

A FRESH UPDATE

MARCH 2020

urgent message from the President



To all members,

The situation concerning COVID-19 continues to change daily. Since my email on Monday, 23 March, it has become necessary to further amend the club response to the current crisis.

Advice from NSW SLS yesterday indicated that for the balance of the season patrols could be limited to 3 members only. However it was made very clear that individual clubs could determine whether or not they were willing to continue to provide a patrol service at their beach. Following discussions between our club captain and a number of our patrol captains, it has been decided to suspend all patrol services for the balance of the season. Though a difficult decision, it is felt this is in the best interests of our members in relation to their on-going safety. I'd like to take the opportunity to thank all of our patrolling members for their efforts over the season. It has been a difficult one for a number of reasons but particularly so over the last couple of weeks as a result of issues arising from the current crisis.

Last night the Prime Minister announced a new range of measures designed to combat the COVID-19 virus. These were supplementary to the strategies announced on the weekend. As a result of these directions, members should note the following -

- **The club will be closed from noon on Sunday the 29th March and all areas within the club will no longer be available for use by members. This includes the gym, each of the rooms within the club premises including the toilets in the Koolooro Room, change rooms, and rear courtyard area.**
- The club office will be closed until further notice. This will take effect immediately. Arrangements are being made that will allow Gayle and Michal to work from home. If members need to make contact with the office they should do so by email at exo@freshwaterslsc.com.au
- Members wishing to continue ski or board training over the coming months will need to remove their craft from the club before noon on Sunday, 29th March. After that time no area of the club will be accessible by members. For those members who do want to remove boards, skis or other personal equipment from the club, please do so as quickly as possible when you arrive. It is important to avoid the process turning into a social gathering of members.
- The annual Presentation night, due to be held on 30 May, will be deferred until a date later in the year.
- While the Annual General Meeting is still at this stage scheduled to be held on 28 June, there is every chance that too will need to be deferred until a later date.
- We won't be proceeding with the cleaning roster for the change rooms. Thank you to those members who volunteered to be part of the roster.
- The process for nomination and selection of our annual club service awards is not impacted by the latest developments. Members are encouraged to continue to send nominations in as previously advised.

I appreciate these decisions will prevent members using the club as a place for social & recreational contact with fellow members. I understand this will be disappointing to many of our members. However I think it is important the club does all it can to support government and health authorities and one another in efforts to reduce the spread of the virus. Hopefully by taking these steps, the time taken for things to return to some form of normality will be that much shorter.

Thank you again for your patience and understanding. In the meantime remember - hand hygiene, social distancing and keep safe.

On behalf of the Executive Committee, I hope my next email to you will be one with more positive news.

Kind Regards

Alan Burns, President

(this is a copy of an email sent out on 25/3/2020)



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.

A list of the various awards and the qualification requirements are set out on page 16.

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 Cradock and James Crittenden.**

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

All nominations need to be submitted by 30 March.



The last month on the Northern beaches has seen the Branch Championships cancelled, wild seas and very welcomed rain. This of course has interrupted training and planning for Freshie's two March Past Teams preparedness for the NSW State Titles to be held at Blacksmith's Beach again in 2020. With this being a "special year" for the March Past Event in the Surf Life Saving Australia celebrating the 100th Year together with 40 Years of Women in the Association. This has been the motivation for Freshwater to prepare and enter their highly talented and experienced women's team this season, where many of the members have represented Freshie over past years in the March Past event.

That time has now past and the results are in from the State's...

The Freshwater A Team (mixed) and the Ladies Team both competed admirably at the State Championships this March.

The Ladies Team came in 8th at their first ever State Titles after losing on a count back for 7th. This was a great result considering this was only their 3rd march together after Manly and Freshwater Open Carnivals this year. I had predicted they will continue get better ready for the Aussies Champs in April, but sadly the Australian Championships for 2020 have been cancelled – huge shock for all.

The "A" Team (mixed), did a little better with a 4th place (understandably with their team experience), after only losing 3rd place by 1 solitary point. Still, to lose a medal should have been the motivation for this team to up their efforts for the Aussies in Queensland, but they'll have to wait for next season.

I was very happy with both the Freshwater Teams efforts at this year's State Titles, let's hope the teams will again get together next season and continue to improve, this new ground we are in and the time it offers will help both teams.

I'm also hoping that this year's March Past competition experiences will encourage the Club to continue with a Ladies Team and that the Ladies of Freshie get behind both our teams.

GO FRESHIE...!

Bob Evans, March Past Coach



SPONSORSHIP & MARKETING



Where possible we would love you to support our long term sponsor the Harbord Beach Hotel. They have supported us brilliantly over such a long period of time and we would love to show the new owners that we can support them in these challenging days currently affecting us all.

DRIVE THROUGH FOOD & ALCOHOL SERVICE (NOW AVAILABLE!) ✓

Many of us will be going through uncertain times due to the current COVID-19 pandemic. With such a challenging period it requires us all, as a community, to adapt as best we can.

We want to provide our local community with a convenient and safe way to shop, so our drive-through Bottle Shop will now be offering a DRIVE-THROUGH FOOD & ALCOHOL service.

What's NOW available 🛒

- Wholesale bulk meat
- Frozen vegetables
- Bread
- Milk
- All of your kitchen staples
- Of course the alcoholic beverages you love

When 🕒

- Everyday 10am - late

Healthy & Safe Option ✓

- We as a community are all concerned about our health and safety, so please if you are ill, have been travelling, or have been in contact with suspected cases, avoid visiting
- Let's all contribute to a healthy environment by washing or sanitising hands before visiting
- Our payment system is cleaned after each use. You can even tap and pay through your car window
- If you are 65+, please call in advance for priority
- No need to get out of your car, you can drive through and we will pick your order and place it in your boot

By practising social distancing, embracing the Aussie spirit and enjoying the occasional drink, we will get through this. And then, when the time is right, we will start planning the next celebration at the Harbord Hilton.

Questions? 📞

02 9905 3434

Again, stay safe, stay well and thank you for your continued support during this time.

The Harbord Beach Hotel Team ❤️



The launch of our new IRB provided through a grant from our great sponsor Harbord Diggers (Mounties Group).



Kasey Kaye from Freshwater Community Bank and George Mullins with overall winner of the Barney Mullins Classic.

Thanks again to our local Freshwater Community Bank (Branch Bendigo Bank) for their continuing support for the Barney Mullins Swim each year.

Mary-Louise Parkinson,
Director Sponsorship & Marketing



HATCHED, MATCHED & DISPATCHED

Popular boat sweep Crash Cradock and wife Paula were all smiles on 1 February for the wedding of daughter Amy to long time partner Parker Hannahs. Following the nuptials held at Bells on the Central Coast, the happy couple were able to slip away to Bali for a short honeymoon and were able to get back prior to the virus travel lockdown. While the plan was for Parker to return home to the USA to organise to complete the paperwork which will allow Amy to join him, unfortunately the COVID-19 crisis has put paid to those plans. So for the moment Amy remains at home with the rest of the Cradock clan."



Director of Lifesaving

The end of the 2020 season for our patrols

Our surf life saving season has come to an unexpected and abrupt end. In order to minimize the exposure of our members to the coronavirus, we, the Executive Committee, have decided to cease patrols for the rest of the season, putting the health and safety of our members and their families first.

Signs of our time: Insert pictures [Covid-19 Alert Area closed] and [Important Information]

This was a difficult decision and I am aware that it will be unpopular with many of you. Especially at a club with the great tradition of Freshwater. This must be the first time in Freshwater SLSC's long history that a season has been called to an early end.

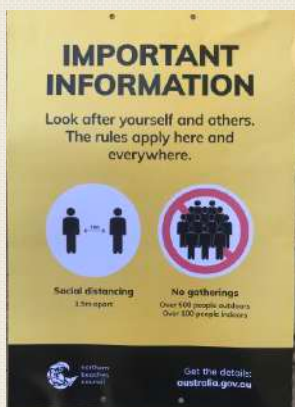
I would like to thank the Executive team for their support in these challenging times – and for supporting a brave decision

Many of you were committed to continue patrols. I will ask Surf Life Saving Northern Beaches Branch to award full patrol hours for all patrolling members for the remaining two patrols of the season.

This is not how I expected my first season as Club Captain to end, but I am glad that I accepted the role and am committed to continue next season. I would like to thank all of you for your great support,

your encouragement and wise counsel. The next challenge will be to organise the annual awards ceremony. I think we'll be heavily relying on Mark Gilbert's advice. He is already organising his church services via online media.

The front runner for the Patrol of the Year? Well, I was recently bribed with a roll of toilet paper.



The Good News

We received a very grateful message from the parents of Alex, who had a surfing accident at Freshwater Beach on 1 March. Patrol 5 responded very quickly and treated Alex as a spinal patient. A special mention goes to Caron Jander, who managed the incident very competently. Caron would like to thank the amazing paramedics, Tom Duffy and colleagues, who were "super awesome" and took Alex to RNSH.

After some anxious hours at RNSH they confirmed Alex had a stable fracture of the C1. He will spend the next few weeks or so in a neck brace and away from the surf.

Alex's parents are extremely grateful for the professionalism of the volunteer patrol & lifeguards and would like to thank everyone who helped.

Thank you!

I regret that this season has come to such a crushing end. Thank you all for your fantastic attendance this season. Please look after yourselves and stay safe.

Best of health to you and your loved ones.

Dierk



COMPETITION NEWS



The State titles have now been run and won and as usual Freshwater performed well across the three main areas of competition.

At the State Age championships, Freshie caps were present in lots of finals and ten medals in all were won. The outstanding performance belonged to Harvey Glanville in the Under 10's age group who came away with 3 gold, a silver and a bronze. The club finished in 14th place with a total of 64 points.

The NSW Masters event was held in wet and windy conditions which made the going that little bit harder for our team of competitors. Sigi Hill was the most successful competitor with 1 gold, 1 silver and 1 bronze while Gina McConnell and our ancient mariners in the



240yrs boat both came away with well deserved bronze medals. The Masters team finished in 19th place with a total of 71 points.

The Open event, including the Lifesaving competition, proved a happy hunting ground for our lifesaving and R&R contingents. The lifesaving section was particularly successful with Lucas Phillips picking up gold in the Open Men's Champion Lifesaver and Open Patrol competitions and our U15 First Aid teams filling the first 4 places. The unluckiest competitor was U14 Kirra Budd who put in a terrific effort to come second in the U15 Female Champion Lifesaver event only to later denied an official 2nd place because of an eligibility technicality. The R&R squad also enjoyed success, winning the Open Mixed event and coming second in the Open Women's, Open Men's & Open 6 events. The club came a highly credible 12th at the Open carnival with 79 points. A full list of competition results from the season (not including Branch lifesaving results which are still to be finalised) appears elsewhere in the newsletter.



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.



Disappointingly the State championships was our last competition for the season. The squad again continued its success in the event with podium finishes for every team. This was in spite of some very challenging circumstances for two of the teams. The seaweed at Blacksmiths again also presented challenges for some teams particularly with the falling tide.



Overall, the experience of the individual team members and their coaches led to the Club's success so congratulations to all!

State Age championships:

Despite Freshwater not having any junior teams, Bob Asser, Sue Troy, Chris Tyrrell, Wayne and Jane Freakley officiated on behalf of the club at the State Age championships R&R competition. Approximately 45 teams competed making for a long day. Thanks to everyone for their commitment, particularly in assisting to fulfil the Club's quota of officials required for the junior group. Hopefully the 2021 Age managers will be able to assist in recruiting some junior teams to wear the maroon and white in this area of competition.

Open Mixed 5 person team: (**G Kiely, H Weston, S DiSano, B Kiely, P Kiely**)

Establishing themselves as a formidable team, Hugo, Seb, Bec, Pat and Grace are NSW State champions for the second year in a row. Up against some tough competition from Wanda and Collaroy, the team brought home the gold. All beach team members were disciplined and focused while once again, the team's success was assisted by Hugo's domination in the water. It is unfortunate they won't have an opportunity to challenge last year's Australian champions for the 2019-20 title, as all the indicia pointed to them continuing their success.

Open Men's 5 person team: (**S DiSano, C Tyrrell, A Burns, W Freakley, I Donald**)

Retirement has a very short life as Alan Burns recently discovered in the newly reconfigured Open Men's team.

With Jarrad Freakley unable to compete and the men keen to maintain their 3 year State winning streak, Al dragged his sluggos out of moth balls to assist in the cause. Chronic back issues have plagued him for months, so there was a high degree of concern about his ability to manoeuvre as required without worsening his condition. Changes to the reel position during the march on were also made to help disguise his immobility. Wayne returned to the line in a position he was hoping never to reprise. Chris Tyrrell bought a new pair of goggles as he took up the belt man position. To their great credit the team put in an outstanding performance to score a silver medal with a point score of 4 only 1 point behind the winner, Coogee.

While disappointed at not retaining the State champion title, the team were pleased to have been able to maintain a Freshwater team in the event.

Open Women's 5 person team: (**B Kiely, C Freakley, K Dobrow, L Kiely, J Freakley**)

This team is always the bridesmaid and never the bride at this level of competition - clearly being determined not to peak too early! For the 4th year in a row a Freshwater Women's team has won a State silver medal. This year's achievement being particularly impressive as Kelly Dobrow has only this season joined the team after an absence of 4 years from R & R competition.

The competition in this area is very strong. Unlike Seb who romped his competitors in the run across the bank, Clare gave too much away and was forced to make up for it in the swim. All those 50x50m on the 50s combined with her belt training certainly served to minimise her perambulatory shortcomings. While the Wanda swimmer swam like a fish to win the swim from a fast closing Clare, it was Collaroy who won gold on the day.

Open 6 person team: (**P Kiely, H Weston, I Donald, C Tyrrell, C Freakley, S DiSano**)

Again with the absence of Jarrad, the team were forced to consider their swimmer options and to that end Seb DiSano joined the team. Given the ballot process for swimmers, Seb was forced to learn both Tube and Beltman positions ready for the draw. Lucky No 6 came his way. Starting out fiercely on the run across the bank, he was just pipped at the can by the Wanda swimmer. There was no second place for Hugo who led the field from the outset. The event is rarely won in the water and this year was no exception with Freshwater coming a credible second to Wanda. This is Freshwater's first State defeat in this event in 7 years; a remarkable achievement.

Sadly this will be the last RnR report referencing any new results for the 2019-20 season. Like the other competition areas of our club, the cancellation of the Australian surf lifesaving champs has left our squad members feeling disappointed and unfulfilled. However, the more important emotion is one of determination to return in 2021 and continue Freshwater's domination in this area of competition.

Finally, if you are reading this article and would like to become involved in this area of competition, please contact Wayne Freakley at exo@freshwaterslsc.com for more information. The off season is a great time to start training as a new team.

Stay well

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



Pac Palms (Battle of the Boats)

Weekend away in paradise rowing surfboats with a lot of young crews competing. 2 x u/19 men, 1 x u/19 women, 1 x U/23 men, 1 x U/23 women, 1 x reserve women)

Six rows each over two days. Tight racing and some excellent results - the best were U23 men 5th

U19 women 5th

Best part of the trip was the camaraderie between all crews and a fairly large Saturday afternoon/night which made Sunday 7am boat races real tough. To all of the rowers credit they all turned up on Sunday despite lack of sleep etc and represented the club well - the behaviour and one in all in attitude was great to see - making the entire weekend a huge success and enjoyable.



U23 men - winning first semi at state

excellent trips away with great spirit amongst us all. Look forward to planning next season

On a note relating to out of the water activities - congrats to **Amy Craddock** and her man **Parker** on their recent wedding - Crash was a very proud Dad on the day and scrubbed up well.

Scott Morrison

State Titles

We had a growing team of rowers attend the NSW State Titles at Swansea Belmont.

Surf was a decent size with a really tricky edge which is always interesting trying to start and finish boat races.

On Friday we were represented by two crews (240 men and 160 men) (the division is determined by adding up the ages of the four rowers)

The 240 men finished with a bronze medal. The crew consists of **Nathan Perry** (sweep), **Mark Williams, Bryan Weir, Marc Binder, James Taylor.**

The 160 men finished fourth in the final. The crew of **Nathan Perry** (sweep), **Nestor Cinotti, Pete Tazlar, Justin Worthington, Nathan New.**

Club Legend, **Ian (Crash) Craddock** was called up to row 200 men with a Bilgola Crew where he managed to grab a gold medal - great effort Crash despite the cap you were wearing!!!

For the open competition we had ...crews starting (1 x u/19 men, 1 x u/19 women, 1 x U/23 men, 1 x U/23 women, 1 x reserve men, 1 x reserve women)

All of the crews rowed well at times, all crews finishing in the top three of some of their races.

Our U23 men's crew (Stokers) (**Scott Moose - Sweep, Charlie, Andy, Brandon and Rhys**) were the only crew to qualify for Sundays finals with some really proficient surfboat racing in challenging conditions. On the Sunday morning the lads were on fire winning their first semi final (check the photos out of the finish where the boat was on a wave and hit the shore - won the race - then gets engulfed by the shorebreak) - The second semi was a tough draw with some hot crews to row against - the lads got hit at the start and missed by one place for spot in last eight (worth noting the crews who beat them in semi all made the final). A great effort from these guys who are all 19 years old (except Rhys) rowing in U/23 men's division - big things to come from these guys in the years to come.

Given the news the Aussies and branch are cancelled we have now reached the end of the season.

The boat section is building and moving in the right direction - we have some big plans for next season and continued growth with more consistent results.

A big thank you to **Lynne Doyle** who is a saviour when it comes to correspondence, carnival entries, support, ladies liaison (unofficial) and simply being around to help out all of the time.

To our sweeps **Nathan, Dave, Crash and Eric** a big thank you to you all for your efforts and time you put into developing our crews.

To all of our rowers expect an increase in training commitment for next season - been great to be involved with you all we have had some





NIPPERS NEWS - REPORT FROM THE CHAIRMAN

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

Overall the Club came 14th and finished on 64 points. The prior year we finished 16th on 52 points. The highlights of the carnival were as follows:

- Harvey Glanville (U10's) with 3 gold (flags, sprint and boys beach relay), 1 silver (mixed relay), 1 bronze (U11's male beach relay) and a 5th place in the All Age Relay,
- Gold medals to the U10 Boys beach relay team which consisted of Harvey, Finn Williams, Freddie Fisher, and Tom Charlton
- Silver medals to in flags to Artie Leiper (U14's) and Charlotte Watton (U13's),
- Silver medals to the U10 Boys mixed relay team made up of Harvey, Finn Williams, Bindi Slater, and Pip Quarrell
- Silver medals to the U11 Boys beach relay team made up of Kayvon Scott, Jasper Pinnuck, Ewan Humphries with Harvey stepping up from the U10's,
- Bronze medals to the U12's Mixed relay team made up of Olly McDonald, Cooper Williams, Georgie Nitz and Ava McGettigan,
- Bronze medals to the U13's Girls beach relay team made up of Leela Scott, Charlotte Watton, India Holden and Nara Jordi, and
- Individual Bronze to Leela Scott in the U13 girls flags

We also had lots of other Nippers who made finals and finished just out of the medals.

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

On Sunday, 17 March we held our last session for Nippers and wrapped it all up with a thank you lunch for all of our Age Managers and Assistants and our great water safety parents. They all do a great job and Nippers would not be the same without all of these magnificent parents volunteering their time to help the kids enjoy this great activity!

Unfortunately, like so many things at the moment, we had to postpone our Presentation indefinitely but we will look to hold that sometime in the future when it is appropriate. We will keep you posted on that front.

We will be reviewing our sports program over the next few weeks with a view to drafting a plan for next season, taking into account the circumstances we all face and the uncertainty of timing.

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

Enjoy the off season and, possibly, see you on the beach (but not closer than 1 ½ metres)!

Paul McGettigan, JAC Chairman



U10 boys relay state GOLD!



Harvey Glanville
State GOLD in U10
Male Sprint & Flags



U13 girls BRONZE



A HUGE thank you to Kelly Gillespie of Frame Us at North Manly - Kelly has framed our Nippers caps for our long serving nippers (those who have been at nipper from U6s all the way through to U14s) for many years. Thank you, Kelly, for your generous support of our club!



Freshie Nippers State Team!



BOARD, SKI, SWIM



The abrupt end to the competitive surf season, although inevitable, was still a shock and disappointing way to end 2019-20. The results from the entire swim and craft squad at State was hugely encouraging and exciting for the team at the proposed Australian Titles. Just about the entire squad made Finals in their respective individual events and numerous team events. I can also say with confidence that all of our competitors still had plenty of improving from State to Aussies, plenty of time and enormous amounts of enthusiasm and expectant determination for the season's finale. But all competitors are I'm sure, disappointed. The most pleasing aspect of the swim, ski and board squad was how all the competitors and entire group was so united in their friendship and camaraderie. From our senior competitors and coaching crew to our first time competitors and non competitors whose commitment to training and each other was something that I can not recall ever seeing to such a degree ever before. From the end of school holidays to after State the entire squad worked extremely hard and improved out of sight, always in great spirits and encouraging in competition with each other. This was no more evident than how everyone embraced our 7 week Japanese visitor Toma. Toma, even with significant communication issues (although his English was much better than my Japanese), never once missed a training session, took on conditions in the surf that he had never experienced before and was welcomed as a Freshwater SLSC member by the entire squad. It was fantastic to be part of, and all parents and team members should be very proud of there actions and hospitality toward Toma. Although the Annual report will cover more detail, I hope to see everyone and more next season. I would love to be a part of the squad again, if they'll have me, and was thrilled with the hugely significant improvement and commitment everyone showed. **Please all stay safe and healthy and look after each other, Changa**

MASTERS REPORT



After the disappointment of branch being cancelled the masters attention turned to the State Titles where a group of 16 masters overcame late withdrawals, illness, old age, work commitments and a general lack of training to turn in some great results at Blacksmiths finishing 21st overall. Surf conditions were tricky both days and the Thursday Teams day was one of those days that you just gave up trying to keep dry with rain falling all day.

Despite the conditions we had some great results with our lone gold for the comp won by **Sigi Hill** with a great win the 45-49 surf race, Sigi also grabbed silver in the Tube. We had bronze winners in the 150 surf teams – **Andrew Devries, Sigi Hill** and **Chris Pendray, Andrew Devries** and **Paul Stormon** with bronze in the tube, **Gina McConnell** with bronze in the Board and **Michael Kirkby** grabbed a bronze in the 55-59 Iron Man no doubt assisted by the Jammers he donned for the swim leg.



As they did last year, the two **Steves, (Bennett and Davis)** kept the crowd enthralled late in the day with an effort in the double ski that could be best termed as "Bradbury-esque" to claim a bronze in the 60-64 double and only just missing out on the gold. Apart from our medalists we had plenty of other results in the points. Special mention to our newest competitor **Kelly Marsh** who was unlucky not to medal in the rescue tube in her first masters hit out. A big thank you to the Freshie officials, first aid and water safety who helped out at the masters states, we wouldn't be able to compete without your efforts.

With State under our belt our attention turned to the seven week campaign of dark cold mornings in the lead up to Aussies - unless your Steve Bennett who elected for some altitude training in the North American Ski Fields. The kickoff session for myself and **Simon "Bevan McBevan" Phin** on the double was especially promising with a strong result a mere formality only to have it ripped from us by the cancellation of Aussies days after our campaign started.

State wasn't the only event on the masters calendar last month with a lot of the masters folk swimming and gaining places in the annual Barney Mullins swim. Special shout out to the crew training at the Freshie Fast Fives every Friday morning who seemed to be in the mix more than not in the official placings.

With the competition side of the season done and dusted except for club champoos, while its still warm it's a great time for any new masters to come and have a paddle/swim/ski/run/flag. If you are interested drop me a line and we'll get you sorted out. There has been rumours of potential takers for the Coolangatta Gold Teams event later this year so there should be some action continuing over the winter in the masters space. None of the current competitive masters are really any good, capable of, or enjoy running so we may be looking for some keen runners to take care of the run legs!

As always if youre over 30 have a heart beat and a bronze, we'd love to have you join us.

Gaven Needham



Director of Member



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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



As members of Freshwater Surf Club we value –

Friendship across all age groups

Recognition of effort

Encouragement for all activities

Safety being paramount

Holding true to our Club values

Welcoming all

Acknowledgment of all achievements

Treating others with respect

Embreacing diversity

Responding to others in need



COMPETITION RESULTS

22/23 & 29/2/20 & 1/3/20	STATE	Swansea Belmont
1st	Open Male Champion Lifesaver	Lucas Phillips
1st	Open Patrol Competition	Lucas Phillips, James Crittenden, Paul Milinkovic, Andi Malm, Julia Baker & Tahlia Dearden
1st	Open First Aid	Julia Baker & Tahlia Dearden
1st	U15 First Aid	Isabella Gallo & Imogen O'Connor
2nd	U15 Female Champion Lifesaver	Kirra Budd*
2nd	U15 First Aid	Finley Hendry & Liam Lehane
3rd	U15 Male Champion Lifesaver	Luke Thornton
3rd	U15 First Aid	Finlay Miller & Luke Thornton
4th	U15 First Aid	Kirra Budd & Elani Plummer
4th	Open Male Champion Lifesaver	Harry Hickey
5th	Open Female Champion Lifesaver	Andrea Malm
22-29/2 & 1/3/20	STATE NIPPERS	Swansea Belmont
1st	U10 Male Sprint	Harvey Glanville
1st	U10 Male Flags	Harvey Glanville
1st	U10 Male Beach Relay	Thomas Charlton, Freddie Fisher, Harvey Glanville & Finn Williams
2nd	U14 Male Flags	Artie Leiper
2nd	U13 Female Flags	Charlotte Watton
2nd	U10 Mixed Beach relay	Harvey Glanville, Philippa Quarrel, Bindi Slater & Finn Williams
3rd	U11 Male Beach Relay	Harvey Glanville, Ewan Humphreys, Jasper Pinnuck & Kavyon Scott
3rd	U13 Female Beach Relay	India Holden, Nara Jordi, Leela Scott & Charlotte Watton
3rd	U13 Female Flags	Leela Scott
3rd	U12 Mixed Beach Relay	Oliver McDonald, Ava McGettigan, Georgie Nitz & Cooper Williams
4th	U14 Male Beach Relay	Harrison Braund, Kye Largier, Artie Leiper & Rio Nunura
4th	U11 Mixed Beach Relay	Emma Garden, Ezaiah Garnett, Olivia Lombardini & Kavyon Scott
5th	U11 Female Surf	Jaslyn Plummer
5th	U13 Female Sprint	Leela Scott
5th	All Age Beach Relay	Harvey Glanville, Artie Leiper, Amelia Mandalinic, Oliver McDonald, Kavyon Scott & Sydney Slater
6th	U14 Female Board	Rachel Bourgeois
6th	U13 Mixed Beach Relay	Oliver McDonald, Leela Scott, Sydney Slater & Charlotte Watton
6th	U11 Female Flags	Olivia Lombardini



4-5/3/20	STATE MASTERS	Swansea Belmont
1st	45-49yr Male Surf	Sigi Hill
2nd	45-49yr Male Rescue Tube	Sigi Hill
3rd	50-54yr Male Rescue Tube	Andrew de Vries
3rd	60-64yr Male Rescue Tube	Paul Stormon
3rd	55-59yr Iron Man	Michael Kirkby
3rd	55-59yr Female Board	Gina McConnell
3rd	150yrs Male Surf Team	Andrew de Vries, Sigi Hill & Chris Pendray
3rd	240yrs Male Surf Boat	Brian Baker, Marc Bindner, Bryan Weir, Mark Williams & Nathan Perry (s)
3rd	60-64yr Male Double Ski	Stephen Bennett & Steve Davis
4th	60-64yr Male Surf	Paul Stormon
4th	40-44yr Female Rescue Tube	Kelly Marsh
4th	50-54yr Iron Man	Chris Pendray
4th	130yr Male Taplin	Sigi Hill, Matthew Lemon & Gaven Needham
4th	160yr Male Surf Boat	Nestor Cinotti, Nathan New, Justin Worthington & Nathan Perry (s)
4th	40-44yr Male Double Ski	Gaven Needam & Simon Phin
5th	50-54yr Male Surf	Andrew de Vries
5th	40-44yr Male Ski	Gaven Needham
5th	40-45yr Male Rescue Tube	Gaven Needham
5th	50-54yr Male Rescue Tube	Chris Pendray
6th	55-59yr Male Ski	Michael Kirkby
6th	55-59yr Male Board	Michael Kirkby
6th	45-49yr Male Board Rescue	Sigi Hill & Simon Phin
6th	50-54yr Male Board rescue	Andrew de Vries & Chris Pendray
6th	60-64yr Male Board Rescue	Steve Davis & Paul Stormon
6th	150yr Male Ski Relay	Michael Kirkby, Simon Phin & Gaven Needham
6-8/3/20	STATE OPEN	Swansea Belmont
1st	Open Mixed R&R	Seb Di Sano, Gracie Kiely, Lysa Kiely, Pat Kiely & Hugo Weston
2nd	Open Men's R&R	Alan Burns, Seb Di Sano, Ian Donald, Wayne Freakley & Chris Tyrrell
2nd	Open Women's R&R	Kelly Dobrow, Clare Freakley, Jane Freakley, Bec Kiely & Lysa Kiely
2nd	Open 6 Person R&R	Seb Di Sano, Ian Donald, Clare Freakley, Patrick Kiely, Chris Tyrrell & Hugo Weston
3rd	U15 Male Flags	Evan Neal
4th	Open Male 2km Run	Harry Hickey
4th	March Past	Alan Burns, Sam Di Sano, Kevin Dyer, Bob Evans, Wayne Freakley, Shanny Gamble, Bob Grose, David Inches, Andrew Murphy, Ross Parry, David Torevell & Richard Ware
5th	U17 Male Ski	Jack Noakes
6th	U17 Female Belt	Lauren Bourgeois



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



Tanyas Tadpoles is now recruiting qualified swimming instructors to teach all over Sydney, specially in Northern Beaches and the Sutherland Shire. As a mobile Swim School we teach children how to swim in their own pools. A car is essential for this position. We can organise the schedules for the swimming instructors to fit around existing work and study commitments. The rates of pay start at \$35

Please apply by email or call us on 0402 002 902
tanya@tanyastadpoles.com.au

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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If you've booked and paid for an outdoors class & it's cancelled,
you have a credit for your next visit

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Find out who is teaching, where,
indoors or outdoors, & wet
weather cancellations (updated
an hour before classes start)



Kelly Gillespie
FrameUs Picture Framing
Studio 4, 410 Pittwater Road
North Manly NSW 2100
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