



AUGUST 2022

FRESHIE NEWSLETTER

GEARING UP FOR THE COMING SEASON

TIME TO RENEW YOUR MEMBERSHIP

JUNIOR RENEWALS CLOSE 7 SEPTEMBER
SENIOR RENEWALS CLOSE 30 SEPTEMBER

All renewals are to be completed on-line through the SLS Members Area.
Please ensure to make payment for your fees at the same time as completing
your membership renewal. Any issues, please contact the office.

[SLS MEMBERS AREA](#)



SEASON CALENDAR

Calendar outlining
key dates across the
club. Now available
to download from our
website

[VIEW CALENDAR](#)



NIPPER OPEN DAY

3rd Sep: 10am- 12noon
Come meet our Junior Activities
crew who will be happy to answer
questions and provide some tips
for surviving the Nipper season.

[READ MORE](#)



WORKING BEE

Come down to the club
on **18 September** and
lend a hand in getting the
club spruced up ready
for the new season

[READ MORE](#)

EDUCATION

UPCOMING COURSES

SRC TO BRONZE COURSE

Freshwater will be holding a specific SRC to Bronze course for eligible club members. Candidates must turn 15 before 29 September. Next course starts Sunday 28 August. Enrolments close 24 August 2022.

FURTHER SRC AND BRONZE COURSES

If you have friends or family interested in SRC or Bronze courses, we have 2 intakes planned.

1st Intake: commencing week of 4 October
2nd Intake: commencing week of 25 October

If interested in completing any of these courses, please email our education team.

[EMAIL EDUCATION](#)



PATROLS

COMMENCE 24 SEP

First teams are Patrol 1 (morning) and Patrol 2 (afternoon). Patrol rosters are posted in the Members Area on the SLISA website. We will also make them available on our [website](#).
FRESHNET IS NO LONGER OPERATIONAL

Please let your Patrol Captain & Dir. of Lifesaving (David Price) know asap if you don't plan to return to patrols. Details about proficiencies will be communicated soon.

[EMAIL DAVID](#)

FRESHIE UNIFORM SHOP

This year all of uniform purchases will be made via our on-line store. Past season designs and essentials such as hi vis will be available for quick dispatch year-round.

New season designs are available by pre-order only.

**FIRST CUT-OFF DATE FOR PRE-ORDERS
IS 6 SEPTEMBER!**

SHOP NOW



NIPPER HANDBOOK

Have you downloaded our new Nipper Handbook? Complete A-Z of Nippers and essential reading for past and new Junior members.

DOWNLOAD HANDBOOK

UNIFORM TRY ON DAY

3 SEPTEMBER AT THE CLUB | 10AM - 12 NOON

Sample sizes available to help with on-line ordering. Hi vis and nipper caps available to purchase on the day

BOARD & SKI

TRAINING TIMES

SATURDAY

Ski: On the water at 6.55 am

Board: 7.45 am warm up

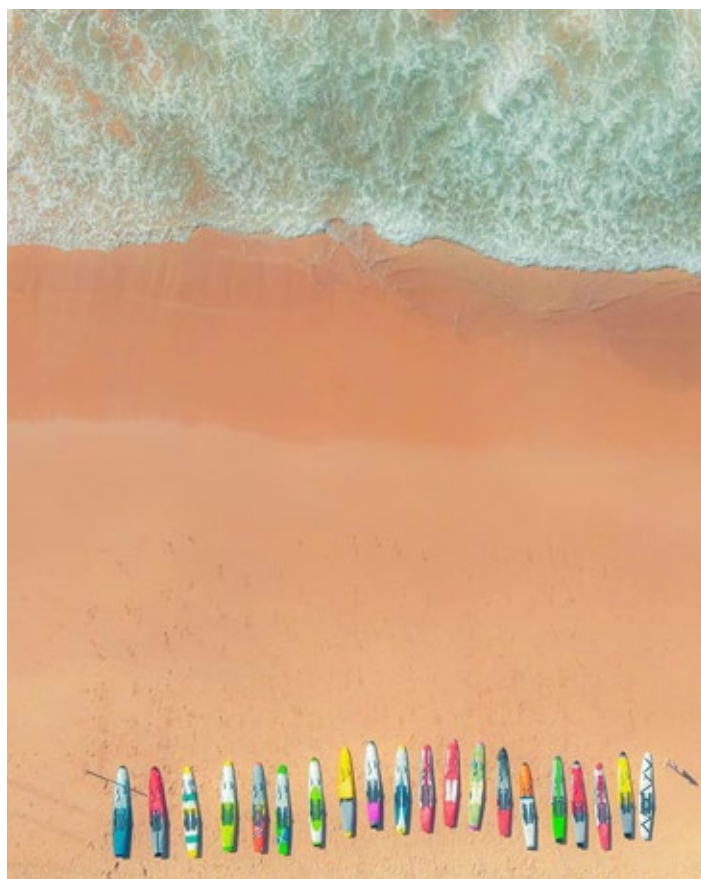
SUNDAY

Ski: 7.30 am

Board: 1:00 pm to 2.15 pm

Dont forget to bring your running shoes if conditions are unpleasant.

This season **we will be using Stack TeamApp** for communications. Please download the app and search for "Freshwater SLSC Surf Sports"



YOUTH

DEVELOPMENT CAMP

28 SEPTEMBER - 1 OCTOBER

Andi Malm will be running a camp in the September School Holidays at Freshie. The camp is targeted at 15-17 yr old members who are keen to meet other young members, develop leadership and team work skills, and gain insight into the range of pathways available within the surf lifesaving movement.

If you have not already registered your interest, please email Andi.

[EMAIL ANDI](#)



EXECUTIVE COMMITTEE

DIRECTORS FOR 2022/2023 SEASON

| TITLE | NAME |
|--|-----------------|
| President/Chairperson | Michael Bate |
| Executive Officer | Richard Hawtin |
| Treasurer | Michael Raymer |
| Club Captain/Director of Lifesaving | David Price |
| Chief Instructor/Director of Education | Lindsay Davis |
| Director of Sport | James Coates |
| Director of Building & Facilities | Michael Kirkby |
| Director of Sponsorship & Marketing | Kimberley Dales |
| Junior Activities Chairperson | Tony Wessling |
| Director Member Services | Shanny Dyer |
| Youth Development Officer | Andrea Malm |



ANNUAL REPORT

The 113th Annual Report is now available to download, or you can pick up a copy from the club.

[DOWNLOAD](#)



MINUTES OF MEETINGS

AGM and EC Meeting Minutes are posted on the noticeboard at the bottom of the stairs in the tunnel.

[REQUEST A COPY](#)



10th - 11th SEPTEMBER 2022 24HOURROW.COM.AU

I'M ROWING FOR 1 HOUR AND RAISING MONEY TO BRING SUICIDE RATES TO ZERO

THIS SEPTEMBER, THE FRESHIE SLSC COMMUNITY ARE BANDING TOGETHER TO PARTICIPATE IN GOTCHA4LIFE'S 24HR ROW.

Gotcha4Life run lifesaving workshops and programs that help Aussies build their mental fitness and learn to tackle everyday issues, reduce suicides and ensure no one has to worry alone.

WHEN

12pm-12pm, 10th-11th September 2022

WHERE

Kooloora Room, Freshwater SLSC

HOW TO GET INVOLVED:

Grab some mates (or try rowing solo!) and row for as little or as long as you want. You don't need to know how to row, just give it a go!

Jump on and register a personal page under the Freshwater SLSC Team: <https://24hourrow.com.au/freshwaterslsc>

Check out the link to book a time slot: <https://signup.com/go/MTtdZua>

**WIN
1 OF 3
MG3S**



Shop in any of our 7 Supamart stores or online between 8th August and 17th September 2022 and enter to win 1 of 3 MG3s valued at \$18,880 each
Terms & Conditions apply - TP/01960



SCAN TO ENTER

www.supamartsydney.com.au

Supamart IGA Blaxland
152 Great Western Highway
Blaxland NSW 2774

Supamart IGA Cremorne
287-305 Military Road
Cremorne NSW 2090

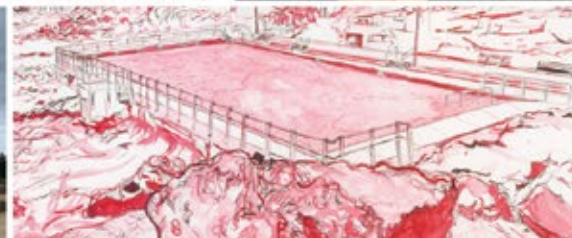
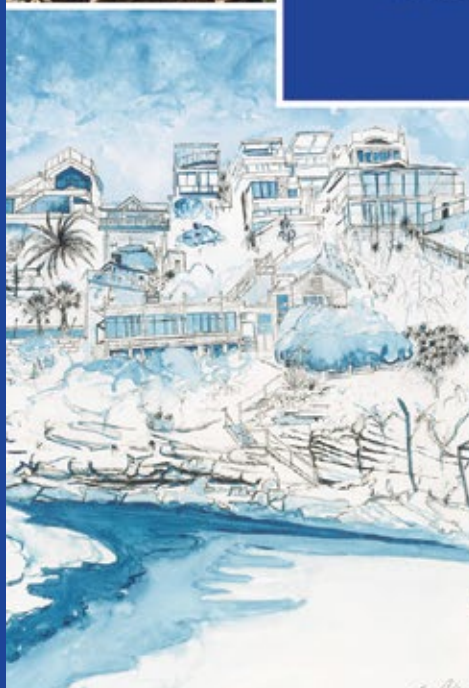
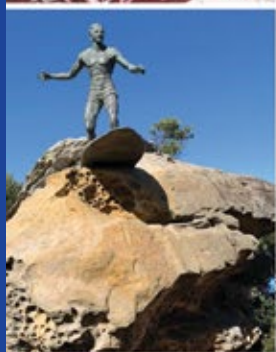
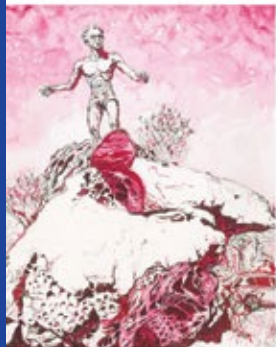
Supamart IGA Freshwater
22-26 Albert Street
Freshwater NSW 2096

Supamart IGA Lindfield
27 Lindfield Avenue
Lindfield NSW 2070

Supamart IGA Pennant Hills
Cnr Ramsay & Hillcrest Road
Pennant Hills NSW 2120

Supamart IGA Rose Bay
1-5 Dover Road
Rose Bay NSW 2029

Supamart Tramsheds
1 Dalgat Way
Forest Lodge NSW 2037



THE FRESHWATER ARTIST®

SHOW #1

THURSDAY 6TH – SUNDAY 9TH
OCTOBER 2022
10AM – 7PM

FRESHWATER SURF LIFESAVING CLUB
THE HERITAGE ROOM
KOOLOORA AVE FRESHWATER

4 DAYS ONLY – FREE ENTRY

KID FRIENDLY ART SHOW
OVER 65 FRESHWATER INSPIRED WATERCOLOURS
ON DISPLAY

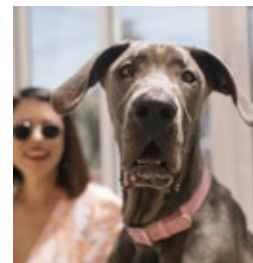
What's happening at your local ...

HARBORD HOTEL

HOUNDS OF HARBORD

Is your dog the cutest in Freshie? Head over to Harbord Hotel and enter your pup into their Hounds of Harbord competition and dog model search. Head into Harbord Hotel's dog-friendly courtyard and snap your furry mate for the chance for your dog to win a professional pup-photo shoot, plus over \$500 worth of prizes and be crowned the 'Hound of Harbord 2022'.

More details at www.harbordhotel.com.au 1 - 26 August



SALTY BRAINS SURF TRIVIA

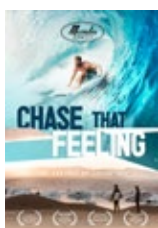
Drop in and test your general surf gnarledge at Harbord Hotel this August. Harbord Hotel have partnered with Surfers for Climate and Balter to put on a night of fun, plus a great way to enjoy some surf nostalgia and learn a bit about climate action. Hosted by Matt Chojnacki, you can book a team or head along solo. Ticket includes a free Balter Beer, and all proceeds go to Surfers for Climate. \$15 ticket + free Beer

<https://events.humanitix.com/salty-brains-surf-trivia-at-harbord-hotel>

FATHER'S DAY

This Father's Day Harbord Hotel are shouting Dad a beer when you book lunch or dinner and select their special Father's Day Roast. Because it's their day, they can select any beer on tap from an amazing selection of local and imported beers, available only when you make a Father's Day booking.

Book now at the link: <https://harbordhotel.com.au/bookings/>



CHASE THE FEELING - FILM SCREENING

Join two best mates lifeguard Blake Thornton and carpenter Matt Gilsenan, as they travel to the far corners of the globe to chase that feeling. These surfing legends are dropping into Harbord Hotel to present their movie. \$10 tickets + all profits go to SurfAid. Plus there will be some free merch available from Manbo too!

Monday 5 September @ 8pm.

[BUY TICKETS](#)

HARBORD HOTEL MEMBERS DISCOUNT

Did you know that as a Freshwater Surf Life Saving member, you're entitled to a VIP card at everyone's favourite local, Harbord Hotel. Your card entitles you to a 15% discount off food in the hotel (excluding Balsa) Monday - Friday. + a 15% discount off house drinks 7 days a week. Support your club and enjoy your local at the same time. Win - Win.

After Nippers open day on Saturday 3rd September, pop into Harbord Hotel to collect your members card, and enjoy a family friend pub lunch in their sunny courtyard.

