

A FRESH UPDATE

JANUARY-FEBRUARY 2019



from the President

Our club competitors are in serious training now for the Championship carnivals with the State titles at Swansea Belmont from the 6 – 10 March and the Aussies on the Gold Coast from the 30 March – 7 April. Good luck to all involved!

Congratulations to **Mila McGettigan** on being selected as the Junior Lifesaver of the Year for Sydney Northern Beaches Branch. This is the 3rd time in 4

years a Freshwater competitor has won this prestigious award and underlines the strength we have in our Junior ranks.

For those of you who may have missed the notice, we are looking to appoint replacements for the Vellas as caretakers of the club. **Application for Expressions of Interest close on 28 February.** Details about this position are also on page 6 of this newsletter. For further information, please ring Gayle in the office.

All patrol teams are continuing our successful safety record and fortunately there have been no serious incidents so far this season and let's hope this trend continues.

See you on the beach!

Alan Burns, President

UPCOMING EVENTS

- 1-3 Mar** NSW State Jnr Championships
Swansea Belmont
- 6-7 Mar** NSW State Masters Championships
Swansea Belmont
- 8-10 Mar** NSW State Open Championships
Swansea Belmont
- 17 Mar** Nippers End-of-Season Presentation
- 23 Mar** Boat carnival, Warriewood
- 30 Mar -** Australian Titles
- 7 Apr** Broadbeach, QLD



Freshwater Australia Day Carnival sponsored by Healthy Life
photo supplied by Paul Lemlin Photography

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 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 or sent or given to any of the Awards Panel members – **Lindsay Davis, Sue Walmsley, Ben Kirkby, Ian Cradock & James Crittenden.**

Nominations for the Distinguished Service Award should be sent to exo@freshwaterslsc.com



BOARD, SKI, SWIM



Approaching the exciting end of the season the surf squad has well and truly been putting in the hard yards. Branch carnival brought some awesome results, lots of laughs, some epic team comradery and a few epic fails to go with it.

A huge welcome to both **Carl Sorensen** and **Jock Tyson** for competing in their first and second surf carnivals respectively. An awesome effort and some good races from both of them. From the U19 Ski relay which saw **Liam Wiseman** leading the Freshie trio around the double ski cans as opposed to the single ski cans with Jock and **Jensen Mclean** to follow, the boys truly went the extra mile and still came away with 3rd place!



Some other noteworthy performances saw **Lil Smart** and **Addi Nitz** coming 3rd out of a sprint finish to their board rescue race. **Tim** and **Ben Kirkby** placing 2nd

in their open double ski race. Jensen with an epic ironman race, taking out 4th place. The U17 boys swimming their way into 3rd place in the swim teams (**Liam, Jensen, Carl, Zac George**). An awesome feature of our upcoming talent with 4 of our U14 girls coming top 10 in their Board final. (**Lil, Mila Mcgettigan, Lotte Block, and Bree Coates**) And my highlight of the weekend racing U19 Board relay with **Tamsyn Curley** and **Lauren Bourgeois**. The girls raced up to give me a team and absolutely exceeded any expectations with two awesome board paddles as we placed 3rd.

The best stacks of the weekend go to **Nick Doyle** for being hit in the head with his own board as he dismounted in the open board relay. And also to Lotte Block for the best nose dive of the weekend... only to be followed by body surfing the SAME wave to the beach. A true redemption.

An awesome weekend, and a surf squad ready to train hard and psyched to race at the fast-approaching state championships!

Jess Douglas 😊

BARNEY MULLINS SWIM CLASSIC

Sunday March 3rd @ 10am Freshwater SLSC

The BARNEY MULLINS SWIM CLASSIC is on again!

Part of the Sydney ocean swimming calendar, this is open to the public as well as Freshie club members.

Another great Freshwater event and fundraiser for the club.

Enter as a public swimmer at www.oceanswims.com OR swim at the back of the pack in the specially designed "Mates Wave" for club members (min. age: 13 yrs on the day).

There are prizes on offer for the public swim in various categories ranging from 13-17 years through to over 60s age group.

But the most coveted prize of all can only be won by a club member -

the much revered Barney Mullins Shield

All swimmers must register by 9.30am on the day so they can collect their cap and electronic timing tag.

We need LOTS of HELP on the day - in the water, at rego, set up & pack down etc.

It's OK if you also want to do the swim, we can give you a task so that you can do both!

If you can help, please email brendon.quail@yahoo.com.au

Your club needs you this is a big community and fundraising event!

For more information please go to http://www.freshwaterslsc.com/events/barney_mullins_ocean_swim

Thankyou, Barney Mullins Swim Classic Organising Committee

freshwater slsc



THE BACKSHOOT: NEWS FROM THE BOATIES



December 2018

The Freshwater Melons had their third and best hit out so far this season. In challenging conditions they achieved two solid third place efforts in the first two rounds of competition and came within millimetres of securing a win in their third row. This put them fifth out of thirteen U19 crews and into the final. With only one race to recover, an incredible effort from the worst alley on the beach resulted in them matching their pre-final rating to finish fifth and very close to the winning wave. For a team that has been dealing with the HSC and very limited time in the boat, it was an incredible effort and we look forward to seeing what they can achieve in the season ahead.

Peter

Collaroy Young Guns 12/1/19

U19 Male - Juniors

We started off the day with a 4th place finish and a great row for our first competition. Our second race ended in a 3rd place finish after an amazing effort and run caught from the gate cans that turned into a wave and took us over the finish line. The third race was a struggle but we managed to pull together a 4th place finish again with fatigue setting in. The final race was quarter finals and we gave it everything we had, after a hairy start in some seaweed we managed a sensational row out and back, only just missing out on semis.

U23 Male - Colts

After a refreshing start, sky layered in cloud and a slight southerly wind, the sun decided the show his face shortly after the boat crews at Collaroy Young Guns carnival warmed up.

It was an exiting day for the Colts crew (U23's) Freshwater Fighters. During the first few races the shallow sandbank aided their efforts to reach the gates cans as they rowed along side Palm Beach, Longreef, Maroubra and a few other experienced crews.

With almost flawless buoy turns there was a good attitude in the boat, but the fighters couldn't fight the dodgy edge Collaroy grew as the tide got higher. The Colts crew from Freshie ended up getting thrown about and pushed to the back of the pack through the break in their second and third races only to put in some hard yards catching the rest of the field. With a few things to work on, the rowers walked away with a smile on their faces with sore bodies holding a cold one. **Blake**

U19 Female

The Freshwater U19 Girls rowed for the first time in competition at the Young Guns competition at Collaroy. The girls have been surf training for two months and really performed very well for a novice crew. The girls had a great day. The best row of the day was the second race. A great start off the beach first and went to the turning cans with three of the finalist. A good Row home and we were on the same wave as other more experienced crews. I was really proud to see how the crew has developed. Hard training for the rest of the season will see the crew competing well against all the U19 crews. Lots of positives with the crew getting good starts and competitive to the cans. Good skills on the waves coming home. **David**



NOTICE TO MEMBER - ADVANCED RESUSCITATION TECHNIQUES - TRAINING COURSE

WHERE: Freshwater SLSC

WHO: Active Financial Members 15 years and older

WHEN: Session 1 Tuesday 12 March 6.30 – 9.00pm

Session 2 Saturday 16 March 8.00 – 10.30am or 1.30-4.00pm

Session 3 Tuesday 19 March 6.30 – 9.00pm

Session 4 Saturday 23 March 8.00 – 10.30am or 1.30-4.00pm

Session 5 Tuesday 26 March 6.30 – 9.00pm

Saturday Session Times will be dependent on group availability. If more people can come mornings that's when it will be or vice versa. Please advise your preference.

ASSESSMENT DATE: Wednesday 27 March 2019 @ North Narrabeen SLSC 6.30pm

A written assessment must be completed and printed out to be taken to the assessment.

Assessment will include a variety of activities with of one, two and four person CPR using oxygen, defibrillator, OP airways and suction.

Contact Lindsay Davis M 0411 951 706 if you have any questions and to advise your Saturday Preference.

PLEASE REGISTER ON FRESHNET and you will be sent all associated paperwork.



CLUB CHAMPIONSHIPS

A reminder that the club championships will be conducted on 17 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.



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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.

SPONSORSHIP & MARKETING



Thanks to our major sponsor, **Healthy Care**, for sponsorship of the Australia Day Weekend Open Surf Carnival. The Healthy Care team gave out hundreds of samples of their skin care and vitamin range to contestants and beach goers alike. Healthy Care also provided the winning \$500 first prize to the Female and Male Taplin winners.

Huge thanks to **Bendigo Bank** for the provision of much needed water

bottles and ongoing support from all other major sponsors including **Harbord Hotel** and **The Diggers Club**.

We would like to also acknowledge **SEA** and **Bendigo Bank** who both renewed their generous sponsorship this year with the Club.

Please support our local Freshwater Real Estate, James Smyth at SEA, who so generously has supported the Freshwater SLSC yet again with a \$10,000 cheque. Please give James a call on 9905 4100 for any of your real estate needs - rental, sale or purchase.



Mary-Louise Parkinson,
Director Sponsorship & Marketing



Australia Day Carnival Taplin winners Ky Kinsela, Qld and Madison Spencer, Newport with Club President, Alan Burns and Healthy Care representatives, Christine Giuliano, Gail Symons and Danny Ching.





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.

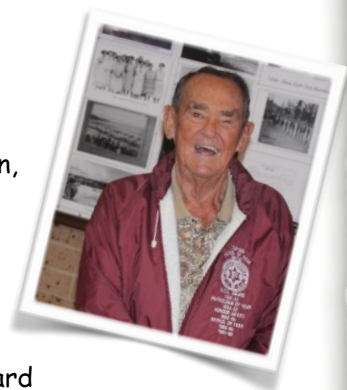
HATCHED, MATCHED & DISPATCHED

Since our last newsletter in December there has been a number of comings and goings amongst the membership.



The January break saw the passing of **Dorothy Marsh**, wife of long time member Bill Marsh and mother of Life Member Kim. Following shortly after was **Eileen Armstrong** wife of Life Member Jack Armstrong. In days before women were allowed to join the club, Dorothy and Eileen were members of that hardy bunch of wives, mothers and girlfriends who enormous amount of work behind the scenes to ensure the male membership were able to perform at their best. They happily provided a wide range of logistical support which was often unnoticed but nevertheless crucial to the operations of the club. Dorothy and Eileen were up there with the best of them - Dorothy particularly involved with the boat fraternity and Eileen with the R&R and award training areas. Vale Dorothy and Eileen.

The club also lost its oldest member in February with the passing of **Robin "Richard" Chapman** at the age of 97. Richard originally became involved with the movement in the 1940's and after a long break joined Freshwater in the mid 1980's. Richard soon became actively involved in club life and took a number of roles including Club Captain, Vice Captain, IRB Captain, Gear Steward and Branch Delegate. He was named RCL club person of the year in 1992, awarded the club honour blazer in 1994 and was named Patrol Person of the Year in 1995 at the age of 74. He was also a member of a number of patrols which won the annual Patrol of the Year award. Richard kept in contact with the club in his later years and was still able to attend the occasional club function well into his 90's. Vale Richard



Balancing the ledger, club boatie **Michael Brace** and partner Genevieve welcomed their first child, daughter Beaux, into the world in January. Mum and Beaux are both fine and dad is also going well and getting used to surviving on significantly reduced sleeping hours.

Then after months of regaling anyone willing to listen about the anticipated joys of grandparenthood, long time members **Peter & Kath Obern** welcomed their first grandchild Amy into the world care of son Sean and his wife Jean. Mum, dad and bub are reportedly doing fine and Peter & Kath still have permanent Cheshire Cat like smiles. And with Amy arriving on Freshwater carnival day, it seems her destiny surely include the colours maroon and white.

Congratulations to both families on their new additions!





CARETAKER REQUIRED

Freshwater SLSC is looking for somebody to take over the role as club caretaker effective from 1 July 2019.

The duties of the position include but are not restricted to:

- Cleaning of the clubhouse including members' change rooms and club toilets
- Cleaning of the club prior to and after function hire
- Undertaking minor repairs and maintenance around the club
- Coordinating maintenance of the club where skilled qualified tradespeople are required
- Managing the club's waste disposal requirements
- Liaison with council in respect of maintenance issues
- Liaison with police and council in respect of issues related to the security of the club premises
- Gardening
- Supervision and allocation of tasks to people undertaking community service programs when applicable

The hours are flexible but there is a weekly timetable in respect of when cleaning and maintenance is to be done. The caretaker will reside on site and the value of the accommodation provided is commensurate with the tasks to be undertaken.

The position works closely with the club's Administration Officer in relation to the hiring and use of the premises for commercial, private and club events. The position reports to the club's Director of Facilities.

Essentials:

- Demonstrated sound inter-personal and communication skills
- An ability to work unsupervised, exercise initiative and prioritise competing work demands
- A demonstrated ability to adopt a flexible approach to the performance of duties
- Experience in undertaking minor building maintenance and repairs
- A current NSW driver's licence; A current NSW Police check; A current "Working with Children" check
- Provide the names of proposed temporary replacement caretakers should you require a leave of absence for any reason

Desirables:

- Not engaged in full time or extensive casual employment
- Previous experience in cleaning large scale premises

Applications are to be made in writing by 28th February and emailed to exo@freshwaterslsc.com

Freshwater SLSC



MEMBERS AWARDS

JUNIOR LIFESAVER OF THE YEAR – MILA MCGETTIGAN

As if being an outstanding beach competitor for the club and Branch wasn't enough, Under 14 member Mila McGettigan was recently named Branch Junior Lifesaver of the Year. This annual event sees nominees from clubs throughout the Branch proving their worth through their contribution to surf life saving. Assessed against a number of fixed criteria including demonstrated leadership roles at the club, involvement in community events outside of lifesaving, awareness of club events and current affairs, initiative and demonstrated surf lifesaving knowledge and skills, the competition is tough to say the least. Displaying her ability to meet all of the criteria together with outstanding success in competition, including being a member of the SNB Inter-branch team, Mila was always going to be difficult to beat.

Mila is a fantastic ambassador for the club and a great example for the younger nippers to follow. Mila will now go on to represent the Branch in the NSW Junior Lifesaver of the Year Award which will be announced at this year's State championships. Congratulations Mila and good luck!!

40 YEAR VOLUNTEER RECIPIENTS

Many of our members have been long time volunteers with our club and the lifesaving movement in general. In recognition of their commitment, the Premier has recently awarded certificates to a number of them to acknowledge their 40 years of devotion to the cause. Congratulations to the following members who received the award – Ross Parry, Ray Brennan OAM, Mick Griffin OAM, David Inches, Tom Ramsay (dec), Peter Rowlands, Bob Evans, Geoff Page, Don Henderson, Brian Baker, John Koskela, John Swan, William Vaughan, Geoff Lowe, George Mullins, Martin Thomson, Ian Hanson, Tom Whelan, Jack Armstrong, John Gunning, Michael Georgaris, Graham Witts, Max Jones & Ken Priest.

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



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/>





NIPPERS NEWS - REPORT FROM THE CHAIRMAN

Since our last newsletter we have competed at carnivals at **Narrabeen** and **Nipper Nats** at Manly, cooked BBQ's at Freshie Beach at recommenced Nippers on Sundays.

To cap it all off we've just come through 2 weekends of **Branch Carnivals** where we took out the **Land Branch** carnival at North Narrabeen and competed strongly in testing surf conditions at Palm Beach last Sunday.

To all those Nippers who have competed, well done! You should be proud of yourselves and all your achievements. As Parents, I know that we are certainly very proud of you all and the way you represented the club!

In late January, **Josh Gedz** from the U14s represented NSW at the Surf Life Saving Australia – Interstate Championships 2019 in the Pathways and picked up gold in the Cameron as a runner. This is great achievement for Josh and we hope he can keep up the representative honours as he moves into the Senior Club next season.

In early February it was announced that **Mila McGettigan**, our Female Club Captain, had been selected as **Female Junior Lifesaver of the Year** by the committee at Sydney Northern Beaches Branch which is a great honour for her and our Club. Mila is the third U14 Freshie female in 4 seasons to take out this award and she now follows in the footsteps of **Caiomhe Daly** (2017-18 winner) and **Gracie Kiely** (2015-16 winner). A great tradition for our U13 girls and boys to follow.



Back at Freshie we have had more parents step up and graduate as IRB crew, IRB drivers and water safety. Thank you all for your contribution, it is greatly needed and makes things so much easier for the whole junior Club.

The Nippers continue to train hard in the surf and on the land and as **Round 2 of Club Champs** approaches, scheduled for

Sunday, 24 February, there is still plenty of time for all Nippers from U8s to U14s to get some extra training in to try and improve on your Round 1 performance for medals and the Club Championship trophy for male and female each age group.

The first weekend of March sees us off to **Swansea Belmont SLSC** for this seasons **State Titles**. This is always a huge challenge for our Nippers as they are up against the best in NSW. We wish all of you the very best of luck no matter whether you're trying to snag that lucky wave, grabbing that flag, paddling your heart out or running like the wind!

Don't forget that our **End of Season Presentation** is scheduled for **Sunday, 17 March, 2019** so make sure you keep the morning free to attend.

See you on the beach! Paul McGettigan, JAC Chairman

A report from a Nippers perspective...

Over the past two weekends Freshwater Nippers competed at the SNB Branch Championships with Beach events held at North Narrabeen on 3 February and water events at Palm Beach on 10 February.

Our team had some great successes over the two weekends. One of the great highlights of the 2018/2019 season was Freshwater taking out the Beach Championships Club Point score. A big improvement from points total last year and it was so good to see that all of the hard work being put in by competitors, coaches and parents paid off!

For me, the highlights of these two weekends were watching the U9s compete at their first Branch Championships, representing the club in traditional events such as the March Past and also watching all of the age groups having fun with their team mates and representing Freshie proudly.

There was lots of bling to take home and everyone loves a medal, especially when it is earned with your team mates!

Branch Water saw a big powerful surf which stretched everyone's skills and courage. Great sportsmanship was shown as quite a few competitors needed some encouragement to take on the conditions and go back out again after some difficult racing. It was nice that composite teams were allowed as these was an opportunity for all competitors to race even across the smaller clubs who struggle to pull teams together.

I was so excited to see so many competitors this year representing Freshwater with 40 Beach competitors and 70 Water Competitors. Splitting land and water over two weekends allows every Nipper the chance to try their hardest in every event. I saw a lot of grit, determination and hard work over the two Sundays and had fun cheering on my teammates from the little U9s battling it out in Beach flags through to my own age group of U14s giving all they had at their last Junior Branch.

Freshwater Nipper competitors represented the club proudly and successfully over the Branch titles and had great fun doing so. As Club Captain I am very proud to lead this group of team mates and friends off to the NSW State Age Championships to see if we can pick up some more bling and enjoy the excitement and challenge of racing against clubs from around the State. It is also a great opportunity to meet up with our friends made from other clubs over the years of competing. Keep training hard everyone and Good Luck for State. **Mila McGettigan, Freshwater Jnr Club Captain**



COMPETITION NEWS

The month of January was again a busy one for competition with a number of major carnivals held including **Branch Championships**. First up was the annual **Wanda** carnival which saw the club's R&R and March Past competitors make the long trek over the 3 bridges to Bate Bay. And a successful foray into enemy territory it was with the **March Past** winning its first carnival of the year and the **R&R** contingent managing 2 wins and a second place against strong competition from Sydney teams and a number of Victoria teams who travelled up for the weekend.

The **Manly Nipper Nats** carnival was held on 20 January and we got a taste of things to come with our young beach sprinters and flags competitors wearing the steps of the podium out. No fewer than 27 kids managed to gain first, second or third in their respective events with **Joshua Gedz** leading the way with gold in the U14 sprint and flags. In total 27 of the 32 competitors finishing in the top 6 and so earning points for the club were beach competitors – a truly remarkable effort and testament to the training efforts put in over the season with the kids by coach **Michelle Nunura**.



Richard Hawtin,
Freshwater Carnival
Organiser Extradordinaire

The long weekend saw the annual **Manly/Freshwater carnivals** held and again large numbers of competitors from around the country attended both events. Leading the way was the club's **R&R** contingent who managed for the first time in at least 20 years to win every event they entered at both carnivals against some of the strongest combinations from NSW and interstate. At the Manly Carnival it was the girls showing the boys how it is done in the BSS section with **Lauren Bourgeois, Tamsyn Curley & Jessie Douglas** bagging a couple of 2nd places in the U19 board relay and taplin races while **Mila McGettigan, Deandra Godoy & Sammy Wood** all gained top 6 finishes.

At Freshwater **Lauren, Tamsyn & Jessie** continued their great form with a couple of thirds in the board relay and taplin. **Jessie** also demonstrated her all round talent by finishing third in U19 Iron Woman and **Sammy Wood** showed off her versatility by coming 2nd in the Open flags

and also snaring top 6 finishes in the Open Ski relay & Open Mixed Double ski. The men also featured in a number of top 6 finishes with **Ben Kirkby** combining with **Deandra Godoy** for a 4th in the mixed double ski and **Tim Kirkby, Nick Doyle, Zac George, Ben Blakeney, Ben Kirkby & Alex Malm** combining to finishing a highly credible 5th in the ultra competitive Open Taplin.

Following on the heels of the long weekend carnivals, the **Branch Championships** commenced the next weekend with the **Masters** events the first cab off the rank. And what a start! Under the inspiring leadership of new Masters' Captain **Stephen "Old for Gold" Bennett**, our ancient mariners won no less than 37 medals across a variety of events – the club's best Branch Masters' results in at least a decade. With so many medals won it is difficult to single out individuals but special mention must go to **Sammy Wood** who in first year of competition came home with 4 gold, 3 silver & 3 bronze medals in both water and land based events. In the men, **Michael "Killer" Kirkby** won 4 gold & 2 silver, Sigi Hill 4 gold and "Old for Gold" won 3 gold and silver.

Next up was the **Junior Branch** beach events and in what is hopefully a sign of things to come, the Freshie contingent led the way. The young maroon and whites won every relay event they entered and a sway of competitors came away with individual gold, silver and bronze as well as bag full of top 6 finishes. The club managed to win a total of 14 gold, 5 silver & 9 bronze medals and ultimately finished the carnival in first place on the point score, 37 points ahead of the powerful Manly club. Again **Michelle Nunura** must take a lot of the credit for all the work she has put in with relay training and general beach sprint and flag work over the season.

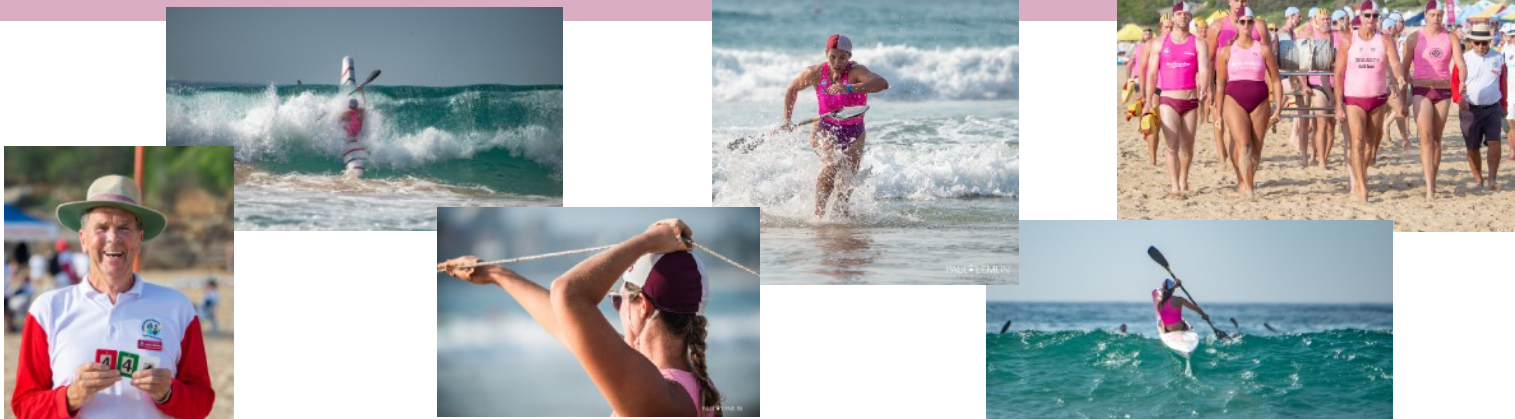
At the time of going to print the results of the Open Championships and the Junior water events were not available. A full list of carnival results so far this year are included elsewhere within the newsletter.



Jess Douglas



Sammy Wood



photos courtesy of Paul Lemlin Photography



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



1/20/19	Manly Nipper Nats	
1st	U12 Female Sprint	Leela Scott
1st	U14 Male Sprint	Joshua Gedz
1st	U14 Male Flags	Joshua Gedz
1st	U14 Female Flags	Mila McGettigan
1st	U14 Female 1km Beach Run	Stefanie Fejes
2nd	U10 Female Beach Relay	Flo Veitch, Olivia Lombardini, Gracie Moles & Joslyn Plummer
2nd	U10 Female 1km Beach Run	Olivia Lombardini
2nd	U11 Female Beach Relay	Abigail Bennett, Rio Nunura, Ava McGettigan & Georgie Nitz
2nd	U12 Female Beach Relay	Nara Jordi, Lee Scott, India Holden & Charlotte Walton
2nd	U12 Female Flags	Nara Jordi
2nd	U14 Male Sprint	Evan Neal
2nd	U14 Male Flags	Evan Neal
2nd	U14 Female Sprint	Stefanie Fejes
3rd	U9 Male Beach Relay	Carter Howison, Beau Armstrong, Sunny Garnett & Harvey Glanville
3rd	U10 Mixed Cameron Relay	Olivia Lombardini, Joslyn Plummer, Thomas Northcott & Ezaiah Garnett
3rd	U12 Male Sprint	Mikel Martin
3rd	U12 Female Flags	Charlotte Walton
3rd	U14 Female Board Relay	Charlotte Block, Bree Coates & Addison Nitz
3rd	U14 Mixed Cameron Relay	Joshua Gedz, Evan Neal, Bree Coates & Charlotte Block
4th	U9 Female Flags	Philippa Quarrell
4th	U10 Female Surf	Joslyn Plummer
4th	U10 Female Board Relay	Gracie Moles, Flo Veitch & Joslyn Plummer
4th	U10 Female Flags	Olivia Lombardini
4th	U14 Female Sprint	Mila McGettigan
5th	U10 Male 1km Beach Run	Ewan Humphries
5th	U11 Male Sprint	Oliver McDonald
5th	U11 Female Sprint	Ava McGettigan
5th	U12 Male Sprint	Mikel Martin
5th	U14 Male Sprint	Kailan Sweeny
5th	U14 Female Board Relay	Samantha Lever, Lili Smart, Mila McGettigan
6th	U11 Female Sprint	Abi Bennett
6th	U12 Female Sprint	Charlotte Walton
6th	U12 Female Flags	Leela Scott



1/26/19	Manly Open Carnival	
1st	Open Women's R&R	Clare Freakley, Jane Freakley, Bec Kiely, Lysa Kiely & Libby Murphy
1st	Open Mixed R&R	Seb Di Sano, Bec Kiely, Gracie Kiely, Pat Kiely & Hugo Weston
1st	Open Men's R&R	Alan Burns, Seb Di Sano, Wayne Freakley, Chris Tyrrell & Hugo Weston
1st	Open 6 Person R&R	Clare Freakley, Jane Freakley, Wayne Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
2nd	U19 Female Taplin	Lauen Bourgeois, Tamsyn Curley & Jessie Douglas
2nd	U19 Female Board Relay	Jessie Douglas, Tamsyn Curley & Lauren Bourgeois
4th	U15 Female Flags	Mila McGettigan
5th	Open Female Ski	Deandra Godoy
5th	Open Female Flags	Sammy Wood, Jessie Douglas & Tamsyn Curley
5th	U19 Iron Woman	Jessie Douglas
6th	Open Female Ski Relay	Sammy Wood, Jessie Douglas & Tamsyn Curley
6th	March Past	
1/27/19	Freshwater Open Carnival	
1st	Open Women's R&R	Clare Freakley, Jane Freakley, Bec Kiely, Lysa Kiely & Libby Murphy
1st	Open Mixed R&R	Seb Di Sano, Bec Kiely, Gracie Kiely, Pat Kiely & Hugo Weston
1st	Open Men's R&R	Alan Burns, Seb Di Sano, Wayne Freakley, Chris Tyrrell & Hugo Weston
1st	Open 6 Person R&R	Clare Freakley, Jarrad Freakley, Wayne Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
2nd	Open Female Flags	Sammy Wood
3rd	U19 Iron Woman	Jessie Douglas
3rd	U19 Female Taplin	Lauren Bourgeois, Tamsyn Curley & Jessie Douglas
3rd	U19 Female Board Relay	Lauren Bourgeois, Tamsyn Curley & Jessie Douglas
3rd	U15 Female Flags	Mila McGettigan
4th	Open Mixed Double Ski	Ben Kirkby & Deandra Godoy
4th	Open Female Double Ski	Jessie Douglas & Sammy Wood
4th	Open Female Ski Relay	Sammy Wood, Jessie Douglas & Deandra Godoy
4th	U15 Female Sprint	Mila McGettigan
5th	Open Male Taplin	Rim Kirkby, Nick Doyle, Zac Gerorge, Ben Blakeney, Ben Kirkby & Alex Malm
5th	Open Female Sprint	Sammy Wood, Jessie Douglas & Deandra Godoy
5th	U17 Male Flags	Joshua Kite
5th	March Past	
6th	Open Board Relay	Rim Kirkby, Nick Doyle & Ben Blakeney
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



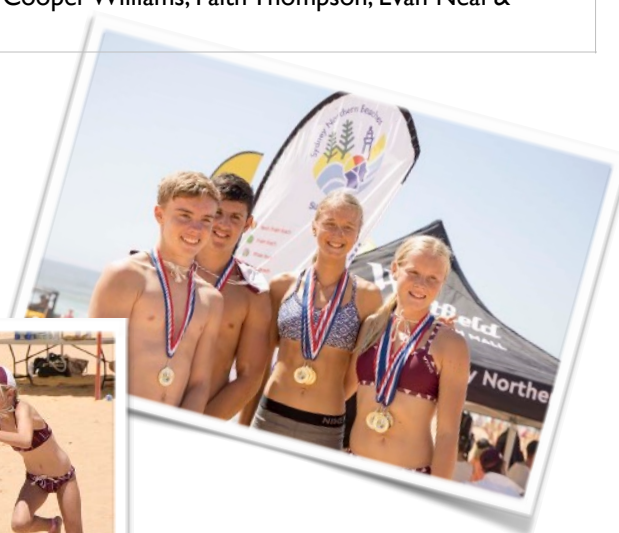
2/2/19	Branch Masters	Palm Beach
1st	45-49yr Male Surf	Sigi Hill
1st	130yr Male Surf Team	
1st	50-54yr Female Surf	Jo Kirkby
1st	30-34yr Iron Woman	Sammy Wood
1st	55-59yr Iron Woman	Linda Wiadrowski
1st	150yr Male Taplin	Chris Pendray, Michael Kirkby & Sigi Hill
1st	170yr Male Taplin	Stephen Bennett, Steve Davis & Andrew de Vries
1st	170yr Male Ski Relay	Stephen Bennett, Steve Davis & Michael Kirkby
1st	60-64yr Male Double Ski	Stephen Bennett & Steve Davis
1st	45-49yr Male Board	Simon Phin
1st	55-59yr Male Board	Michael Kirkby
1st	150yr Male Board Relay	Michael Kirkby, Sigi Hill & Chris Pendray
1st	30-34yr Female Board	Sammy Wood
1st	55-59yr Female Board	Gina McConnell
1st	30-34yr Female Sprint	Sammy Wood
1st	30-34yr Female Flags	Sammy Wood
2nd	50-54yr Male Surf	Andrew de Vries
2nd	55-59yr Female Surf	Linda Wiadrowski
2nd	130yr Female Surf Team	
2nd	45-49yr Iron Man	Simon Phin
2nd	55-59yr Iron Man	Michael Kirkby
2nd	40-44yr Male Ski	Gaven Needham
2nd	45-49yr Male Ski	Simon Phin
2nd	55-59yr Male Ski	Michael Kirkby
2nd	60-64yr Male Ski	Stephen Bennett, Steve Davis & Andrew de Vries
2nd	130yr Male Ski Relay	David Lawler, Simon Phin & Gaven Needham
2nd	30-34yr Female Ski	Sammy Wood
2nd	60-64yr Male Double Ski	Phil Fagan & Steve Dunn
2nd	30-34yr Female Double Ski	Alex Corner & Sammy Wood
2nd	110yr Male Board Relay	Faven Needham, Peter Block & Chris Tyrrell
2nd	55-59yr Female Board	Linda Wiadrowski
3rd	40-44yr Male Surf	Gaven Needham
3rd	30-34yr Female Surf	Sammy Wood
3rd	130yr Female Taplin	Jo Kirkby, Fina McConnell & Sammy Wood
3rd	130yr Female Ski Relay	Alex Corner, Sammy Wood & Linda Wiadrowski
3rd	40-44yr Male Double Ski	
3rd	150yr Female Board Relay	Gina McConnell, Jo Kirkby & Linda Wiadrowski



2/2/19	Branch Masters	Palm Beach (cont.)
4th	130yr Male Taplin	
4th	60-64yr Male Ski	Steve Davis
5th	45-49yr Male Surf	Chris Tyrrell
5th	40-44yr Male Board	Gaven Needham
5th	150yr Male Ski Relay	
6th	50-54yr Male Board	Chris Pendray
3 & 10/2/19	Junior Branch Championships	Palm Beach
1st	U9 Male Beach Relay	Harvey Glanville, Tom Charlton + others from north steyne
1st	U10 Male Beach Relay	Ewan Humphries, Kayvon Scott, Ezaiah Garnett & Harvey Glanville
1st	U10 Female Beach Relay	Charlie Braund, Olivia Lombardini, Florence Veitch & Lila Guerin
1st	U10 Mixed Beach Relay	Florence Veitch, Kayvon Scott, Ezaiah Garnett & Olivia Lombardini
1st	U11 Female 1km Run	Georgia Nitz
1st	U12 Female Sprint	Leela Scott
1st	U11 Mixed Beach Relay	Abigail Bennett, Ava McGettigan, Cooper Williams & Ollie McDonald
1st	U13 Male Flags	Artie Leiper
1st	U13 Mixed Beach Relay	Jaeka Hastie, Leela Scott, Rio Nunura & Faith Thompson
1st	U14 Male Flags	Joshua Gedz
1st	U14 Female Sprint	Stefanie Fejes
1st	U14 Female Flags	Mila McGettigan
1st	U14 Mixed Beach Relay	Joshua Gedz, Mila McGettigan, Evan Neal & Stefanie Fejes
1st	All Age Beach Relay	Kayvon Scott, Leela Scott, Joshua Gedz, Ollie McDonald, Artie Leiper & Harvey Glanville
2nd	U9 Mixed Beach Relay	Mimi McLean, Philippa Quarrell, Harvey Glanville & Tom Charlton
2nd	U10 Female Sprint	Olivia Lombardini
2nd	U13 Male Sprint	Artie Leiper
2nd	U13 Female Sprint	Faith Thompson
2nd	U14 Female Sprint	Mila McGettigan
3rd	U9 Female Sprint	Philippa Quarrell
3rd	U10 Male 1km Run	Ewan Humphries
3rd	U11 Male Sprint	Cooper Williams
3rd	U11 Female Sprint	Abigail Bennett
3rd	U11 Female 1km Run	Elouise Stephens
3rd	U12 Female Beach Relay	Nara Jordi, India Holden, Charlotte Watton & Leela Scott
3rd	U12 Female Flags	Nara Jordi
3rd	U13 Male Beach Relay	Jaeka Hastie, Rio Nunura & 2 others from Collaroy??
3rd	U14 Male Sprint	Joshua Gedz



3 & 10/2/19	Junior Branch Championships	Palm Beach (cont.)
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	
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 McGettrigan
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
6th	U9 Female Flags	Kayla Davies
6th	U10 Male Flags	Kayvon Scott
6th	U10 Female 1km Run	Olivia Lombardini
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



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

CALLING ALL WOULD BE COMPETITORS

The competition season is fast approaching and there are plenty of opportunities for members to get involved in a range of surf sports competition. While the club caters for all levels of ability and all ages it doesn't matter if you are not a champion athlete – you can still have a go. You need to have your SRC or Bronze Medallion and be both financial and proficient. The club's main focus is on participation so we are always looking to increase our overall competitor numbers.

At this early stage of the season we are interested in finding people interested in competing across the full spectrum of surf sports competition.

If you think you might be interested in competing or you would like to get more information about these events or any other area of competition, contact the following people via exo@freshwaterslsc.com –

Kev Crow

Michael Kirkby

Blake Walmsley

Jane Freakley

Ross Parry

Director Sport

Board, Ski or Swim

Boats

R&R

March Past

Lindsay Davis

Stephen Bennett

Kev Crow

Kev Crow

Lifesaving Competition

Masters Competition (30 yrs+)

Board Riding

Beach Events

YOUR CLUB



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
www.nshealthpromotion.com.au

Swimming Instructors Required

For teaching in local home pools.
Austswim or Swim Australia quals required.

Happy to help right applicants become qualified.

Rate of pay: \$35-\$42 per hour
Own transport is essential.

Call Tanya Boys on 0402 002 902,
e:tanya@tanyastadpoles.com.au
or visit www.tanyastadpoles.com.au for further information

Tanya's Travelling Tadpole Tuition

Swimming Skills for Life!

Established Swim School in local area since 1996



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

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
- *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
- *Can be shared between friends
- *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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*Bendigo Bank rated above the four major banks among home loan customers in Roy Morgan's Home Loan Customer Satisfaction Survey, December 2015. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL/Australian Credit Licence 237879. Terms, conditions, fees and charges apply. All information is correct as at March 15 2016 and is subject to change. Full details available on application. Lending criteria apply. S5393346 (334515_v6) (7/02/2017)

