

# A FRESH UPDATE

SEPTEMBER 2019

## from the President

Everything seems to be in place for a great season coming up! The concreting and painting of the downstairs board area is almost finished, club equipment is ready for another season, our new IRB has been ordered and is expected to arrive by the end of November and **Channel 10** has agreed to become our latest major sponsor!

Additionally, SNB Council has allocated an amount of \$240K for various modifications to our club premises. You may have noticed Council surveyors taking relevant measurements this week to provide to the Architect for drawing their plans. We will keep you informed of developments as they occur and eventually you will be shown suggested plans for a majority vote.

A reminder to all members to wear their pink or yellow vests when involved in an authorised training session and members conducting water sessions are reminded they are **to remain on the beach during the session**. SLSCA has tightened the rules surrounding Working with Children Checks (WWCCs) and there will be random audit checks conducted this season. Please ensure you keep consistent with these rules and clarify your position with our **Executive Officer, Wayne Freakley**.

See you on the beach!

**Alan Burns, President**



## UPCOMING EVENTS

- 12-13 Oct** Coolangatta Gold Gold Coast
- 20 Oct** Nippers commences
- 20 Oct** Dee Why Bennett Board Carnival,
- 26 Oct** Fast Fives - Open & Youth Venue TBA
- 27 Oct** First Aid Competition Newport
- 2 Nov** Rd 1 Boat Premiership Bilgild
- 2 Nov** Fast Fives, Venue TBA
- 3 Nov** Junior Beach Carnival Queenscliff
- 9 Nov** Masters Carnival Freshwater

WE ♥ FRESHWATER SLSC



New sponsor of Freshie Surf Club - Network Ten

Network Ten is the latest sponsor to partner with our Club. You will be seeing Network Ten banners, flags and Nippers Hi Viz Singlets on our beach this season. Thanks to Network Ten, we look forward to welcoming you to Freshwater Beach and our Club.



THANK YOU TO EVERYONE WHO HELPED OUT AT THE CLUB WORKING BEE ON SUNDAY - MANY HANDS DEFINITELY MADE WORK GO FASTER!!



James Smyth of SEA Real Estate and Alan Burns, Club President. James renews his support for Freshwater SLSC for the 2019/20 season. This year sees cumulative sponsorship value from SEA to the Club of \$100,000. James is a great example of an individual's community support, generosity and philanthropy which is greatly appreciated by Freshwater Surf Life Saving Club. Thank you, James!



# Director of Lifesaving



Patrol 13 will kick off the season on Saturday morning, 28 September in the safe hands of Sam DiSano until Andrea Malm returns from overseas. I would like to take this opportunity to thank Andrea for stepping up into the Patrol Captain role and Sam for helping until Andrea is back in Sydney. Sam is already dedicating a significant amount of time and effort to the club. In helping Andrea ease into the role Sam will earn plenty of brownie points for Patrol 4 towards Patrol of the Year nomination.



*Up early for IRB crew training*

Talking of points, thanks go to Paul and Mila McGettigan of Patrol 3 who earned a few of those for helping to repair the patrol tents in the run up to the gear inspection.

Another thank you is due to the crew that fixed the concrete floors in the patrol area and organised the tidy racks for our patrol signs. Please do let me know who helped with that. The area looks fantastic and your efforts are much appreciated.

The captaincy of Patrol 1 is following hereditary lines. I am pleased to announce that Jordan Dobson will change roles from IRB Driver to Patrol Captain. That means that one of our current IRB driver course attendees will get the opportunity to become the designated driver for Patrol 1.

A big thank you also to all the returning patrol captains. You can find your patrol rosters on Freshnet. Below please find the names of our patrol captains for this season and the first day of your patrols. I wasn't able to allocate the first and last patrols of the season on your designated patrol days. I intend to improve on that next season. Following up on last month's newsletter: Thank you to Northern Beaches Council for fixing the shark alarm and to my wife who taught me how to splice the ropes of the rescue tubes. It was a bit easier than it initially looked so I am happy to share this technique to those who are interested.

1	Jordan Dobson	Saturday morning, 5 Oct
2	Luke Jarman	Saturday afternoon, 5 Oct
3	Peter Block	Sunday morning, 6 Oct
4	Mark Gilbert	Sunday afternoon, 6 Oct
5	Ian Hills	Monday morning, 7 Oct (Labour Day)
6	Deandra Godoy	Monday afternoon, 7 Oct (Labour Day)
7	James Crittenden	Saturday morning, 12 Oct
8	Paul Lemlin	Saturday afternoon, 12 Oct
9	Tristan Godoy	Sunday morning, 13 Oct
10	Kim Cook	Sunday afternoon, 13 Oct
11	Michael Wright	Saturday morning, 19 Oct
12	Greg Gardner	Saturday afternoon, 19 October
13	Andrea Malm	Saturday morning, 28 Sept
14	Ben Hildyard	Saturday afternoon, 28 Sept
15	Me	Sunday morning, 29 Sept
16	Alexius Chan	Sunday afternoon, 29 Sept

I would like to use this newsletter to appeal for volunteers to help with uniform management and gear repairs. The main tasks for the uniform management is stock taking, helping to allocate the uniforms to new Bronze members and SRCs and ordering new stock. The best part of the role will surely be handing uniforms out to the new recruits.

The gear repair role is ideal for someone who loves trips to [your favourite hardware store name here]. I enjoyed trips to my favourite hardware store getting nuts and bolts to get the patrol tents back into shape. For equipment we can't fix ourselves, I'd appreciate help getting things to the right shops. This is an important role to make sure equipment stays fit for purpose and helps to reduce waste and reuse gear wherever possible. Please talk to me if you are happy to help.



*Please help looking after our boards.*



Thanks also go to Council lifeguards who have already been on duty since early September and are a great support to our volunteers. Have a fantastic and safe season on our beautiful beach. Enjoy the water, sun and surf and camaraderie and be mindful of your own capabilities and safety.

*I look forward to seeing you on the beach.*

**Dierk Hartmann**  
**Director of Lifesaving/Club Captain**





## FROM THE DIRECTOR OF EDUCATION

### PROVIDE FIRST AID

Always wanted to get your First Aid Award, OR need to renew because your's is 3 years old?. Here's your chance.

On **Saturday 12 October 2019**, from 9.30am to 4:30pm and **Sunday 3 Nov 2019**, from 9am to 4pm we are running a Provide First Aid Training Course at Freshwater SLSC.

The Provide First Aid course is nationally recognised WorkCover approved training valid for 3 years.

Register through Freshnet or contact [education@freshwaterslsc.com](mailto:education@freshwaterslsc.com) to confirm your place.

### PROFICIENCIES

All patrol members and any competing long serving members are required to complete an annual skills maintenance (proficiency) for Bronze Medallion or Surf Rescue Certificate. This is a skills refresher, not a test, and covers all requirements set out by SLSC. Please note that Advanced Resuscitation Techniques is now being assessed separate to Bronze Medallion and Surf Rescue Certificate.

Dates for BM, SRC and ART proficiencies are now available on the website and Freshnet. It is a requirement you either register on **FreshNet** or email [education@freshwaterslsc.com](mailto:education@freshwaterslsc.com). Numbers are capped to ensure we have enough assessors and resources to safely manage the skills assessment.

Thank you

**Jacqueline Phillips**  
Director of Education



## MEMBERSHIP FEES ARE NOW DUE

Members are reminded annual membership fees are now due. Members are not covered for insurance if they participate in any club activities while unfinancial. Any members who have not yet paid their fees should refer to the club website for details about the available payment methods – or else visit the office Monday - Friday (9.30am – 4pm) to complete the necessary paperwork. Membership fees for the coming season are as follows –

Active Senior (over 18)	\$110	Reserve Active, Long Service, Award	\$110
Active Juniors (15-18)	\$75	Cadets (13-15)	\$75
Associate	\$150	Gym fee for Associate	\$140
Long Service aged 70+	\$55	50yr Long Service & Life members	Free
General	\$40	Associate (Community Supporter)	\$1,000
Non local member	\$55	Nippers	1 child, 1 adult, family social fee - \$180 2 Children 1 adult, family social fee - \$250 3 or more children, 1 adult, family social fee - \$300
Late payment fee (for memberships received after 30 September)	\$20	Competition levy (payable for all members who wish to compete for the club)	\$100 - Opens & Masters \$75 - U15, U17 & U19 \$25 - Nippers



## MARCH PAST CALL OUT!!

### FRESHWATER WOMEN'S MARCH PAST TEAM

Thanks to all those who attended the meeting on Saturday. There are still opportunities to join in so please come along to the first preparation session scheduled on the beach, Wednesday October 23 at 6pm.

Joining our surf club was the best thing you ever did....this will be the second 😊

Anybody interested in joining either the Women's or Mixed March Past Teams for 2019-20 please contact the following people...

Bob Evans: 0411 865 058

Jane Freakley: 0477 753 799

### As members of Freshwater Surf Club we value –

**F**riendship across all age groups

**R**ecognition of effort

**E**ncouragement for all activities

**S**afety being paramount

**H**olding true to our Club values

**W**elcoming all

**A**cknowledgment of all achievements

**T**reating others with respect

**E**mbreacing diversity

**R**esponding to others in need

## 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](mailto:exo@freshwaterslsc.com) -

**Kev Crow**  
**Aaron Thomson**  
**Scott Morrison**  
**Jane Freakley**  
**Ross Parry**

Director Sport  
Board, Ski or Swim  
Boats  
R&R  
March Past

**Lindsay Davis**  
**Gaven Needham**  
**Kev Crow**  
**Kev Crow**

Lifesaving Competition  
Masters Competition (30 yrs+)  
Board Riding  
Beach Events

### YOUR CLUB



Just got your bronze? Looking for a competition event which builds on your lifesaving skills? Gather some of your friends and give Rescue and Resuscitation (R&R) a go!

To find out more please contact Wayne on 041 2987007 or email [wandj@bigpond.net.au](mailto:wandj@bigpond.net.au)





## NIPPERS NEWS - REPORT FROM THE CHAIRMAN

Well we are about to start another new season for Freshie Nippers. We farewelled some long serving members of the Junior Activities Committee at the end of last season and welcomed new faces in key roles. A big thanks to those parents for their efforts over the years and a big hello to our new committee members: **Melinda Bacon** - JAC Secretary, **Ian Coates** - Junior Sports Coordinator and **Sylvia Meszaros** - Social Coordinator.

I would also like to thank the new and returning JAC members for their continued hard work in their volunteer roles. Everyone is working well and we are looking forward to building on the work of past members to make Freshie Nippers the best place for our future life savers.

We are still looking to fill another 'social coordinator' role so if you'd like to help out Sylvia and the Nippers that would be great. We are kicking off Nippers on Sunday 20 October, 2019 after Term 4 commences and we will have the Dee Why board carnival on that same afternoon - so it will be a busy day!

We use Team App to communicate with Nipper families. All Nipper parents will need to download the App and search for "Freshie Nippers" in order to stay up to date with all news, information, calendar, training timetable, payments, and events.



We still have a number of Age Manager and Age Assistant roles available for the coming season so please to contact me if you would like to help out or have any questions about what the role entails.

Land and Surf Training has commenced.

All Nippers who wish to train and compete at carnivals this season need to join Freshie Flyers training squad. Go to the Nippers Payment tab on Team App to pay the \$100 levy.



Some key dates to be mindful of over the next couple of months are as follows:

### Key Dates for the upcoming season

-	Saturday	12	October	Proficiency swim 9am - 11 am @ WAC for U8's to U12's
-	Sunday	20	October	Nippers First session for the season
-	Sunday	20	October	Proficiency swim U13's & U14's - Freshwater surf pool
-	Sunday	20	October	Dee Why Board Carnival - assume 1pm start
-	Saturday	26	October	Nippers Families social night at Freshwater SLSC
-	Sunday	10	November	Club Champs - Round 1
-	Sunday	17	November	Freshwater Bennett Board Carnival
-	Sunday	8	December	Club Champs - Round 2
-	Saturday	14	December	Twilight Nippers & Christmas Party - Season Break
-	Monday	6	January	Start of Nippers Challenge Camp at Freshwater SLSC. TBC
-	Thursday	9	January	End of Nippers Challenge Camp at Freshwater SLSC. TBC
-	Sunday	19	January	Nippers resumes / Nipper Nats Manly
-	Sunday	26	January	Aust Day Open Carnival Freshwater
-	Sunday	2	February	SNB Age Branch Champs - Water & Beach
-	Sunday	9	February	SNB Age Branch Champs - Water & Beach - Back up date
-	Sunday	23	February	Club Champs - Round 3
-	Friday	28	February	State Titles 28-2-19 to 1-3-19
-	Sunday	15	March	Final Nippers for season
-	Sunday	23	March	Club Presentation Day

We remain one of the largest clubs in nipper numbers across the country. This of course means we need many hands to keep functioning and there is always work to be done. We welcome all parent involvement and if you would like to step up and be more involved, please approach your age manager or one of the committee members. Your kids will welcome your involvement and it is a great way to further enjoy the friendships and social side of the club.

**See you on the beach!**

**Paul McGettigan**





## Director of Member Services



### FRESHIE SHOP

Freshie Shop order online to gear up before the start of the season and avoid the queues at <http://shop.freshwaterslsc.com/>

Now taking Pre Orders for Hooded Towels

Order now to receive before the Season Commences, only a small number of stock will be held of this item

- 100% Cotton
- 2 Sizes
- Front Pocket

<http://shop.freshwaterslsc.com/products/hooded-towel-pre-order>

### FUNCTIONS

Life Member Function Sunday 1 December 2019  
(by invitation only)

We are celebrating our Life Members this year with a High Tea (bar will of course still be open).

Invitations will be sent out the beginning on October

If you have queries in regard to Member Services or Merchandising, please feel free to contact me.

Have a great month!

Michal Brenchley

Director Member Services

[member.services@freshwaterslsc.com](mailto:member.services@freshwaterslsc.com)



Join our Social Media team

Love using Instagram? Come join our social media team. Text Mary-Louise on 0418 865402 or email

[sponsorship@freshwaterslsc.com](mailto:sponsorship@freshwaterslsc.com).

We need a few people on the team. Meeting next week to discuss.

### THOUGHT FOR THE MONTH ....

**NEVER GIVE UP!**



## COMPETITION REQUIREMENTS

All competitors are reminded that to be eligible to compete in the championship carnivals (not including carnivals) in the second half of the season, you need to meet the following requirements by

**31 December 2019 -**

- Be financial including paying any relevant competition levy
- Be proficient for your relevant award
- Have completed a minimum of 25 hours of patrols over the 2019 competition season (or less amount as outlined below)
- Have fulfilled your club patrol obligations. This means attending all rostered patrols or arranging for a substitute or seeking a formal exemption from either your patrol captain or the Club Captain. Members who do not fulfil this obligation may see their competition rights suspended.

It is the responsibility of members to be aware of your patrol commitments and patrol hour totals and ensure you meet these requirements by **31 December**.

If your SRC or BM is obtained during 2019, the patrol hours required will be as follows -

Month award gained	Hours required
January	25
February	24
March	20
April-September	16
October	12
November	8
December	4

A list of members' patrol hours for the current competition season - i.e. 1 January to 31 December will be distributed prior to the commencement of the patrol season.

## AROUND THE CLUB



### ❖ New Masters Captain brings early success

After only being in the driver's seat for a short time, **Masters**

**Captain Gaven Needham**

wasted no time in arranging a pre-season de-brief for the old men and women of the sea at our favourite watering hole,

the **Harbord Hilton**. Not only was

a good time had by all, **Scott Carpenter**

tasted some early success with a win in that hardest competition of all – the weekly club raffle run by **Life Member Ross Parry**. Scott is pictured below receiving the good news from Ross.

### ❖ Non surf club competition success

While most of us are still dusting off the winter cobwebs in preparation for summer, some of members have been busy at it all over the world.



After winning 2 gold medals in the Rowing World Cup series,

**Sean Murphy** had to step up a notch when he was selected to represent Australia in the lightweight scull event at the World Championships in Linz Austria. After

placing third in his heat and

2<sup>nd</sup> in both his quarter final and semi final, Sean put in a great effort to win the bronze medal in the final. Sean is pictured with proud parents **Libby & Andrew** after the race.

Meanwhile in the sunny climes of Hawaii, popular club Masters competitor **Andrew de Vries** was a member of the team which recently won the Maui Channel swim. Andrew then moved on to Waikiki for the annual Waikiki Open water challenge. This event did prove a challenge with strong tides and surf making it difficult for all the competitors. Andrew was not alone in Hawaii, with fellow members **Gina McConnell & Peter Collins** also challenging themselves in the open water along with Gina's husband, **Martin**.



## PATROL HOURS SEPTEMBER 2019

SURNAME	FIRST NAME	PATROL HOURS SEPT 2019	SURNAME	FIRST NAME	PATROL HOURS SEPT 2019
Abbott	Millie	8.25	Bridgford	Diana	12.25
Andersen	Paul	24.25	Brink	Benjamin	18.5
Armstrong	Lee	6.25	Brink	Lachlan	21.75
Bailey	Samuel	9.5	Brink	Michael	17.5
Baker	Julia	21.75	Brun	Isabelle	22.5
Bartolomei	Alessio	22	Brun	Madelaine	13
Bartolomei	Cain	8.75	Bruwel	Daniel	13.75
Bartolomei	Giacomo	22	Bruwel	Joseph	4.75
Bell	Jakoby	13	Buijs	Nard	17.5
Bennett	Anthony	18.25	Burgess	Maia	0
Bennett	Catherine	13.25	Burrough	Mark	24.5
Bennett	Paul	9.25	Burrows	Kris	23.27
Bennett	Rhiannon	18	Cadwallader	Sian	17.33
Bennett	Siobhan	9.75	Cameron	Lachlan	11.5
Berger	Natalie	17.83	Cameron	Olivia	13.25
Bick	Anna	13	Carnell	Peter	8.92
Bick	Christine	9.75	Carnell	Samuel	18
Bick	Marcel	11.75	Carroll	Peter	13.75
Blakeney	Ben	17.75	Chan	Alexius	21.75
Blakeney	Lucas	16.5	Chapman	Matthew	9
Bland	Sebastian	4.75	Clancy	Nicholas	13.33
Block	Charlotte	21.58	Coates	Bree	30.58
Block	Peter	23.25	Coates	Jack	21.16
Block	Phoebe	12.5	Coates	James	23.75
Boakes	John	3.5	Coates	Keira	0
Bohm	Andrea	18.66	Coates	Max	17.83
Bolden	Max	4.75	Cook	Kim	22
Bourgeois	Lauren	16.25	Corner	Alex	19.75
Brace	Michael	0	Cradock	Ethan	22
Braithwaite	Robin	13.25	Creer	Alex	8.25
Brenchley	Michal	20.75	Crittenden	James	55.75





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Crittenden	Stephanie	22.5	Dover	Jessica	20
Crow	Kevin	0	Doyle	Caitlin	13
Curley	Anna	30.75	Doyle	Nicholas	16
Curley	Tamsyn	15	Dreyer	Jaime-Lee	4.25
Daley	Liam	18.75	Dreyer	Toby	4.25
Daley	Michael	22	Duffy	Thomas	10.75
Daly	Caoimhe	14.25	Dunn	Jamie	16.58
Daly	Derek	18	Dunn	Nigel	18.33
Darrow	John	18	Dunn	Stephen	18.08
Davies	Carla	6.75	Dyer	Kevin	14.5
De Gruchy	Helena	4.25	Edgell	Abby	8.75
De Gruchy	Robert	10.08	Edgell	Dominic	17.92
de Vries	William	9.25	Edgell	Ian	15.75
Dearden	Tahlia	21.25	Edwards	Oliver	13
Dettmann	Kiana	13.75	Ewers	Adam	11.5
Di Giacomo	Tara	8.25	Faustmann	David	12.75
Di Sano	Alexander	0	Fejes	Stefanie	0
Di Sano	Sam	20	Ferreira	Daniel	0
Di Sano	Sebastian	18	Fontana	Alexander	14.75
Dickson	Lewis	16.25	Ford	Benjamin	18.25
Dobrow	Kelly	35.5	Forrest	Sean	0
Dobrow	Nicholas	0	Fraser	Simon	13.75
Dobrow	Walter	9.25	Frerck	Bennett	19
Dobson	Jordan	14.25	Gamble	Shanny	4.75
Dobson	Matthew	16.5	Gander	Max	13
Donald	Ailie	10.58	Gardner	Gregory	25.25
Donnan	Annabel	12.25	Gedz	Joshua	9
Douglas	Adam	12.5	George	Zac	9
Douglas	Conor	0	Gilbert	Mark	24.75
Douglas	Eliza	8	Gillis	Lucinda	13.17
Douglas	Jessica	15.75	Glackin	Liam	13



SURNAME	FIRST NAME	PATROL HOURS SEPT 2019	SURNAME	FIRST NAME	PATROL HOURS SEPT 2019
Glackin	Maxwell	18	Jackson	Olivia	0
Gladstone	Aimee	17	Jacobs	Alexander	23
Godoy	Deandra	31	Jacobs	Isabella	0
Godoy	Gabriel	22.5	Jacobs	Toby	19.08
Godoy	Tristan	17.75	James	Alexandra	17.5
Goldrick	John	17.75	Jander	Daniel	0
Gralton	Terry	15.25	Jander	Michael	20.25
Grant	Dale	8	Jander	Natalie	18
Grayling	Maxwell	0	Jarman	Luke	39.83
Grey	Georgia	18.5	Jones	Andrew	22.5
Griffith	Charlie	15.75	Jones	Samuel	20.75
Guerin	James	17.5	Jordi	Daniel	10
Gunning	Marc	22.75	Kiely	Gracie	19
Hartmann	Amber	27.5	Kiely	Patrick	10.75
Hartmann	Benjamin	26	Kiely	Rebeca	18.25
Hartmann	Dierk	21.75	Killen	Grayson	17.42
Hastie	Jena-Elle	0	Kim	Tony	14.92
Hawtin	Richard	8.5	Kite	Joshua	17.17
Hayes	Cheyenne	17.25	Kite	Noah	17.75
Hicks	Emily	18.25	Klette	Yvonne	17
Hildyard	Ben	19.25	Klotz	Oliver	17.75
Hill	Ryan	18	Klotz	Olivia	17.75
Hills	Ian	26.92	Knox	Eloise	8.25
Hills	Thomas	23.08	Kobler	Alexander	0
Hofer	Kris	21.75	Law	William	0
Hooker	Matthew	17.25	Lee	Kandy	13.25
Huang	Jo-Ming	16	Lemlin	Ben	17.25
Hull	Lachlan	12.25	Lemlin	Emily	22.83
Hurrell	Jack	22.58	Lemlin	Paul	22
Jackson	Archie	0	Lever	Samantha	18
Jackson	Daniel	8.75	Lewis	Tom	4.75



SURNAME	FIRST NAME	PATROL HOURS SEPT 2019	SURNAME	FIRST NAME	PATROL HOURS SEPT 2019
Liang	Athena	21.75	Morrell	Mischa	17.25
Liang	June	17	Morrison	Joshua	13.75
Lin	Tao	12.25	Murphy	Annabel	12.25
Linfield-Kent	Thomas	17.58	Murphy	Joseph	12
Lo Schiavo	John	44.75	Murphy	Sean	4.75
Lombardini	Diego	12.25	Naughton	Stephen	21.5
Loughlin	Michael	10.75	Needham	Alexander	31.33
Louis-Seize	Tania	18	Needham	Gaven	4.75
Lynch	Scott	22	Needham	Jade	26
MacRae	Michelle	4.75	Needham	Rachel	23.56
Malm	Alexander	21.75	Newell	Tanya	15.25
Malm	Andrea	21.25	Newhouse	David	25
Marcer	Beth	9.5	Newhouse	Gabe	26.25
Marcer	Jonathan	0	Nitz	Addison	13.75
Marcer	Saphire	9.5	Noakes	Jack	13.5
Mather	Kit	25.33	Northcote	Mark	35
Matthews	Ella	8.25	Obern	Alex	22.25
McArthur	Lachlan	4	Olzomer	Julie	21.75
McGeever	Bryn	22	Orton	Charlie	18
McGettigan	Mila	22.33	Orton	David	8.5
McKenzie	Jonathan	23.93	Paddock	James	12.75
McLay	Finlay	9.5	Parker	David	18.75
McLay	John	18	Parker	Jane	20
McLean	Jensen	26.25	Parker	Matilda	19
McMicking	Alec	18.25	Parker	Sam	14.5
Meagher	Jack	12.5	Pastega	Michael	2.25
Miller	Bailey	16.92	Patterson	Tasma	13.25
Miller	Finlay	20.88	Pendray	James	13.75
Mills	Taylor	26	Persico	Lara	13
Milne	Blair	17.25	Phillips	Adam	15.08
Mori	Yuta	16.5	Phillips	Jacqueline	22.17





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Phillips	Lucas	13	Smith	James	22
Phillips	Stephen	17.67	Smith	Oliver	4.75
Pidcock	Henry	0	Smith	Stewart	14.75
Piggott	Arthur	14.75	Smith	William	22
Pinnuck	Diana	7	Sorensen	Carl	13.67
Poutney	Nick	9.25	Sorokina	Tatiana	17.5
Price	Caitlin	45	Stark	Jacqueline	22
Price	David	74.75	Stark	James	18
Quail	Callum	12.5	Stenhouse	Alexandra	8.25
Quail	Declan	14	Styles	Benjamin	18
Radford	Bailee	21.25	Sweeny	Kailan	21
Raymer	Michael	21.75	Tallentire	Georgia	8.25
Rebecchi	Gabrielle	17	Tallentire	Zoe	8.25
Rebecchi	Leon	17.75	Thomas	Nigel	19.25
Rees-Evans	Michael	22.75	Thomas	Ryan	14
Renshaw	Joel	14	Thomson	James	2
Richmond	Don	4.25	Thomson	Will	0
Riddle	Oliver	12.5	Thornton	Luke	21.13
Rockett	Ben	4.75	Toole	Liam	19.5
Rowbotham	Tod	4.75	Tops	Michiel	22.75
Rowe	Deon	0	Tyrrell	Chloe	9
Ryan	Liam	13.75	Tyrrell	Joshua	14
Schaefer	Derek	4	Tyson	Jock	13.75
Schroeder	Brandon	18.08	Tyson	Stephanie	22
Schroeder	Rhys	18	Ulloa	Rebecca	17.5
Scrymgour	Robert	15.75	Urquhart	Jason	8.5
Scrymgour	Taylah	12.33	Veitch	Joanne	23
Segal	Chloe	13.25	Vella	Lachlan	0
Segal	Zac	5	Vickers	Sharyn	20
Smart	Lilias	26	Vilnis	Michael	22
Smith	Bill	22.5	Wain	Lachlan	21.74



SURNAME	FIRST NAME	PATROL HOURS SEPT 2019	SURNAME	FIRST NAME	PATROL HOURS SEPT 2019
Wessling	Tony	22.5	Williams	Tom	9
Westbury	Max	11.25	Wilmott	Mathew	17.25
Westbury	Simone	13.25	Wilson	Kai	22
Weston	Georgia	9	Wirth	Tim	22
Weston	Hugo	20.5	Wiseman	Liam	17.25
Wethered	Jessica	14	Wood	Samantha	22.5
Whitaker	Keith	13	Wood	Stephanie	13.5
Whitaker	Victoria	21.75	Woodley	Harrison	10.25
White	Cheryl	0	Woolford	james	8.75
Wickham	Gemma	14.67	Wright	Michael	27.08
Wickham	Holly	12.75	Yoshida	Joe	17.75
Williams	Sharon	12.5	Williams	Tom	9



*Please support this great club for another 110 years!*

Freshwater Surf Life Saving Club, founded in 1908, has a proud heritage both as a lifesaving club and in the evolution of surfboard riding in Australia. Our club is ranked 2nd largest with overall membership and has the largest nipper contingent. Freshie is also one of the safest and most loved beaches in NSW. Except for our office administration, the club is run by volunteers. **This is why we need your help.**

As a neighbour and member of the Freshie community we invite you to support your local Surf Life Saving Club. A small or large donation, either anonymously or with gratitude as an acknowledged sponsor, will help to keep our club operating. All donations are tax deductible.

If you can help, all enquiries will be gratefully received so please give me a call on 0418 865 402 or send an email to: [sponsorship@freshwaterslsc.com](mailto:sponsorship@freshwaterslsc.com)

**Thank you!**

Mary-Louise Parkinson

Director Sponsorship & Marketing | Freshwater SLSC



# Strength Training

@ Freshwater  
*for beginners*



## HEALTHY LIFESTYLE

Get Fit • Feel Great • Have Fun



Health  
Northern Sydney  
Local Health District

### Strength Training

@ Freshwater for beginners

Our Strength Training program has been designed specifically for over 50's.

Participants use our adjustable hand weights, ankle weights and body weight exercises to improve muscle strength.

**Mondays**

**9.15am -10.15am**

**10 week term**

**\$110/\$88 concession**  
Late starters pay pro-rata

**Freshwater Surf Life  
Saving Club**  
Kooloora Ave

Benefits of strength training may include:

- Rebuild muscle strength
- Keep bones strong
- Assistance with arthritis
- Burn more calories
- Reduce blood pressure
- Improve posture

**Bookings essential - please phone**

**8877-5303**

[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

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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. S539336 (334515\_v6) (7/02/2017)

