<b>3rd</b>	U14 Female Board Rescue	Lilias Smart & Addison Nitz



3 & 10/2/19	Junior Branch (cont.)	Palm Beach
4th	U9 Male Sprint	Harvey Glanville
4th	U10 Female Flags	Olivia Lombardini
4th	U12 Female Sprint	Charlotte Watton
4th	U12 Female Flags	Leela Scott
4th	U13 Male Sprint	Evan Neal
4th	March Past	
4th	U9 Male Board Relay	Carter Howison, Lennox Patterson & Kai Dudley
4th	U10 Male Surf Team	Tom Northcote, Ollu Wiggins, Seb Elbens & Jasper Pinnuck
4th	U2 Male Surf	Lachlan Davies
4th	U14 Iron Woman	Charlotte Block
4th	U14 Female Board Rescue	Charlotte Block & Bree Coates
5th	U9 Female Flags	Philippa Quarrell
5th	U10 Female Sprint	Florence Veitch
5th	U10 Female Flags	Charlie Braund
5th	U10 Female 1km Run	Charlie Braund
5th	U11 Male Flags	Cooper Williams
5th	U11 Female Sprint	Ava McGetrtigan
5th	U12 Female Sprint	Nara Jordi
5th	U12 Female Flags	India Holden
5th	U12 Female 1km Run	Nara Jordi
5th	U13 Female Flags	Faith Thompson
5th	U10 Male Surf	Tom Northcote
5th	U10 Male Board Relay	Tom Northcote, Jasper Pinnuck & Ezaiah Garnett
5th	U10 Female Surf Team	Jazzie Plummer, Alina Beesley, Daisy Dunn & Gracie Moles
5th	U10 Female Board Relay	Jazzie Plummer, Alina Beesley & Charlie Braund
5th	U11 Female Surf Team	Jada Nunura, Elyse Coates, Abigail Grey & Georgie Nitz
5th	U12 Male Surf Team	Jai Jacobs, Austen Rebecchi, Jackson Quarrel & Phoenix Bell
5th	U14 Male Board Relay	Toby Jacobs, Lachlan Way & Nick Casey
5th	U14 Female Iron Woman	Bree Coates
6th	U9 Female Flags	Kayla Davies
6th	U10 Male Flags	Kayvon Scott
6th	Open Mixed Double Ski	Alex Malm & Sammy Wood
6th	Open Female Taplin	Deandra Godoy, Tamsyn Curley & Lauren Bourgeois
6th	Open Female Ski	Deandra Godoy
6th	U10 Female 1km Run	Olivia Lombardini





3 & 10/2/19	Junior Branch (cont.)	Palm Beach
6th	U11 Female Sprint	Georgia Nitz
6th	U11 Female Flags	Georgia Nitz
6th	U13 Male Sprint	Jaeka Hastie
6th	U14 Male Flags	Evan Neal
6th	All Age Beach Relay	Florence Veitch, Tom Charlton, Cooper Williams, Faith Thompson, Evan Neal & Charlotte Watton
6th	U9 Male Surf	Carter Howison
6th	U10 Female Surf Team	Olivia Lombardini, Flo Veitch, Charlie Braund & Lila Guerin
6th	U10 Female Board Relay	Flo Veitch, Lila Guerin & Daisy Dunn
6th	U13 Male Surf Team	
6th	U14 Female Board	Mila McGettigan
9/2/19	Open Branch	Palm Beach
1st	Open Women's R&R	Clare Freakley, Jane Freakley, Gracie Kiely, Lysa Kiely & Libby Murphy
1st	Open Men's R&R	Alan Burns, Seb Di Sano, Ian Donald, Wayne Freakley & Chris Tyrrell
1st	Open 6 Person R&R	Seb Di Sano, Ian Donald, Clare Freakley, Wayne Freakley, Pat Kiely & Chris Tyrrell
1st	Open Male Belt	Carl Sorensen
1st	U17 Male Surf	Zac George
1st	U15 Female Sprint	Mila McGettigan
1st	U15 Female Flags	Mila McGettigan
1st	Open First Aid	Julia Baker & Tahlia Dearden
2nd	Open Mixed R&R	Seb Di Sano, Lysa Kiely, Gracie Kiely, Pat Kiely & Chris Tyrrell
2nd	Open Male Board Rescue	Nick Doyle & Ben Blakeney
2nd	Open Male Double Ski	Ben Kirkby & Tim Kirkby
2nd	Open Male Ski Relay	Ben Kirkby, Tim Kirkby & Alex Malm
2nd	U19 Female Board Relay	Jessie Douglas, Lauren Bourgeois & Tamsyn Curley
2nd	U15 Female Cameron	Lauren Bourgeois, Addison Nitz, Charlotte Block & Mila McGettigan
3rd	March Past	Ross Parry, Sam Di Sano, Wayne Freakley, Dave Torevell, Andrew Murphy, Kevin Dyer, David Inches, Peter Bacciarelli, Judy Bennett, Libby Murphy, Richard Ware & Lindsay Davis
3rd	U19 Male Ski	Jack Noakes
3rd	U19 Male Ski Relay	Jack Tyson, Liam Wiseman & Jensen McLean
3rd	U19 Female Board	Jessie Douglas
3rd	U19 Female Board Rescue	Tamsyn Curley & Jessie Douglas
3rd	U19 Female Ski	Jessie Douglas
3rd	U19 Female Double Ski	Jessie Douglas & Tamsyn Curley
3rd	U17 Male Surf Team	Carl Sorensen, Liam Wiseman, Jensen McLean & Zac George
3rd	U17 Male Taplin	Jack Noakes, Jensen McLean & Zac George
3rd	U15 First Aid	Luke Thornton & Finn Miller



9/2/19	Open Branch (cont.)	Palm Beach
3rd	U15 Female Surf Team	Charlotte Block, Lauren Bourgeois, Bree Coates & Mila McGettigan
4th	Open Male Surf Team	Ben Blakeney, Zac George, Carl Sorensen & Liam Wiseman
4th	Open Male Taplin	Tim Kirkby, Nick Doyle, Zac George, Ben Blakeney, Ben Kirkby & Alex Malm
4th	Open Male Board Relay	Ben Blakeney, Tim Kirkby & Nick Doyle
4th	Open Mixed Double Ski	Ben Kirkby & Jessie Douglas
4th	Open Female Taplin	Sammy Wood, Ramsyn Curley & Jessie Douglas
4th	Open Female Double Ski	Sammy Wood & Jessie Douglas
4th	U19 Male Ski Relay	Jack Tyson, Liam Wiseman & Jensen McLean
4th	U17 Iron Man	Jensen McLean
4th	U17 Male Board Rescue	
5th	U19 Male Taplin	Jack Tyson, Carl Sorensen & Liam Wiseman
5th	U19 Male Double Ski	Jack Noakes & Jack Tyson
5th	U17 Female Board Rescue	Lauren Bourgeois & Tamsyn Curley
5th	U15 Female Board Relay	Addison Nitz, Charlotte Block & Lauren Bourgeois
5th	U15 Female Board Rescue	Lauren Bourgeois & Charlotte Block
6th	U19 Male Ski	Jack Tyson
6th	U15 Female Board	Lauren Bourgeois
6th	U15 Female Board Relay	Bree Coates, Mila McGettigan & Tilla Garrett (Manly)
15/2/19	ASRL Open	Eloisa
4th	220yrs Masters	Brian Baker, Ian Cradock, Dave Maguire, John Swan & Mark Rickard (s)
23 & 24/2/19 2 & 3/3/19	State Lifesaving	Swansea Belmont
1st	Open Patrol Competition	Julia Baker, James Crittenden, Tahlia Dearden, Jordon Dobson, Paul Milinkovic & Lucas Phillips
1st	U19 Female Champion Lifesaver	Andi Malm
1st	Open First Aid	Julia Baker & Tahlia Dearden
2nd	Open Male Champion Lifesaver	Lucas Phillips
5th	U15 First Aid	Finlay Miller & Luke Thornton
6th	Open Female Champion Lifesaver	Tahlia Dearden
1-3/3/19	State Age	Swansea Belmont
1st	U14 Male Sprint	Joshua Gedz
1st	All Age Beach Relay	Joshua Gedz, Harvey Glanville, Artie Leiper, Oliver McDonald, Leela Scott & Kayvon Scott
2nd	U10 Female Surf	Jaslyn Plummer
2nd	U9 Female Beach Relay	Kayla Davies, Grace Egan, Mimi McLean & Philippa Quarrell
2nd	U14 Mixed Beach Relay	Joshua Gedz, Mila McGettigan, Evan Neal & Faith Thompson





<b>1-3/3/19</b>	<b>State Age (cont.)</b>	<b>Swansea Belmont</b>
<b>3rd</b>	U13 Male Sprint	Artie Leiper
<b>3rd</b>	U13 Male Flags	Artie Leiper
<b>4th</b>	U12 Female Beach Relay	India Holden, Nara Jordki, Leela Scott & Charlotte Watton
<b>4th</b>	U11 Mixed Beach Relay	Oliver McDonald, Ava McGettigan, Georgia Nitz & Cooper Williams
<b>5th</b>	U10 Male Beach Relay	Ezaiah Garnett, Ewan Humphreys, Beau Patterson & Kayvon Scott
<b>5th</b>	U12 Female Sprint	Leela Scott
<b>5th</b>	U12 Female Flags	Charlotte Watton
<b>5th</b>	U13 Mixed Beach Relay	Artie Leiper, Rio Nunura, Leela Scott & Faith Thompson
<b>6th</b>	U9 Mixed Beach Relay	Thomas Charlton, Grace Egan, Harvey Glanville & Phillippa Quarrell
<b>6-7/3/19</b>	<b>State Masters</b>	<b>Swansea Belmont</b>
<b>1st</b>	45-49yr Male Surf	Sigi Hill
<b>1st</b>	170yr Male Taplin	Stephen Bennett, John de Mestre & Michael Kirkby
<b>1st</b>	55-59yr Male Board Rescue	John de Mestre & Michael Kirkby
<b>1st</b>	60-64yr Male Double Ski	Stephen Bennett & Steve Davis
<b>2nd</b>	50-54yr Male Surf	Andrew de Vries
<b>2nd</b>	150yr Male Surf Team	John de Mestre, Andrew de Vries & Sigo Hill
<b>3rd</b>	45-49yr Male Tube Race	Donny Richmond
<b>3rd</b>	60-64yr Male Board Rescue	Steve Davis & Paul Stormon
<b>4th</b>	60-64yr male Surf	Paul Stormon
<b>4th</b>	45-49yr Male Tube Race	Sigi Hill
<b>4th</b>	50-54yr Iron Man	Chris Pendray
<b>4th</b>	55-59yr Male Ski	Michael Kirkby
<b>5th</b>	45-49yr Male Surf	Donny Richmond
<b>5th</b>	170yr Male Surf Team	Peter Collins, Andrew Murphy & Peter Obern
<b>5th</b>	50-54yr Male Tube Race	Andrew de Vries
<b>5th</b>	170yr Male Taplin	Steve Davis, Andrew de Vries & Paul Stormon
<b>5th</b>	50-54yr Male Board Rescue	Andrew de Vries & Chris Pendray
<b>5th</b>	60-64yr Male Ski	Stephen Bennett
<b>5th</b>	150yr Male Board Relay	Michael Kirkby, Chris Pendray & Simon Phin
<b>6th</b>	60-64yr Male Tube Race	Paul Stormon
<b>6th</b>	40-44yr Male Double Ski	Gaven needham & Simon Phin
<b>6th</b>	55-59yr Male Board	Michael Kirkby

### STORAGE OF PERSONAL CRAFT ON CLUB PREMISES

Members should note the club cannot guarantee the safe storage of personal craft left on the premises. Anyone leaving personal craft at the club does so at their own risk. The club will not accept liability for any damaged occasioned to personal craft stored on the premises.





## Men's MoveMENT

@ Freshwater

**First Class FREE**



**HEALTHY LIFESTYLE**

Get Fit • Feel Great • Have Fun



Health  
Northern Sydney  
Local Health District

## Men's MoveMENT

@ Freshwater

- Especially developed and taught by our male exercise instructors, this class will appeal to men who want to regain their physical wellbeing.
- Caters to most fitness levels.
- This class involves muscular & cardiovascular exercises, skills and drills to target balance, agility & reflexes.
- Improve leg, core/back and upper body strength in a circuit style workout.
- A great way to meet new mates.

**Mondays**  
8.30am – 9.30am

**Phone to try your first class FREE!**

If you decide its for you, call to pay pro-rata for the rest of the term.

Freshwater  
Surf Life Saving Club  
Kooloora Ave

Bookings essential - please phone

**8877-5300**

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Austswim or Swim Australia quals required.

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**Own transport is essential.**

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Established Swim School in local area since 1996



## Safeguarding children and young people – the role of the Code of Conduct

Did you know that each year when you sign your membership form you are agreeing to follow the SLSA Codes of Conduct? Our Club is committed to the safeguarding of children and young people in Surf Life Saving. One way we do this is by ensuring that our members behave in a way which creates a safe, positive and inclusive environment. Surf Life Saving's Codes of Conduct represent the minimum standards of member behaviour and must be complied with at all times. Both of these Codes can be found in the SLSA Member Protection Policy.

Please take the time to remind yourself of what is included in the Codes of Conduct, especially the Code of Conduct for People in Positions of Authority when Dealing with Children or Young People which has been developed recently by SLSA to support the Safeguarding Children and Young People Program being rolled-out this season. A link to the Codes is below. Members should also familiarise themselves with the club's Code of Conduct which is outlined in By-Law 13 and available on our website.

[https://www.surflifesaving.com.au/sites/site.test/files/Policy%206.05%20-%20Member%20Protection\\_0.pdf](https://www.surflifesaving.com.au/sites/site.test/files/Policy%206.05%20-%20Member%20Protection_0.pdf)





# Yoga By The Sea

**INTRO DEAL** for Yoga by the Sea!...

**\$30 for first 5 classes!**

- \*This pass is valid for 2 weeks from first visit
- \*Can only be used by a NEW customer, non-transferable
- \*Can be used at all Yoga by the Sea venues (Bondi, Tamarama, Bronte, North Steyne, Manly Aquarium, Freshwater)
- \*Includes use of mats & ocean view yoga classes
- \*This pass does not include \$7 entry to the Bondi Icebergs per class, paid separately on arrival
- \*Gift certificates available.

Check the Pricelist and timetable by accessing our purchase platform at: [www.yogabythesea.com.au](http://www.yogabythesea.com.au)

## Spring Deals

**10 CLASS PASS... \$100!**

- \*Only available for a limited time in classes, or off our website's pricelist (under Seasonal Deals): [www.yogabythesea.com.au](http://www.yogabythesea.com.au)
- \*Validity: 1st September—1st December 2018
- \*Can be used at ALL Yoga by the Sea venues (Bondi, Tamarama, Bronte, Manly Aquarium, Freshwater)
- \*Includes use of mats & ocean view yoga classes
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- \*This pass does not include \$7 entry to Bondi Icebergs per class, paid separately on arrival
- \*Buy as many as you like as gifts too.

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