

A FRESH UPDATE

JANUARY/FEBRUARY 2020

from the President

Our patrol teams are continuing our incredible safety record so far this season and there have been no serious casualties to report.

Congratulations to the various captains for their level of leadership and commitment to maintaining this record and to our Club Captain, **Dierk Hartmann** for his success in handling this role and for the enormous amount of time he spends on largely unheralded and thankless tasks.

Sadly, the **SNB Branch Titles** were cancelled due to adverse weather conditions although there is a slight chance they will be held towards the latter half of March if weather and beach conditions allow it. Nevertheless, all competitors are gearing up for the **NSW State Titles** to be held at **Blacksmiths Beach** from **4-8 March** and we're confident the Freshie flag will again be flying proudly.

Our longest ever sponsor, the **Harbord Beach Hotel** has been sold to **Meridian Australia Pty Ltd** and last Monday night saw some of our members conduct a 'meet and greet' with the new proprietors, **Glenn Piper, Lachlan Cottee** and **Michael Ternes**. We are hopeful of having as equally long and successful relationship with them as we enjoyed with the former Proprietors, **John Thorpe AM, Trish King** and their General Manager, **Sean King**. We are incredibly grateful to John, Trish and Sean for their generosity over so many years to our club and wish them well for the future. As a small token of our gratitude, there will be a presentation to them at our **AGM on Sunday, 28 June** so please put that date in your calendars.

See you on the beach!

Alan Burns, President



BREAKING NEWS - HOT OFF THE PRESS!! STATE GOLD!!

Congratulations to our **Lucas Phillips** for Gold in the Open Male, **Kirra Budd** who won Silver in the U15 female and **Luke Thornton** who won Bronze in the U15 Male Champion Lifesaver! Lucas then joined **Tahlia Dearden, Paul Milinkovic, James Crittenden, Julia Baker** and **Andrea Malm** to win Gold in the Patrol Comp - CONGRATULATIONS to everyone and to coaches Lindsay Davis and Andrew McEwen.



UPCOMING EVENTS

- | | |
|-----------------------|---|
| 28&29 Feb- | NSW State Nippers Championships, |
| 1 Mar | Swansea Belmont |
| 1 Mar | Barney Mullins Swim Classic, Freshwater |
| 4-5 Mar | NSW State Masters Championships, |
| | Swansea Belmont |
| 6-8 Mar | NSW State Open Championships, |
| | Swansea Belmont |
| 21 Mar | Branch Boat Championships, Queenscliff |

Harbord Beach Hotel have been one of the Club's major supporters for more than 40 years.



The Hotel's new owner and management team will be holding a big FREE event at the Hotel to celebrate this year's extra day of summer on 29th February. Please register here for your FREE ticket to attend. Note only for 18 and older: <https://tickets.myguestlist.com.au/v25e37b14e61c4f/one-more-day-of-summer/evs5e37b14e650c0/>. Hope to see you there!



BARNEY MULLINS SWIM CLASSIC

Sunday March 1st @ 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 Andrew de Vries at andrew.devries@bigpond.com

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

Director of Member Services

Freshies on Friday was a hit with a variety of members from all sections of the club attending.

Get Decked out in the latest Freshwater Gear

Freshie Hoodies <http://shop.freshwaterslsc.com/products/freshwater-hoodies-pre-order>

Deck Coats <http://shop.freshwaterslsc.com/search?q=deck>

Hooded Towels <http://shop.freshwaterslsc.com/products/hooded-towel>

New Back Packs <http://shop.freshwaterslsc.com/products/freshwater-backpack-now-in-stock>

Order online and have posted out or collect in store.
Michal Brenchley





Director of Lifesaving

Can you believe it is already the end of February? Three patrols and this Surf Life Saving Season will draw to an end, culminating in our annual dinner and Freshies awards ceremony.

I welcome your nominations for the Patrol and Lifesaving Awards. You'll find the awards and the criteria for the award in our By-law 10. Below, please find a list of the awards for which I am seeking nominations:

- Patrol Person of the Year
- Rookie Patrol Person of the Year
- Youth Patrol Person of the Year

The *Patrol of the Year* award is determined by patrol statistics and conduct of the patrols. According to the By-Laws, the *100% Patrol Achievement* requires the attendance of all rostered patrols of a season and "any substituted patrols that have been reciprocated". I am inclined to interpret this to mean that you do not necessarily need to have attended all of your rostered patrols, but that hours on other patrols also count, provided you arranged for a substitute for the rostered patrols you missed.

Looking at the patrol attendance so far, the latter appears to be a sticking point. You may have noticed that this season lacked threatening emails, make-up patrols and penalty patrols. While most patrols this season were well attended, on at least two occasions we did not meet the minimum requirements of at least six Bronze Medallion members on the patrols.

I would prefer to maintain a system that recognises that we are all volunteers. For that to work, I would like to ask you to make an effort to organise a substitute when you are not able to attend a patrol and to let your patrol captain know when you can't attend or have been unsuccessful in finding a substitute.

Sun Run Aquathon

On 1 February Freshwater SLSC hosted the swim of the Sun Run Aquathon. A big thank you to Tom Duffy, Grace Seaglove, Yvonne Klette, John Lo Schiavo, Sharyn Vickers, Henry James, Gabe Newhouse, Cameron Hayes, Ben Hartmann, Amber Hartmann and the seventh board rider whose name escaped me (I do ask for your forgiveness), but who is in the picture below, for acting in the capacity of Emergency Services Officer and provided first aid and water safety. We could not have hosted the event without your help.

We rescued 12 swimmers that morning and helped the remaining 288 participants to complete the swim safely. A big THANK YOU also to the council life guards who had an early start and worked alongside us.

Dierk Hartmann



more



STORAGE OF PERSONAL CRAFT ON CLUB PREMISES

Members are reminded 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.





On evening of Sunday 9 February, when the extreme weather was hitting the Northern Beaches - members of Patrol 10 (after their patrol) and the Freshwater after-hours call out team assisted the evacuation of residents from around Narabeen Lagoon due to flooding from the high tide. Thanks to James Crittenden, Ethan Cradock, Jason Urquhart, Joshua Morrison, Kai Wilson, Bennett Freck, Kelly Marsh, Caitlin Price and David Price. It was so pleasing to open this email to learn which of our members gave their time in very trying circumstances recently, to help complete strangers in their time of need.

Congratulations to all those involve, we are proud to have you as members of Freshwater SLSC. Alan Burns, President



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www.surflifesaving.net.au

Mr A Burns
President
Freshwater Surf Life Saving Club
Via email: alanburns51@outlook.com

February 19, 2020

Dear Alan,

RE: FLOOD EVACUATION ASSISTANCE – SUNDAY FEBRUARY 9, 2020

On Sunday February 9, Surf Life Saving Sydney Northern Beaches were tasked to assist NSW Police with the door knocking and evacuation of residents in flood affected areas throughout North Narrabeen, Narrabeen, South Narrabeen and Warriewood areas.

NSW Police Superintendent Dave Darcy and SES Local Commander Wayne Lyne wanted to extend their personal thanks to all of our members who volunteered their time to assist in the evacuations.

We would like to thank and acknowledge the following members of Freshwater SLSC for assisting and giving up their time:

Ethan Cradock	James Crittenden
Freck Bennett	Kelly Marsh
Joshua Morrison	Jason Urquhart
Kai Wilson	

Club call out teams were also tasked. These call out teams waited in readiness some until 10:30pm should they be tasked to assist. Unfortunately we didn't get all of these teams names but would like to extend our thanks and recognition to them as well.

On behalf of the Branch Executive, we would like to thank Freshwater SLSC for its volunteers assisting on the night.

Sincerely,
SURF LIFE SAVING SYDNEY NORTHERN BEACHES

TRACEY HARE-BOYD
ACTING PRESIDENT

ADRIAN HILL
DIRECTOR OF LIFESAVING

THE 21 CLUBS ON THE NORTHERN BEACHES





END OF SEASON DINNER, DANCE AND PRESENTATION NIGHT

The annual end of season dinner, dance and presentation night will be held on **Saturday 30 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.

The annual club presentation night is to be held on **Saturday 30 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 on page 19.

The club's Awards Panel has the responsibility for the receipt and assessment of nominations and for making 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 remains 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, Kelly Dobrow, Ben Kirkby, Ian Gradock and James Crittenden**.

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

Director of Sport



Just a few items of interest

- * All sections are training hard for upcoming Branch (we hope it will be run!), State and Aussie Championships.
- * It's great to see other members of the club coming along to some training sessions to work on their skills.
- * Does anyone know how big the Queenscliff Bombora really gets? Nick Doyle and Ben Blakeney can give you an idea after a recent excursion!
- * Japanese visitor comes to Freshie - Toma Hayakawa has come to Freshie for 7 weeks to improve his skills.

He's super

keen and attending training sessions daily, seeing how we do patrols and having a great time in the surf with the young and older members of Freshie. If you see him on the beach please say hi!!!

Kev Crow





R & R



This is the first RnR report for the season and it is pleasing to say that Freshwater continues to field Open RnR teams despite the changes in team membership. The end of 2018-19 season saw the retirement of **Libby Murphy** and **Alan Burns**. The 2019-20 competition season has seen **Kelly Dobrow** (Open Women's) and **Wayne Freakley** (Open Men's) return to the squad. Once again our club has an Open Men's (**W Freakley, J Freakley, C Tyrrell, I Donald, S Di Sano**), Open Women's (**K Dobrow, J Freakley, C Freakley, L Kiely, B Kiely**) Open Mixed (**P Kiely, B Kiely, G Kiely, S DiSano, H Weston**) and 6 person team (**J Freakley, C Freakley, P Kiely, H Weston, I Donald, C Tyrrell**). Our coaching team is Alan Burns, Chris Tyrrell & Ian Donald.

Our season kicked off at the Manly carnival on Sat Jan 25, continuing at Freshie on Jan 26. With work commitments affecting our teams, we were forced to

adapt, improvise and overcome. Hugo stepped in for Jarrad and Pat for Ian in the Men's team, Seb stepped in as a swimmer in the open 6. At Freshwater Grace stepped in for Bec in the women's team and Lysa for Bec in the mixed. As a testament to the strength of our squad, despite those substitutes, all teams won their respective events across the weekend.

Our domination in the water appears to continue. With the exception of one event, Freshwater claimed all belt and tube races across the weekend. At the Freshwater carnival, despite the belt falling apart as Hugo was entering the water, he was able to apply a cool head to get it back together without a loss of points. He then went on to convincingly claim the race ahead of the other competitors.

As was the experience in other competition areas, the number of teams attending across the weekend were not as great as other years. While no teams from Victoria made the journey, Alexandra Headland did travel from the Sunshine Coast. A strong showing from the southside clubs, together with Collaroy, provided some healthy competition at Manly.

It was disappointing that all those teams didn't compete at Freshwater - perhaps the later time slot was a deterrent. The later time slot also threw up some challenges for the competitors in negotiating the public using the competition area for swimming. Despite that, it was a good day for the club winning all events contested.

The following weekend the squad took on the southern clubs at Wanda. Again we put composite teams on the beach. A highlight was Chris donning the belt in the Open Women's event. Drawing inspiration from the teams usual swimmer, Clare, he was first to the cans. The team was the best performer in that division on the day however for obvious reasons could not claim the first place.

With State champs only a matter of weeks away, belt training has commenced on Thursday afternoons. All members of the Club are welcome to join in this session - please come along, challenge yourself.

If you are reading this article and would like to form an RnR team, all you need is 5 people, 2 of them who like swimming. The team can be all men or women or a mixture split 2/3. Age is no barrier. Ask around your Patrol or surf club friendship group, maybe even put an ad in next newsletter looking for team members.

This is a competition event building on the lifesaving skills you learned doing your Bronze or SRC. If you're on the beach on a Saturday or Sunday morning you will see the teams training so come along and check it out.

Once you have got your numbers, or would like some more information, please contact me at wandj@bigpond.net.au. so we can start your competition preparation.

Jane Freakley, RnR Captain



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



THE BACKSHOOT: NEWS FROM THE BOATIES



Been a busy 2020 for the boat section with carnivals being held at Queenscliff / Manly and ASRL in Mollmook.

Off to Battle of the Boats this weekend at Pacific Palms and then State the week after.

We have had five to six crews rowing at each carnival.

B crew (Dons) and **Colts (Skrokers)** making semi finals at Queenscliff and Manly (Colts should have been in final if not for a crab and choke on the line in the semi).

The girls crews coached by **Dave** have been battling above the weight - almost making the quarterfinals at the ASRL - missing out due to tough cut as a result of big seas (would have made normal cut).

The Junior men's crew (**Freshy Fighters**) still learning and developing however they are training much harder which is a good sign.

Mollmook turned on the big seas - the Dons rowed in the biggest waves on the Friday and handled it well before we were all moved to a different beach down at Batemans Bay.

No crews made the finals on Sunday - again the Dons did well before saving the worse row for Saturday arvo around 5pm - they were on the beach two full days (tough work).

The Colts rowed really well up against other crews three to four years older - just a bit off the very quick pace in Colts.

The girls rowed well - handling the conditions really well and cracking some nice waves.

Again the Fighters improved with every row.

Speaking of waves check out the picture of Nathan Perry trying to drive the boat through the sandbank almost finding China

Off to Pac Palms minding a house full of boat rowers - GIVE ME STRENGTH!!

Scott Morrison



HATCHED, MATCHED & DISPATCHED

VALE KAY PRIDAY

In sad news, Kay Priday passed away on 9 February aged 86. Kay was a long time member of the club's Women's Auxiliary Committee throughout the 1970's and 1980's. She was also a foundation member of the nippers at Freshwater in 1966 when it was a separate junior club. She served as nippers' registrar for many years at both club and Branch level. She also acted as chaperone for Interstate teams.

She was actively involved in a range of administrative, social and support functions at the club. Her dedication to the nippers movement is recognised by the club via the Kay Priday Encouragement Award which is presented annually to a boy and girl in each of the age groups from Under 8 to Under 14.

VALE NIGEL THOMAS

It was with shock and disbelief that members learned of the sudden passing of Nigel Thomas while on holiday in Thailand with his family. Nigel joined the club in 2009 and quickly became immersed in surf club life. With children in the nippers, he offered his support wherever he could, including obtaining his Bronze Medallion and IRB crew certificate so he could assist with water safety duties. When his children ceased their involvement with the club, he continued to be an active patrolling member on patrol 1.



WATER USAGE DURING LEVEL 2 RESTRICTIONS

USE OF WATER DURING WATER RESTRICTIONS

NSWSLS has advised that all clubs within the area covered by Sydney Water have been granted exemptions from the restrictions subject to a number of conditions –

- Any hose used for washing designated equipment must be fitted with a trigger nozzle
- The washing down of equipment must occur immediately after the equipment is used
- Equipment covered by the exemptions includes –
 - All terrain vehicles (also known as SxS -side by side vehicles)
 - Inflatable rescue boats (IRB)
 - surf boats
 - rescue tubes
 - rescue and competition boards
 - skis
 - jet skis – also known as Rescue Water Craft (RWC)
 - trailers used on the beach for transport of patrol equipment.

Irrespective of the exemptions granted,. members should remain mindful of the need to be careful in their use of water. In particular –

- Showers should be kept to a maximum of 3-4 minutes
- The washing down of craft and lifesaving equipment should be completed quickly and only for as long as it takes to remove any sand and/or salt
- Floors should be swept rather than hosed



SPONSORSHIP & MARKETING

Great story and pix re Meerkats female boat crew from NZ. FSLSC put them up during the bush fires. See thank you email from their captain and attached pix. David bought them the meerkats carving from the Freshwater African shop as a memento of their stay:

Hi David, Freshwater and Mollymook SLSC

I would like to express my sincere gratitude for your assistance with our Meerkats crew and support team during the George Bass Marathon cancellation and fire evacuation. Your support, positive energy and fantastic organisational skills alleviated the stress and trauma experienced by the crew and supporters which we greatly appreciate. Thank you also to the community who supplied required items and well wishes of support. On behalf of Muriwai Surf Lifesaving Club we are incredibly grateful for all your assistance. Our thoughts remain with you all at this time as your country faces ongoing challenges with the hope that recent rainfalls may bring some relief to the situation. Please feel free to keep in contact and let me know if you plan on a visit to NZ so that I can thank you again in person.

Kind regards

Jo Cooper

President MVLS.

Also check out the photo of the Freshie beach sculpture made up of debris washed up after the big storms of the last few weeks.

Mary-Louise Parkinson,
Director Sponsorship & Marketing

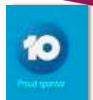


Join our Social Media team

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.





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 for Australia Day, attended the at Queenscliff and recommenced Nippers on Sundays.

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!

Branch was a great result with plenty of 'medal bling' across both the land and the water and an overall 3rd place behind North Curl and Manly. Last year we were 4th overall so well done to you all! There were some great individual and team performances with **GOLD** going to our **All Age Relay Team** who were defending the 1st place win from last season's Branch carnival and are ready to defend their State Title at the end of this month at Swansea Belmont.

During the break from Nippers, **Elani Plummer** and **Josh Orr** both represented Freshwater at this season's Junior Lifesaver of The Year (JLOTY) for Sydney Northern Beaches Branch and although they didn't take out first prize they did a great job, learnt a lot about themselves and had a lot of fun! Well done to you both.

One thing the recent batch of carnivals has shown is that we really need a lot more parents to step up from the U9s through to the U11s to take on the roles of officials and water safety so that we can make sure we share around the work load amongst the competing Nipper's parents and, more importantly, that we meet the quotas that Branch impose on us based on our competing numbers at carnivals. The official's course is an online course run through SLSNSW and only takes a matter of hours to complete. The cost of the course is \$60 and that will be reimbursed by the Club to you upon successful completion. Water safety is a different matter and requires you to complete the bronze medallion. The next training course will not be until after this season has ended so keep an eye out for that opportunity. I note that it is not compulsory for Nipper parents to patrol upon completing the bronze course if they only want to do water safety at Nippers.

The Nippers continue to train hard in the surf and on the land and as Round 3 of Club Champs approaches, scheduled for Sunday 23rd February, there is still plenty of time for all Nippers from U8's to U14's to get some extra training in to try and improve on your performances from the first two rounds as they strive for medals and the Club Championship trophy for male and female each age group.

As mentioned above the last weekend of February 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!

Upon our return from State we will have one more normal Nippers session and then we have our end of season Presentation which is scheduled for Sunday 15th March, 2020 so make sure you keep the morning free to attend.

See you on the beach!

Paul McGettigan, JAC Chairman



U10 girls Silver at Nipper Nats!



U10 boys relay GOLD at Nipper Nats!



Nippers run Bbq at Freshie Australia Day Carnival - thanks for all your hard work!



Freshie Nippers State Team!



BOARD, SKI, SWIM



The Board, Ski, Swim section has been building quite nicely since the school holiday Christmas period.

From the fantastic organisation and session setup from **Callum Quail**, to the organisation and direction of **James Coates** and the up to ten strong enthusiasts new to the senior club.

We endured the demands of the wild conditions at Wanda for the Summer of Surf, the Manly and our own Freshwater Carnivals with enthusiasm and as a cohesive squad.

Our training sessions continue to build with numbers every day reaching 20- 30 participants all of varying experience and skill levels and of course age groups.

Monday sessions run from Little Manly, Tuesday to Friday (Funday) are all at Freshie starting at 6pm and then Saturdays at 7am. These times will continue throughout summer and are open to all regardless of experience, ability or confidence.

The recent postponed Branch Championships saw us staring at a dilemma having not been confronted in recent memory. We were required to try and transport some 40+ craft over the hill to Queenscliff. I think our number of entered competitors was well into the 30's.

Our supporters and parents, as well as the senior competitors continue to be invaluable in their assistance. We are always on the lookout for any assistance financially for craft for some of our younger competitors with enormous potential who may find it quite difficult to finance a pursuit that they put so much effort and commitment into.

The upcoming State Championships are an exciting time for all our competitors and I wish all sections the best of luck, I hope your goals are achieved and that fortune is on your side. The Board, Ski, Swim section is going to continue to work hard and although my debut report is quite ambiguous in detail I'm hoping to build suspense and intrigue for the results that are ahead of us.

many thanks, Aaron Thomson (Changa)

MASTERS REPORT



The masters squad have come through the Christmas break largely unscathed although as we go to press a few of our ranks are still to report back from their North American training camps (Ski trips). While mainly unscathed **Phil Fagan** is doing his best to destroy everyone else's skis at training and keep the local ski repairers happy.

A few things that have been happening in the masters ranks lately:

We had 3 crack teams up at the annual **Sir Adrian Curlewis Palm Beach Twilight Carnival** with 2 of the 3 teams placing in their divisions, some highlights were **Matt Lemon** taking one for the team and competing in a ski relay and surf teams, **Nicole Phin** single-handedly carrying the Taplin team to victory with a blistering but calf destroying soft sand run leg and lastly **Adam Ewers** who must have run at least 30 transition legs as well as a couple of swims for his team.

Bevan Bike Pants (Simon Phin) and **Fingerbone (James Coates)** were last seen scouting the beach looking for some wax.

Sigi and **Robyn Hill** managed to get a some time away from the Northern Beaches hospital and answered the call of Batemans Bay SLSC over the Australia Day weekend to help out with some patrols, Sigi even lashed out for a couple of foam mats for the family as they bunked down on the floor of the surf club, who says the Northern Beaches folk cant do it tough.

With the recent big swell hitting, a few of the harder masters took the opportunity to get the SupSquatch out, the second wave of the day being what some are saying the biggest wave taken on the Supsquatch to date – check out the video on the Freshwater Facebook page.

With Branch cancelled our attention turns to States and Aussies, the Freshie masters will be sending one of their biggest teams to both events and looking to having some good racing and even better socializing. Word on the streets is that the Women's march past team are already talking up a big Sunday night after Aussies so watch out, will be interested to see if they kick on into Mad Monday...

As always if you are over 30, have a bronze and pulse, we'd love to have you join us.

Gaven Needham



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.



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



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



COMPETITION RESULTS

Since the last newsletter in December there have been a number of senior and junior carnivals held in the branch and elsewhere. As always, Freshwater has featured strongly in all carnivals, particularly the Branch Age Championships where the club finished in third place on the point score. A full list of the results –not including Branch lifesaving competition - is set provided below.

12/15/19	Junior Beach	North Narrabeen
1st	U14 Female Flags	Faith Thompson
1st	U13 Female Sprint	Leela Scott
1st	U13 Female Flags	Charlotte Watton
1st	U12 Male Sprint	Olly McDonald
1st	U11 Male 1km Run	Ewan Humphreys
1st	U11 Female 1km Run	Olivia Lombardini
1st	U10 Male Sprint	Harvey Glanville
1st	All Age Beach Relay	Deadheat with Coogee
2nd	U14 Mixed Beach Relay	Combined Freshwater/Dee Why team
2nd	U14 Female Sprint	Faith Thompson
2nd	U12 Male Sprint	Cooper Williams
2nd	U12 Mixed Beach Relay	
2nd	U10 Male Flags	Freddie Fisher
2nd	U9 Female Sprint	Amelia Mindalinic
3rd	U14 Male Sprint	Kye Largier
3rd	U14 Male Flags	Artie Leoper
3rd	U13 Mixed Beach Relay	
3rd	U13 Female Flags	Nara Jordi
3rd	U12 Male Flags	Cooper Williams
3rd	U12 Female Sprint	Ava McGettigan
3rd	U11 Male Sprint	Kayvon Scott
3rd	U11 Male 1km Run	Henry Cannon
3rd	U11 Mixed Beach Relay	
3rd	U10 Male Sprint	Freddie Fisher
4th	U14 Male Flags	Kye Largier
4th	U12 Male Flags	Olly McDonald
4th	U12 Female Sprint	Abbey Bennett
4th	U11 Female Sprint	Emma Garden
4th	U11 Female Flags	Emma Garden
4th	U9 Female Flags	Amelia Mindalinic
4th	All Age Beach Relay	
5th	U9 Female Sprint	Ziggy Regan
6th	U13 Female Sprint	Charlotte Watton



1/19/20	Nipper Nats	Manly
1st	U14 Female 1km Run	Faith Thompson
1st	U13 Female Sprint	Leela Scott
1st	U10 Male Beach Relay	Harvey Glanville, Freddie Fisher, Thomas Charlton & Frederick Dunn
2nd	U13 Female Flags	Leela Scott
2nd	U13 Female Beach Relay	Leela Scott, Charlotte Watton, India Holden & Abi Bennet
2nd	U12 Female Beach Relay	Ava McGettigan, Georgie Nitz, Abi Bennet & Emma Garden
2nd	U11 Female Beach Relay	Emma Garden, Olivia Lombardini, Gracie Moles & Daisy Dunn
2nd	U11 Female 1km Run	Olivia Lombardini
2nd	U10 Female 1km Run	Philippa Quarrell
2nd	U9 Female Flags	Ameilia Mandainic
3rd	U14 Female Flags	Faith Thompson
3rd	U13 Female Sprint	Charlotte Watton
3rd	U12 Male Sprint	Olly McDonald
3rd	U11 Male Beach Relay	Ewan Humphreys, Ezaiah Garnett, Harvey Glanville & Kavyon Scott
3rd	U11 Female Sprint	Emma Garden
3rd	U10 Male Sprint	Harvey Glanville
3rd	U10 Female Beach Relay	Philippa Quarrell, Mimi McLean, Kayla Davies & Bindi Slater
4th	U14 Female Sprint	Faith Thompson
4th	U13 Female Flags	India Holden
4th	U10 Male Sprint	Freddie Fisher
5th	U14 Male Flags	Kye Largier
5th	U12 Male Flags	Olly McDonald
5th	U11 Female Sprint	Olivia Lombardini
6th	U12 Female Sprint	Ava McGettigan
6th	U11 Male Surf	Campbell Simington
6th	U11 Male 1km Run	Ewan Humphreys
6th	U10 Male Flags	Harvey Glanville
6th	U10 Female Flags	Philippa Quarrell
1/25/20	Open Carnival	Manly
1st	Open 6 Person R&R	Seb Di Sano, Clare Freakley, Wayne Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
1st	Open Men's R&R	Seb Di Sano, Wayne Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
1st	Open Mixed R&R	Seb Di Sano, Bec Kiely, Gracie Kiely, Pat Kiely & Hugo Weston
1st	U15 Male Flags	Evan Neal
1st	U15 Youth Mixed Beach Relay	Evan Neal, Kye Largier, Mila McGettigan & Hendry



1/25/20	Open Carnival	Manly (cont.)
2nd	Open Iron Woman	Jessie Douglas
2nd	Open Women's R&R	Kelly Dobrow, Clare Freakley, Jane Freakley, Bec Kiely & Lysa Kiely
2nd	U15 Male Sprint	Evan Neal
2nd	U14 Male Sprint	Kye Largier
3rd	U15 Female Surf	Bree Coates
5th	Open Female Board Relay	Jessie Douglas, Tamsyn Curley & Lauren Bourgeois
5th	U15 Female Sprint	Mila McGettigan
5th	March Past	Men's Team
6th	Open Female Ski Relay	Jessie Douglas, Tamsyn Curley & Annabel Murphy
6th	U19 Iron Woman	Tamsyn Curley
6th	U17 Male Ski	Jack Noakes
6th	U15 Iron Woman	Bree Coates
6th	U15 Female Board	Bree Coates
1/26/20	Open Carnival	Freshwater
1st	Open 6 Person R&R	Seb Di Sano, Clare Freakley, Wayne Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
1st	Open Men's R&R	Seb Di Sano, Wayne Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
1st	Open Mixed R&R	Seb Di Sano, Gracie Kiely, Lysa Kiely, Pat Kiely & Hugo Weston
1st	Open Women's R&R	Kelly Dobrow, Clare Freakley, Jane Freakley, Gracie Kiely & Lysa Kiely
1st	U15 Male Flags	Evan Neal
2nd	U15 Male Sprint	Evan Neal
2nd	U15 Female Surf	Charlotte Block
2nd	U15 Female Sprint	Mila McGettigan
2nd	U14 Male Sprint	Kye Largier
2nd	U14 Male Flags	Kye Largier
2nd	U14 Female Surf	Dylan Howison
3rd	U19 Iron Woman	Tamsyn Curley
3rd	U19 Female Board	Tamsyn Curley
4th	Open Male Taplin	Ben Kirkby, Ben Blakeney, Nick Doyle, Jensen McLean, Alex Malm & Liam Wiseman
4th	Open Iron Woman	Jessie Douglas
4th	U19 Female Ski	Tamsyn Curley
4th	U19 Female Double Ski	Tamsyn Curley & Lauren Bourgeois
4th	U17 Iron Man	Jensen McLean
4th	U15 Male Flags	Kailan Sweeney
4th	U15 Female Flags	Mila McGettigan



1/26/20	Open Carnival	Freshwater (cont.)
5th	Open Male Surf	Ben Blakeney
5th	Open Female Board Relay	Jessie Douglas, Tamsyn Curley & Lauren Bourgeois
5th	U17 Male Ski	Jack Noakes
5th	U17 Male Ski Relay	Jack Noakes, Jensen McLean & Liam Wiseman
5th	U17 Male Taplin	Jack Noakes, Jensen McLean & Liam Wiseman
5th	U17 Female Board	Lauren Bourgeois
5th	U15 Female Surf	Bree Coates
5th	U15 Youth Board Relay	Bree Coates, Charlotte Block & Addison Nitz
6th	Open Mixed Double Ski	Ben Kirkby & Jessie Douglas
6th	U15 Male Sprint	Kailan Sweeney
6th	March Past	Women's team
1/2/20	Open Carnival	Wanda
1st	Open 6 Person R&R	Ian Donald, Wayne Freakley, Gracie Kiely, Pat Kiely, Chris Tyrrell & Hugo Weston
1st	Open Men's R&R	Ian Donald, Wayne Freakley, Pat Kiely, Chris Tyrrell & Hugo Weston
1st	Open Mixed R&R	Kelly Dobrow, Bec Kiely, Gracie Kiely, Pat Kiely & Hugo Weston
2/2/20	Junior Branch Champs	Queenscliff
1st	U14 Male Beach Relay	Rio Nunura, Artie Leiper, Kye Largier & Sydney Slater
1st	U14 Mixed Beach Relay	Artie Leiper, Kye Largier, Charlotte Watton & India Holden
1st	U14 Male Flags	Artie Leiper
1st	U13 Mixed Beach Relay	Charlotte Watton, Sydney Slater, Leela Scott & Olly McDonald
1st	U13 Male 11m Run	Masato Mori
1st	U13 Female Sprint	Leela Scott
1st	U13 Female Beach Relay	Leela Scott, India Holden, Charlotte Watton & Abi Bennet
1st	U13 Female Flags	Charlotte Watton
1st	U12 Male Sprint	Olly McDonald
1st	U12 Mixed Beach Relay	Cooper Williams, Olly McDonald, Abi Bennet & Ava McGettigan
1st	U12 Male Flags	Olly McDonald
1st	U12 Female Sprint	Ava McGettigan
1st	U12 Female Beach Relay	Jada Nunura, Georgie Nitz, Ava McGettigan & Abi Bennet
1st	U11 Mixed Cameron Relay	Ezaiah Garnett, Jaslyn Plummer, Florence Veitch & Thomas Northcote
1st	U11 Male Beach Relay	Kavyon Scott, Harvey Glanville, Ezaiah Garnett & Ewan Humphreys
1st	U11 Mixed Beach Relay	Kavyon Scott, Emma Garden, Olivia Lombardini & Harvey Glanville
1st	U11 Female Surf	Jaslyn Plummer
1st	U11 Iron Woman	Jaslyn Plummer



2/2/20	Junior Branch Champs	Queenscliff (cont.)
1st	U11 Female Beach Relay	Olivia Lombardini, Emma Garden, Charlie Braund & Florence Veitch
1st	U11 Female 1km Run	Olivia Lombardini
1st	U10 Male Beach Relay	Harvey Glanville, Finn Williams, Freddie Fisher, Thomas Charlton
1st	U10 Male Flags	Freddie Fisher
1st	All Age Beach Relay	Amelia Mandalinic, Harvey Glanville, Olly McDonald, Sydney Slater, Artier Leiper & Leela Scott
2nd	U14 Male Sprint	Artie Leiper
2nd	U14 Male Flags	Rio Nunura
2nd	U13 Male Beach Relay	Sydney Slater, Oisin Daly, Cooper Williams & Olly McDonald
2nd	U13 Female Sprint	Charlotte Watton
2nd	U13 Female Flags	India Holden
2nd	U12 Male Sprint	Cooper Williams
2nd	U12 Male Beach Relay	Cooper Williams, Olly McDonald, Ezaiah Garnett & Kavyon Scott
2nd	U11 Male Sprint	Kavyon Scott
2nd	U11 Male 1km Run	Ewan Humphreys
2nd	U11 Female Board Rescue	Charlie Braund & Florence Veitch
2nd	U11 Female Sprint	Emma Garden
2nd	U11 Female 1km Run	Emma Garden
2nd	U10 Male Sprint	Harvey Glanville
2nd	U11 Mixed Beach Relay	Philippa Quarrell, Finn Williams, Bindi Slater & Harvey Glanville
2nd	U10 Female 1km Run	Philippa Quarrell
2nd	U9 Male Surf Team	
2nd	U9 Mixed Beach Relay	Bradley Nitz, Amelia Mandalinic, Thomas Charlton & Gemma Elliot
3rd	U14 Male Sprint	Kye Largier
3rd	U14 Male Flags	Kye Largier
3rd	U13 Female Flags	Leela Scott
3rd	U12 Male Surf	Lachlan Davies
3rd	U12 Female Flags	Abi Bennet
3rd	U11 Male Surf Team	
3rd	U11 Female Surf Team	
3rd	U10 Female Sprint	Philippa Quarrell, Finn Williams, Bindi Slater & Harvey Glanville
3rd	U9 Male Surf	Sam Northcote
3rd	U9 Male Flags	Tomoya Mori
3rd	U9 Female Sprint	Amelia Mandalinic
3rd	U9 Female Flags	Amelia Mandalinic



2/2/20	Junior Branch Champs	Queenscliff (cont.)
4th	U14 Male Sprint	Rio Nunura
4th	U14 Female Board	Rachel Bourgeois
4th	U14 Female Board Rescue	Rachel Bourgeois & Dylan Howison
4th	U13 Male Surf Team	
4th	U13 Male Sprint	Sydney Slater
4th	U13 Male Flags	Sydney Slater
4th	U12 Female Sprint	Georgie Nitz
4th	U11 Male Flags	Kavyon Scott
4th	U11 Female Board Relay	Florence Veitch, Charlie Braund & Jaslyn Plummer
4th	U11 Female Sprint	Olivia Lombardini
4th	U10 Male Surf	Kai Dudley
4th	U10 Female Surf Team	
4th	U10 Female Beach Relay	
4th	U9 Male Beach Relay	Bradley Nitz, Sam Northcote, Thomas Charlton & Lucas Ellens
5th	U12 Female Surf Team	
5th	U12 Female Board Rescue	Elyse Coates & Georgie Nitz
5th	U12 Female Sprint	Abi Bennet
5th	U11 Male Board Rescue	Thomas Northcote & Campbell Symington
5th	U11 Male Board Relay	Thomas Northcote, Sebastian Ellens & Ezaiah Garnett
5th	U10 Mixed Beach Relay	Freddie Fisher, Thomas Charleton, Mimi McLean & Amelia Mandalinic
5th	U10 Female Flags	Philippa Quarrell
5th	U9 Male Board Relay	Bradley Nitz, Sam Northcote & Lucas Ellens
6th	U14 Male Board Relay	Rio Nunura, Joshua Orr & Jaeka Hastie
6th	U14 Male Sprint	Joshua Orr
6th	U13 Female Sprint	India Holden
6th	U12 Female Board Relay	Jada Nunura, Elyse Coates & Georgie Nitz
6th	U11 Male Board Relay	Campbell Symington, Jasper Pinnuck & Oliver Wiggins
6th	U11 Female Flags	Emma Garden
6th	U10 Male Board Relay	Freddie Dunn, Kai Dudley & Carter Howison
6th	U10 Male Sprint	Finn Williams
6th	U10 Male 1km Run	Freddie Dunn
6th	U9 Male Surf	Bradley Nitz
6th	U9 Male 1km Run	Tomoya Mori



VOLUNTEERS NEEDED!

Volunteers are needed to do a letter box drop to households around the Freshwater Surf Club.
If you are able to help please contact Mary-Louise on 0418 865402 E: sponsorship@freshwaterslsc.com



*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



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Please apply by email or call us on 0402 002 902
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FRESHWATER SLSC ANNUAL AWARDS CRITERIA

PROMINENT SERVICE (Max 5)

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

DISTINGUISHED SERVICE (Max 2)

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

SCHOLARSHIP AWARD

The following matters will be taken into account –

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

YOUNG CLUB PERSON OF THE YEAR

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

CLUB PERSON OF THE YEAR

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

CLUB HONOUR BLAZER

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

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



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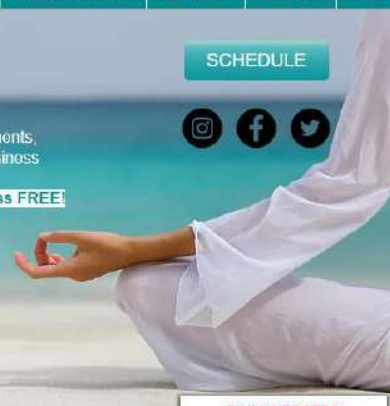
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