

A FRESH UPDATE

NOVEMBER 2019

from the President

Last Saturday saw the running of the **25th annual Masters Carnival** with a follow up BBQ and drinks on the Heritage lawn. We had a total of 228 competitors, the majority of whom enjoyed the after carnival refreshments. Thankyou to all those members who made up the various work parties to enable the carnival to be run so smoothly and particular thanks to **Mike Bate** who, as referee, ensured all events were run swiftly. The carnival started at 8am and concluded at 11.10am - the timeframe we were aiming for so well done to all!



The **Armistice Day** ceremony conducted in **Jacka Park** and Soldiers Avenue on Sunday, 10 November was a significant event in our club's history and I am grateful to those members who wore their patrol uniforms and were part of the ceremony. A new park bench in Jacka Park was dedicated to the memory of the Freshwater Surf Club members who enlisted in the First World War and a plaque has been

inserted into the footpath at the corner of Oliver Street and Soldiers Avenue, adjacent to the "**Freshwater Remembrance Tree**", in memory of those 16 club members who paid the ultimate price for our freedom. It was a moving ceremony and a number of residents, including the NSW Governor, commented on the respect shown by our patrol members during the course of the event.

Unlike a number of clubs in the SNB, we've always had a harmonious relationship with the Council lifeguards and it is in our interests to continue in this manner. Will any member wishing to set up a competition area please liaise with lifeguards before establishing an area in order to lessen any potential conflicts.

Our annual Life Members and Sponsors lunch will be held on Sunday the 1st December in the Heritage Room and grassed area. This event is our way of thanking those members and supporters who have been so generous to us over many years with their time and their financial support.

Please remember the **General Meeting** to be held at the clubhouse at **10am on Sunday, 15 December** as it will give you an opportunity to hear a summary of happenings at the club since the AGM in June. If you have any items of General Business you would like to mention, please send an email to **Gayle Taylor** or **Wayne Freakley** at exo@freshwaterslsc.com.

See you on the beach!

Alan Burns, President

UPCOMING EVENTS

- 23 Nov** Fast Fives U14s-Open Carnival, Mona Vale
- 24 Nov** Freshie Sunday Surf Races commences 11am
- 29 Nov** First Aid Competition, Dee Why
- 30 Nov** Rd 2 Boat Premiership, Freshwater
- 1 Dec** Life Members & Sponsors lunch
- 1 Dec** Nippers Carnival, North Steyne
- 5 Dec** Scrutineering, Freshwater 5-7pm
- 7-8 Dec** Interbranch Championships, Bulli
- 8 Dec** Nippers Club Champs, Rd 2
- 8 Dec** Fast Fives U14s-Opens, Dee Why
- 14 Dec** Nippers Beach Carnival, Nth Narrabeen
- 14 Dec** Twilight Nippers & Christmas Party
- 15 Dec** General Meeting, 10am
- 21 Dec** Fast Fives U14s-Opens, Palm Beach



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.

We need more people on the team.



THE BACKSHOOT: NEWS FROM THE BOATIES



Our U23 Womans, the **Freshie Twocans** (**Olivia Klotz, Gemma Wickham, Cheyenne Hayes & Caitlin Doyle**) crew competed at the first Northern Beaches Boat Carnival of the year at Bigola (only Freshie crew to go). Their sweep, **David Macquire** pulled the team out after one row due to dangerous conditions - not much to report on results wise however they did fly the Freshie flag!

Newport Boat Carnival was held on 16 November and Freshie had 3 crews competing - U23 women (Twocans), U23 men (Stokers) and Reserve men (Dons). Will report results in next newsletter.

Our own **Freshie Surf Boat Carnival** is on 30 November (see flyer to the right) - any help would be greatly appreciated and there should be some good action on the day.

Hoping for over 100 crews to compete in six divisions on the day - Barbie of the grass at the club after the carnival is completed.

Scott Morrison


SUNDAY SURF RACE STARTS THIS SUNDAY 24 NOVEMBER

Get ready for some hotly contested competition - starting this Sunday at 11am. Surf races first followed by Board races. All welcome from u10s upwards.

Look forward to seeing you on the beach!!

Ross Parry, Organiser

Saturday 30th November



FRESHWATER SURF BOAT CARNIVAL

7:30AM REPORT
8AM ROUND ROBIN GUN
BBO, BEERS & PRESENTATION
TO FOLLOW

ENTRIES MADE VIA SURFCANS OR SNB BRANCH

Made with PosterMyWall.com

ATTENTION ALL MEMBERS!

ALL MEMBERS are invited to come and enhance their skills at board riding, running into the water, porpoising, body surfing to help you develop and practice your water skills for patrol.

Saturday mornings at 7am come to the beach and join in with our fantastic coaches (such as **Aaron Thomson** and **James Coates**) on the beach who will give you plenty of encouragement and share their expertise. We can find you a board if you need one.

This does not have to be a training session, it can focus on development as we have several very qualified coaches available.



Director of Education



A big congratulations to all our new Bronze Medallion and SRC members who have gained these awards since the season began.

Upcoming courses and proficiencies - please register online on Freshnet
<http://freshnet.freshwaterslsc.com>

Proficiencies:

All patrolling, competing and water safety members are required to complete an annual skills maintenance each season. This is a skills refresher, not a test, and covers all requirements set out by SLSA. Please note that ART proficiency is being undertaken separately to Bronze Medallion and SRC. IRB Crew and Driver is also a separate proficiency.

Bronze and SRC - 01/12/2019 11:30am
Bronze and SRC - 07/12/2019 1:30pm
Bronze and SRC - 08/12/2019 08:00am

Advanced Resuscitation Techniques - 21/11/2019 6:30pm

IRB Crew and Driver - 07/12/2019 07:00am

Training Courses

Advanced Resuscitation Techniques Certificate 30/11/2019 (to be confirmed)

Thank you

Jacqueline Phillips
Director of Education



Director of Lifesaving

The surf life saving season is now truly under way. Patrol 1 was called into action with the first mass rescue of the season, Patrol 5 managed a spinal incident and our patrols tended to the first fin chops, bluebottle stings, cuts and bruises. Surf Life Saving Australia encourages us to report notable rescues for nomination of the Rescue of the Month. Please do let me know the details of any significant rescue so that we can report it to SLSA.

Our Education Team is putting all of us through proficiencies and there appears to be a record number of SRCs and Bronze members coming through to join our patrols. It is great to see so many new patrol members come through and we are looking forward to welcoming you all on the beach soon.

The favourite patrol day for our SRCs appears to be Sunday mornings. While I do my best to accommodate everyone's patrol preferences and take note of who you want to patrol with, we do need to allocate members equally to all patrols. At present, we need more SRCs on the Saturday patrols and more Bronze members in our Sunday morning Patrols 9 and 13, which are currently amongst the smaller teams.

We had some trouble with our Freshnet substitute features, which is now fixed. Do let me know if you are still experiencing problems. If you are missing uniform items or have outgrown your uniform, do send me an email and we'll get you looking your personal best in red and yellow by your next patrol.

As always, the best way to keep the public safe is to prevent people getting into trouble in first place. In true festive spirit, two of our finest from Patrol 11 made sure for Santa to stay clear of Freshie's northern rip.

See you on the beach.

Dierk Hartmann

Director of Lifesaving/Club Captain





NIPPERS NEWS - REPORT FROM THE CHAIRMAN

The Nipper Season is well and truly in progress with 4 sessions under our belt and 3 carnivals.

All is progressing well with our returning and new age managers settling their groups into routine. Our newbies in the U6 Age Group are finding their feet with 9 newly minted age managers and assistants stepping up for the first time. We appreciate the parents that have put their hand up to help out and know that you and your children will get so much out of the season by being actively involved in the age group.

A big thank you to our cadets, **Mila, Lil, Addi, Toby, Jakoby, Bree, Kailan** and **Anna** for helping to running the U6 activities for the first few weeks until an Age Management structure was established. Valuable experience

for the cadets, the U6s and the incoming parent managers. You guys did a great job dealing with 138 kids experiencing their first weekends at nippers - tears, tantrums and organised chaos - but we got there and could not have done it without you. We hope it bought back some fond memories for you.

Last Sunday saw our first round (of 3) **Club Championships**. It was a cracking day weather wise and Freshwater Beach served up the very best conditions surf wise that was generally kind but also contesting at times with the odd set rolling through that challenged even our

most experienced water competitors.

The age structures, coaches, experienced officials, water safety and many parent helpers all worked together to ensure that the day was well run, organised and fun for all the nippers. Thank you to the senior members of the club - **Chris Tyrell** and **Killer** for stepping in once again to run the sprint track and water area for us. Great to have your experience on hand.

Club Champs encourage all nippers to put the skills they learn each Sunday to the test and push themselves a little harder in a friendly and encouraging environment. Please be assured this event is for all nippers and not only for the competitive kids. We look forward to seeing all nippers at Round 2 & 3 which will be held on **Sunday, 8 December 2019** and **Sunday, 23 February 2020**. Nippers will take their 2 best results across each event and those points will be tallied to work out who our top 3 boys and girls are in each age group. Overall Club Champs will be announced on presentation day on **Sunday, 23 March 2020**.

On the Carnival front and right on the back of Day 1 at Nippers we went to the Dee Why Bennett Board Carnival. Congratulations to all competitors, for some it was their first carnival and for many their first board carnival. Top 6

results were as follows:

U9 Male Board Sam Northcote, 5th

U9 Female Board Holly Pinnuck, 3rd

U11 Male Board Jasper Pinnuck, 6th

U11 Female Board Jazlyn Plummer, 6th

U14 Female Board Rachel Bourgeois, 5th

U14 Female Board Dyllan Howison, 6th

The following weekend we were off to Newport SLSC where a select number of nippers were invited to attend the **Newport Interbranch Selection Carnival**. This was a tough day as only the very best competitors in each event and age group were selected to compete. Freshie Competitors gave their best against the strongest competitors in the Northern Beaches, along with a surprising number of out-of-branch competitors. Best placing results across various rounds and SNB branch-based competitors were as follows:

U12 Male Beach Sprint

Olly McDonald: 1st

Cooper Williams: 2nd

U12 Male Beach Flags

Olly McDonald: 1st

Cooper Williams: 3rd



Junior Ironperson



U10 Flags



U10 Swim



U10 Board race



U12 Female Beach Sprint

Ava McGettigan: 4th

Georgie Nitz: 5th

U13 Female Beach Sprint

Leela Scott: 1st

Charlotte Watton: 3rd

U14 Male Beach Sprint

Artie Leiper: 1st

U12 Female Beach Flags

Ava McGettigan: 3rd

U13 Female Beach Flags

Charlotte Watton: 2nd

Nara Jordi: 3rd

Leela Scott: 5th

U14 Male Beach Flags

Artie Leiper: 1st

As a result, we would like to congratulate **Artie Leiper** (U14's) and **Leela Scott** (U13's) for being selected in the Northern Beaches **Interbranch Land Team**. Former Nippers, now Cadets, **Mila McGettigan** and **Josh Gedz** were also selected as U15 land representatives. We wish them well at the **Interbranch Championships** being held in **Bulli** in on **8 December** where they will compete against the other 10 branch teams from NSW. Sydney Northern Beaches are the reigning Interbranch Champs so we are expecting big things.

On **Sunday 3 November** the Freshie Nippers popped over the hill to the **Queensie Carnival** which is always a great day for our talented beach team. Our all age relay (reigning State Champs) - blitzed the competition with a convincing win. Our B team were flying as well and a dropped baton unfortunately knocked us down a peg but it shows we have plenty of depth in our land team and places in the all age relay team are hotly contested. Lots of other medals and placings but we are waiting for SLSNB to publish the final results and hope to report them next newsletter.

Our home carnival, **Freshie Fast & Furious** was held on **Sunday 17 November** so I'll fill you in on what occurred there next time as the carnival has not occurred at the time of writing.

Finally the usual admin reminders which I cannot impress enough, please take note of the following:

We use **Team App** as our primary source of communication for Nipper families. All Nipper parents need to download the App and search for "Freshie Nippers" in order to stay up to date with news, information, calendar, training timetable, payments, and events. Ensure you select "Nipper Families" and your child's age access groups as a minimum.

If your nipper is attending training regularly - you are required to join the Freshie Flier program. We will be taking rolls at training over the next month and kids that are training and have not joined the program will be requested to pay the fee. No payment - no training. If your nipper is a Freshie Flier - please remember that there is a 3 parent duty per nipper (capped at 5) requirement for the season.

Finally - thank you to those parents that step up to do official duties, water safety, BBQ duties, age management, set up and pack down, transporting kids and tents, shop duties and my great JAC team. Your help is not always acknowledged but much appreciated. 800 Nippers also thank you.

See you on the beach!

Paul McGettigan, JAC Chairman



YOUTH@FRESHIE



Hi all - we are well and truly in the throws of another season and before long the school free zone will be here for a few glorious months - maybe not so glorious for parents at about the four week mark, but we'll do our best to keep them entertained and involved here at Freshie.

Lots happening with the youth squads - both the U14s and the U15-U19s under the watchful eyes of their respective age managers and coaches. Our main aim through this Youth Development role I oversee is a really simple one - holding on to our young members and keeping them involved and active in the club. To do so, we have an obligation to ensure what we provide is worth them being a part of.

So let's have a look at it:

For the U14s age group under the leadership of age managers **Jenny Bourgeois** and **Tania McLean** the group have not only a string of carnivals and our club championships to compete in, but will also undertake the important role of choosing club captains from within their own mix, as well as participants for the Junior LifeSaver of the Year award program. Both of these latter options challenge our young stewards to put others first in the name of service to the community.

We began the program with introducing to the age group our new values and beliefs statement which succinctly aims to identify what our core values and beliefs are as a volunteer organisation centred on serving the community. Over the coming Sundays we will also introduce the age group to the wider opportunities to be involved here at Freshie - patrols, First Aid, RnR, Champion LifeSaver and Boats to name a few.

The U15-U19s Freshie Fighters have a full agenda of opportunities for gym, ski, swim and board training coordinated by the likes of club stalwarts **Aaron Thompson**, **Michael Kirkby**, **Ben Kirkby**, **James Coates**, **Peter Block**, **Kev Crow** and **Gaven Needham**, to name a few. Training opportunities have been underway for some weeks, building a solid esprit de corps among participants.

It is encouraging to know that the club is open and welcome to all participants and members. Simple things like wifi access means you can get to training early, get a bit of necessary homework done upstairs before hitting the water and relax once you get home.

Club Chaplain Mark Gilbert is also always around with a smile, happy to chat and offer support if and when needed.

Don't forget too that if you are participating in the very worthwhile Duke of Edinburgh Scheme, at any level, bronze to gold, let me know and we are happy to support you as a club with your community service accreditation.

Keep an eye out in the coming months over the summer as we launch a few initiatives - I have been in conversation with a few service providers to assist us with various courses for those that are interested - the Responsible Service of Alcohol (RSA) is one, and the Kicks@Freshwater (a cross between yoga and kickboxing) another that we're looking at running soon for members. Stay tuned and any comments or feedback or if you just want to say hi - sam.disano@gmail.com or youth@freshwaterslsc.com.

Sam Di Sano

Director Youth Development

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**mbacing diversity
- R**esponding to others in need





MEMBERSHIP FEES ARE NOW OVERDUE

Members should note membership fees are now **overdue**. 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

Members should also note if you did not renew by the end of October your security FOB access to the premises is likely to have been de-activated.

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 shown in the table.

A list of members' patrol hours is included with this newsletter on pages 9-13.

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



Director of Member Services



FRESHIE SHOP

Freshie Shop order online to gear up for any gear you need and don't forget Christmas is just around the corner! Shop at <http://shop.freshwaterslsc.com/>

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).

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



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	Director Sport
Aaron Thomson	Board, Ski or Swim
Scott Morrison	Boats
Jane Freakley	R&R
Ross Parry	March Past

Lindsay Davis	Lifesaving Competition
Gaven Needham	Masters Competition (30 yrs+)
Kev Crow	Board Riding
Kev Crow	Beach Events

YOUR CLUB



THOUGHT FOR THE MONTH

Childhood injuries:
Fell off my bike,
fell out of a tree,
twisted my ankle.
Adult injuries:
Slept wrong, sat
down too long,
sneezed too hard.



COMPETITION PATROL HOURS 2019 (1/1-31/12/19) for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over). Please note patrols from weekend 16-17 November have not been finalised yet so there may be some discrepancies.

SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Abbott	Millie	16.75	Brun	Isabelle	30.75
Adams	James	8	Buijs	Nard	21.75
Andersen	Paul	32.75	Burrough	Mark	28.75
Armstrong	Lee	6.25	Burrows	Kris	36.02
Baker	Julia	30.25	Cadwallader	Sian	21.33
Bartolomei	Alessio	22	Carnell	Peter	8.92
Bartolomei	Cain	17.17	Carnell	Samuel	26.5
Bartolomei	Giacomo	22	Carroll	Peter	18
Bell	Jakoby	17.08	Chapman	Matthew	13.25
Bennett	Anthony	22.5	Clancy	Nicholas	18
Bennett	Catherine	21.75	Coates	Bree	34.83
Bennett	Rhiannon	26.5	Coates	Jack	27.91
Bennett	Siobhan	9.75	Coates	Max	23.83
Berger	Natalie	17.83	Cook	Kim	30.5
Bick	Anna	17.25	Corner	Alex	24
Bick	Christine	18	Cradock	Ethan	26.25
Bick	Marcel	17.75	Creer	Alex	12.25
Blakeney	Ben	30.58	Crittenden	James	86
Blakeney	Lucas	25	Crittenden	Stephanie	31
Bland	Sebastian	13.25	Curley	Anna	35
Block	Charlotte	29.33	Curley	Tamsyn	23.75
Block	Peter	32.25	Daley	Liam	23
Bohm	Andrea	27.16	Daley	Michael	30.83
Bourgeois	Lauren	25	Daly	Caoimhe	22.75
Brace	Michael	8.5	Daly	Derek	26.5
Braund	Andrew	4.25	de Vries	William	13.5
Brenchley	Michal	25	Dearden	Tahlia	34
Bridgford	Diana	26.5	Dettmann	Kiana	18.25
Brink	Benjamin	33.25	Di Sano	Alexander	0
Brink	Lachlan	30.25	Di Sano	Sam	28
Brink	Michael	26	Di Sano	Sebastian	22.25



COMPETITION PATROL HOURS 2019 (1/1-31/12/19) for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over). Please note patrols from weekend 16-17 November have not been finalised yet so there may be some discrepancies.

SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Dickson	Lewis	20.5	Gilbert	Mark	36.67
Dobrow	Nicholas	0	Gillis	Lucinda	13.17
Dobson	Jordan	23	Glackin	Liam	17.25
Dobson	Matthew	25	Glackin	Maxwell	26.5
Donald	Ailie	14.83	Gladstone	Aimee	17
Donnan	Annabel	16.5	Godoy	Deandra	38.25
Douglas	Adam	21	Godoy	Tristan	23.5
Douglas	Eliza	12.25	Goldrick	John	26.25
Douglas	Jessica	24.25	Grant	Dale	16.5
Dover	Jessica	24.25	Grey	Georgia	26.25
Doyle	Caitlin	25.75	Griffith	Charlie	24.25
Doyle	Nicholas	24.5	Guerin	James	26
Duffy	Thomas	15.25	Gunning	Marc	22.75
Dunn	Jamie	20.83	Hartmann	Amber	31.75
Dunn	Nigel	22.83	Hartmann	Benjamin	34.5
Dunn	Stephen	26.58	Hastie	Jena-Elle	0
Edgell	Abby	8.75	Hawtin	Richard	17.33
Edgell	Dominic	22.17	Hayes	Cameron	4.25
Edgell	Ian	24.25	Hayes	Cheyenne	25.75
Eerenstein	Andre	0	Hicks	Emily	26.75
Ewers	Adam	11.5	Hildyard	Ben	32.5
Faustmann	David	21.25	Hills	Ian	40
Ferreira	Daniel	4.25	Hills	Thomas	31.58
Ford	Benjamin	22.5	Hofer	Kris	26
Fraser	Simon	22.25	Huang	Jo-Ming	20.25
Frerck	Bennett	23.52	Hull	Lachlan	20.75
Gamble	Shanny	13.25	Hurrell	Jack	31.08
Gander	Max	17.25	Jacobs	Alexander	31.5
Gardner	Gregory	25.25	Jacobs	Toby	23.58
Gedz	Joshua	13.25	Jander	Natalie	30.75
George	Zac	13.25	Jarman	Luke	39.83



COMPETITION PATROL HOURS 2019 (1/1-31/12/19) for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over). Please note patrols from weekend 16-17 November have not been finalised yet so there may be some discrepancies.

SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Jones	Andrew	26.75	Mather	Kit	33.83
Jones	Samuel	25	Matthews	Ella	12.5
Jordi	Daniel	18.5	McArthur	Lachlan	12.25
Kiely	Gracie	27.5	McGeever	Bryn	30.5
Kiely	Patrick	19.25	McGettigan	Mila	26.83
Kiely	Rebeca	26.75	McKenzie	Jonathan	28.18
Killen	Grayson	34.17	McLay	Finlay	9.5
Kim	Tony	19.17	McLay	John	27
Kite	Joshua	21.17	McLean	Hamish	26.75
Kite	Noah	22	McLean	Jensen	34.75
Klette	Yvonne	25.5	McMicking	Alec	22.5
Klotz	Oliver	26.25	McMinn	Andrew	8.75
Klotz	Olivia	26.25	Miller	Bailey	16.92
Knox	Eloise	16.75	Miller	Finlay	29.38
Law	William	0	Mills	Taylor	30.25
Lee	Kandy	17.5	Mori	Yuta	25
Lemlin	Emily	27.08	Morrison	Joshua	22.25
Lemlin	Paul	30.75	Murphy	Annabel	25
Lever	Samantha	18	Naughton	Stephen	21.5
Liang	June	21.25	Needham	Alexander	67.66
Lin	Tao	16.5	Needham	Jade	34.42
Linfield-Kent	Thomas	17.58	Needham	Rachel	31.56
Lo Schiavo	John	53.25	Newell	Tanya	23.75
Lombardini	Diego	12.25	Newhouse	Gabe	43.25
Lopes	Sophia	8.75	Nitz	Addison	22.25
Loughlin	Michael	10.75	Noakes	Jack	17.75
Louis-Seize	Tania	26.5	Northcote	Mark	39.25
Lynch	Scott	29.5	Obern	Alex	22.25
MacRae	Michelle	9	O'Connor	Imogen	8.5
Malm	Alexander	25.58	Orton	Charlie	18
Malm	Andrea	25.75	Orton	David	8.5



COMPETITION PATROL HOURS 2019 (1/1-31/12/19) for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over). Please note patrols from weekend 16-17 November have not been finalised yet so there may be some discrepancies.

SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Parker	David	23	Seaglove	Grace	14.92
Parker	Jane	26.75	Smart	Lilias	34.5
Parker	Matilda	23.25	Smith	Bill	40.5
Parker	Sam	14.5	Smith	James	31
Pendray	James	18	Smith	Stewart	27.5
Persico	Lara	17.25	Smith	William	31
Phillips	Adam	23.33	Sorensen	Carl	22.92
Phillips	Jacqueline	30.67	Sorokina	Tatiana	26
Phillips	Lucas	21.5	Stark	Jacqueline	30.25
Phillips	Stephen	17.67	Stark	James	26.5
Piggott	Arthur	23.25	Styles	Benjamin	22.25
Pinnuck	Diana	7	Sweeny	Kailan	25.5
Poutney	Nick	17.75	Tallentire	Georgia	8.25
Price	Caitlin	53.5	Tallentire	Zoe	20
Price	David	92.25	Thomas	Nigel	23.5
Quail	Callum	12.5	Thomas	Ryan	18.25
Quail	Declan	17	Thomson	James	10.75
Radford	Bailee	25.5	Thomson	Will	0
Raymer	Michael	26	Thorley	Jedda	0
Rebecchi	Gabrielle	21.25	Thornton	Luke	29.63
Rebecchi	Leon	21.75	Toole	Liam	27.75
Rees-Evans	Michael	31.25	Tops	Michiel	31.25
Renshaw	Joel	14	Tyrrell	Chloe	17.5
Richmond	Donny	4.25	Tyrrell	Joshua	20.5
Riddle	Oliver	16.75	Tyson	Jock	22.5
Ryan	Liam	22.17	Ulloa	Rebecca	28
Schaefer	Derek	16.75	Urquhart	Jason	12.75
Schroeder	Brandon	27.08	Veitch	Joanne	31.5
Schroeder	Rhys	26.5	Vella	Lachlan	4.25
Scrymgour	Robert	24.75	Vickers	Sharyn	24.25
Scrymgour	Taylah	16.83	Vilnis	Michael	26.25



COMPETITION PATROL HOURS 2019 (1/1-31/12/19) for Cadet Member (13-15 yrs), Active (15-18 yrs), Active (18yrs and over). Please note patrols from weekend 16-17 November have not been finalised yet so there may be some discrepancies.

SURNAME	FIRST NAME	PATROL HOURS	SURNAME	FIRST NAME	PATROL HOURS
Wain	Lachlan	21.74	Weston	Hugo	24.75
Wain	Simon	31	Whitaker	Keith	17.25
Wall	Stephan	23.52	Wickham	Gemma	18.92
Walsh	Sophie	17	Wilmott	Mathew	26
Warren	John-Paul	35	Wilson	Kai	26.25
Webb	Rachel	30.42	Wirth	Tim	30.5
Webb	Robert	36.5	Wiseman	Liam	21.5
Wessling	Tony	31	Wood	Samantha	31
Westbury	Max	15.25	Wright	Michael	39.83
Westbury	Simone	17.92	Yoshida	Joe	17.75
Weston	Georgia	17.58			

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 0412987007 or email

wandj@bigpond.net.au



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

Thank you!
Mary-Louise Parkinson
Director Sponsorship & Marketing | Freshwater SLSC





YOGA BY THE SEA

Bondi to Bronte, Manly to Freshwater

Sunrise sessions have begun at Bondi, Freshwater & Manly* with even more sunrise/sunset classes from November.

SPRING DEAL

10 CLASS PASS for \$125

*Validity 1st September to 1st December.

*Can be used at all 5 Yoga by the Sea [locations](#)

*Includes ocean view yoga classes, mats provided or BYO.

*Can be shared between friends.

*Buy as many as you like as gifts too!

*Check out our [Pricelist](#) for other Multi-Pass Options, Terms & Conditions, then follow the link to our [Mindbody Buying Platform](#).

*First time? Try our [INTRO DEAL](#).

*More frills? Try our [LUXE PASSES](#).



SRI LANKA RETREAT

November 9-19th, 2019

Join esteemed yogini Jemma Rivera for a Wellness & Wisdom Retreat set in the exotic East. With the luxury of time, this 10 day retreat provides you with practical ways to improve your health, cultivate inner peace and live an inspired life. Combining Yoga, the science of Ayurveda, the magic of Essential Oils, cultural excursions, blissful Spa treatments, QiGong & Meditation classes in paradise. Enquiries please email sasha@yogabythesea.com.au

SECRET NINJA SCHOOL

Family Taekwondo classes

Monday - Friday, AM and PM sessions

Freshwater, Curl Curl and Balgowlah

0403 881 332

secretninjaschool.com

修行
SHUGYO

We rate our home loans.

And so do our customers.*

At Freshwater **Community Bank**® Branch we understand that having a great rate means nothing without great service. Which is why Bendigo Bank home loan customers are rated among the most satisfied in Australia.*

Drop into your nearest branch at 20 Albert Street, Freshwater or phone 9939 6744 to find out more.

Bendigo Bank Home Loans. Don't settle for less.



Bendigo Bank
Bigger than a bank.

Freshwater **Community Bank**® Branch

*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)

