



THE “SWANNIE” SURFBOAT CHRISTENING

Our newest surfboat was christened in great conditions on Sunday 25 September.

It is named in honour of our esteemed member -John Swan (Life Member 2000). John joined Freshie as a Cadet way back in 1968. He has served tirelessly and with distinction for over 50 years, including as Club President for many, many years.. An all round sportsman and successful competitor across many disciplines, including R&R, Surf, Board and of course Surfboats, winning many championships at the highest level.

Photo: John Swan (2nd on left) with Sweep Nathan Perry (the boat builder), along with crew members Eric Middledorp, Brian Baker and Glenn Inches



HERITAGE NSW BLUE PLAQUE

COMMEMORATING DUKE KAHANAMOKU

Freshwater SLSC was honoured to be presented with the first ever Heritage NSW Blue Plaque on the Northern Beaches. Over 700 locations in NSW were nominated and in the first year of the program 21 have been presented to date. The Freshwater plaque commemorates Duke Kahanamoku, the Hawaiian swimmer and surfer who had a major influence on Australian surf culture. The plaque was unveiled on Monday 17th October by James Griffin, NSW Minister for Environment and Heritage.

Duke is credited with popularising surfing in Australia after performing surfing demonstrations more than 100 years ago, right here on the Northern Beaches in the summer of 1914/15. On Christmas Eve and on 10 January, using a hand-crafted board made of local sugar pine, he surfed at Freshwater Beach. This same board is on display in the Heritage Room at the Club.



In 2015 there was extensive celebrations around the 100th Anniversary of Duke's surfing demonstrations at Freshwater, and it was fitting that one of the Duke's Day Co-founders, Naomi Wilson, unveiled the plaque with the Minister. Michael Reagan and representatives from the Freshwater Boardriders Inc, and the Freshwater Longboard Club attended along with with Freshwater SLSC members. This was very much a community event.

The NSW Blue Plaques program provides an opportunity for communities to learn about their local heritage by recognising the important historical individuals that have become part of the history and fabric of NSW. For further information on the program, visit www.blueplaques.nsw.gov.au

RENEWALS

31 OCTOBER DEADLINE

SLS MEMBERS AREA

Please renew before 31st October 2022. SLSA will automatically archive any members who have not renewed before this date. Late fees will also kick in from 1 November 2022.

ANA VUCIC

ART EXHIBITION

Earlier this month, our Heritage Room was fortunate to host an exhibition by
'The Freshwater Artist'
- Anna Vucic.

Ana very kindly gifted the club some of her Freshwater inspired watercolours, including this lovely work featuring our club house, as presented to our President Michael Bate on the opening night of her exhibition.

You can follow Ana's work on instagram <https://www.instagram.com>.



RWC OPERATORS

NEWLY QUALIFIED

Congratulations to Grace Seaglove, Emily Thornton and Oliver Perillo who were recently qualified as Rescue Water Craft Operators, otherwise known as jetski drivers. The RWCs provide increased surveillance and rapid response in high-risk and unpatrolled areas.

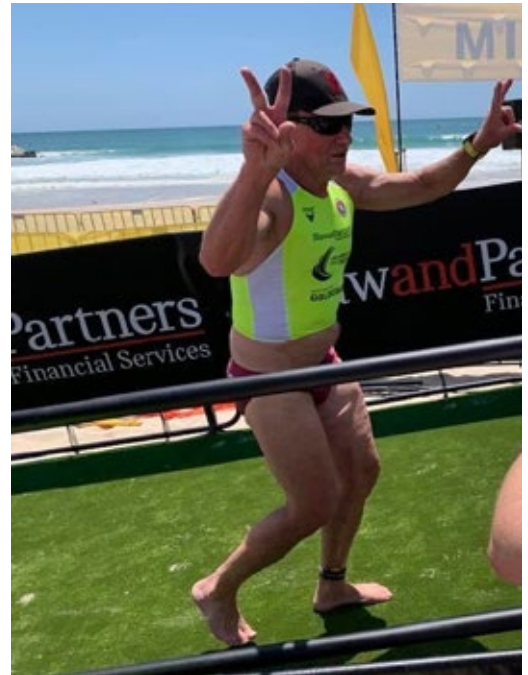


VOLUNTEER NEEDED | SENIOR CARNIVAL COMMS AND ENTRIES

We are looking for a volunteer to take-on the role of Carnival Registrar for the open carnivals. This requires 1-2 hours per week max. You will be responsible for monitoring carnival notifications via the SNB website, posting to the club TeamApp, monitoring responses and then entering competitors into SEMS (SLSA carnival entry system). Training provided across all platforms. Ideally suited to someone that has knowledge of carnivals or surf sports but we welcome all applications. We appreciate everyone's busy lifestyles, but this is a volunteer run organisation and we need assistance. Please consider if you can give 1-2 hours per week to assist our competitors. Please email admin@freshwaterslsc.com if you would like apply or have any questions.

COOLANGATTA GOLD

BY GAV NEEDHAM



Freshwater SLSC was represented at this years Coolangatta Gold event by 8 of our battle hardened masters who competed in the 21km short course teams event.

After some inspiration the night beforehand with the squad forced to watch the 1984 Australian cinematic classic "The Coolangatta Gold," the team were fired up as perfect conditions on the Saturday morning greeted us.

Our ski paddlers Steve Bennett and Scott Carpenter led us out and managed to hit the return leg back to Coolangatta just as a stiff southerly arrived for the 5km paddle back. Paul "The General" Stormon and James Coates swam the 2.7km (meant to be 2km) course well before handing over to yours truly and John "Zin Zan" Landells - for what was meant to be a relatively quick 3km board paddle but was actually a 4.6km slog. (in my case anyway.....) Our ever faithful Phil "Diesel" Fagan and our newly sourced masters beach squad captain Steve Davis brought us home over the 5km soft sand run to finish.



With the results in, the "Fresh Waterboys" managed to finish 2nd and the "Fresh Watermen" came home in 3rd with a much younger team from Terrigal taking the win.

Overall it was a great weekend with a lot of fun camaraderie combined with a great event to kick off the masters racing season. A special thanks to Crash, Judy and Lindsay for supporting the team allowing us finely tuned athletes to focus on the race!



FRESHIE COLTS

DOMINATE SOUTH WEST ROCKS BOAT CARNIVAL

Last week Freshwater U23 Colts crew travelled to South West Rocks for the annual training weekend and participated in a carnival.

The boys rowed A grade and won 7 from 7 at a small country carnival. Although the competition wasn't of the highest level, the 7 races and training over the weekend will prove invaluable. The point of the weekend was to travel away with our rowing group, practice surf skills and enjoy the great training environment that South West Rocks provides. In the future, it would be great to have our whole boat section (and other training groups) join us for a weekend away.



FRESHIE COLTS SECURE OCEAN THUNDER ENTRY

Freshwater U23 men or Freshy Titans as maybe they should be now known, have secured an entry in the elite surfboat event "Ocean Thunder" (OT).

The OT team will be representing Freshwater SLSC and Titan Ford with our new surfboat "The Swannie"

The OT event is a step up for the boys and is an elite event of Open men and the best crews in Australia, televised on Foxtel.





FSLSC GENERAL MEETING

SUNDAY 4 DECEMER 2022 | 10AM

The Club will be holding a Club General Meeting on Sunday 4 December 2022 from 10am.

Our Executive Committee will provide an update on club matters. All members are welcome to attend. Further details to follow.



EXECUTIVE COMMITTEE

MEETING MINUTES

Minutes of the monthly Executive Committee Meetings are posted on the notice board at the bottom of the stairs in the tunnel. If you would like a copy of the Minutes emailed to you, please email Renee - admin@freshwaterslsc.com

FRESHIE BAR UPGRADE PROJECT

The Bar upgrade is progressing well and to time-line.

This past week saw the new epoxy floor laid and painted, paint selections finalized, plumbing roughed in and our keg fridge delivered!

This week we will have the stainless steel benchtops installed, continued plumbing work, the electrical rough in, and bar tops delivered.

Everything is on track for some great Christmas Celebrations utilising the new bar.

There are days that the office is unattended depending on the scope of work, but these are minimal. Please call ahead to check if we are going to be there if you need to come into the club office.



ON PATROL

Any Active Members that have not been allocated to a Patrol and wish to be added to the Patrol Roster please e-mail captain@freshwaterslsc.com before 7 November.



ATV REMINDER

Please do not drive the ATV with the windscreen open and ensure that the ATV is thoroughly washed after being used, with particular attention to the inside of each wheel where the brakes are located.

NO BOARDS IN THE FLAGS

Members are reminded that boards are not permitted within the flags. Specifically they must be outside the black and white flags. The lifeguards are concerned that this has happened a number of times this season.

CONGRATULATIONS

Congratulations to Xander Needham and Patrol 3
who scored a perfect 100% on
the first patrol audit of the season!

PATROL

SUBSTITUTE REQUESTS

Date	Time	Member
Sat 29/10/2022 (Patrol 7)	08:45 - 13:00 (4.25 hrs)	Oisin Daly
Sat 12/11/2022 (Patrol 15)	08:45 - 13:00 (4.25 hrs)	Sharyn Vickers
Sun 13/11/2022 (Patrol 2)	12:45 - 17:00 (4.25 hrs)	Benjamin Styles
Sat 19/11/2022 (Patrol 4)	12:45 - 17:00 (4.25 hrs)	Rebecca Shaw
Sat 19/11/2022 (Patrol 4)	12:45 - 17:00 (4.25 hrs)	Derry Cosgrave
Sat 26/11/2022 (Patrol 8)	13:15 - 18:00 (4.75 hrs)	Emily Lemlin
Sun 04/12/2022 (Patrol 13)	08:45 - 13:30 (4.75 hrs)	Diego Lombardini
Sun 25/12/2022 (Patrol 11)	11:00 - 13:30 (2.5 hrs)	Joanne Veitch
Mon 26/12/2022 (Patrol 13)	08:45 - 13:30 (4.75 hrs)	Finley Hendry
Tue 27/12/2022 (Patrol 15)	08:45 - 13:30 (4.75 hrs)	Yvonne Klette
Sat 31/12/2022 (Patrol 1)	08:45 - 13:30 (4.75 hrs)	Chandra Ayer
Sun 01/01/2023 (Patrol 4)	13:15 - 18:00 (4.75 hrs)	Natalie Berger
Sun 01/01/2023 (Patrol 4)	13:15 - 18:00 (4.75 hrs)	Derry Cosgrave
Sat 07/01/2023 (Patrol 7)	08:45 - 13:30 (4.75 hrs)	James Crittenden
Sun 08/01/2023 (Patrol 9)	08:45 - 13:30 (4.75 hrs)	David Newhouse (Patrol Captain)
Sun 15/01/2023 (Patrol 13)	08:45 - 13:30 (4.75 hrs)	Diego Lombardini
Sun 23/04/2023 (Patrol 13)	08:45 - 12:45 (4 hrs)	Diego Lombardini

If you can assist with any of these requests please go to the Member's Area on the SLSA website, select "Patrols" and then select "Patrol Swap". Click on "I can do this" to accept the sub request.

If you need a sub, please post the request in the Member's Area on the SLSA website. You should look at the existing requests because those people with existing requests are likely to be the best opportunity for a swap.

MEMBER COMMUNICATIONS

In order to improve the ability to communicate with members in a more targeted and timely manner, we are developing a new Stack TeamApp platform which is named "Freshwater SLSC Members". This was previously titled Freshwater SLSC Surf Sports. Those that were members of the Surf Sports app will maintain their membership. We are building out the app and ensuring each area of the club will have an access group specific to their members. Work is in progress and we will send communications over the coming weeks with instructions on how to join.

Surfguard will continue to be used for key club wide communication to all members, but the new TeamApp will allow an easier and more efficient form of communication amongst key groups and areas across the club.

Please Note: Nippers and Junior Activities will maintain their current TeamApp group which is called "Freshie Nippers". No changes will be made to this platform and all nipper communications will continue to be shared via the Freshie Nippers TeamApp. If any nipper families are not a member of that group, they will need to join as this is the key portal for all junior communications.



SENIOR TRAINING TIMES

MONDAY

6pm @ Manly Dam

TUESDAY - FRIDAY

5:30pm @ Freshwater

SATURDAY

Ski: 7am Board: 7:45 am

Handicapped club swim and board races every Sunday at 11am.

This season we will be using Stack Team App for communications. Please download the app and search for "Freshwater SLSC Members"

QUESTIONS ABOUT SENIOR TRAINING ?

Email James Coates - our Director of Sport

[EMAIL JAMES](#)

JUNIOR TRAINING TIMES

TUESDAY

Land Training 4:30-5:30pm
Water Training 5:30-6:30pm

THURSDAY

Land Training 4:30-5:30pm
Water Training 5:30-6:30pm

SATURDAY

Land Training 3:00 - 4:00pm
Water Training 4:15-5:15pm

Open to proficient Nippers, U9's and above. Junior Training information available on Stack TeamApp - "Freshie Nippers"



NIPPER NEWS

OFF & RUNNING FOR THE SEASON

Our season got underway with blue skies and big smiles on Sunday 16 October, as over 500 future life-savers (aka Nippers), with their parents and carers brought our beach to life. We were blessed with a beautiful spring day, great water conditions and an army of volunteers (including our wonderful Age Managers and Water Safety teams) to launch the season. Let's hope the weather is a sign of what is ahead this Summer for us!



SNB DEVELOPMENT SQUAD

Nine of our superstar Nippers were selected in the Sydney Nthn Beaches Development Squad and commenced training in September.

Congratulations to Cooper Orr, Sophie Yeates, Harry Ayer, Brad Nitz, Holly Pinnuck, Amelia Mandalinic, Kayla Davies, Emma Garden, Olivia Lombardini!

PRE-SEASON CAMP ONE MILE BEACH

More than 30 Nipper families joined us at Ingenia One Mile for 2 days of pre-season training in the September school holidays.

We blew away the winter cobwebs with board and swim races and lots of hands on help from our amazing coaching team. Our U14's - newly minted SRCs - donned their orange vests and helped out with water safety. While the beach was absolutely spectacular, it had to work hard to beat the Ingenia heated spa which was full of Nippers for most of the weekend!



SAVE THE DATE | 27 NOVEMBER | FRESHIE FAST & FURIOUS

Freshie are proud to be once again be hosting the Bennett Fast and Furious Carnival on November 27. Fast format board and iron racing for U9's-U14's. This is a great opportunity for our whole club to get involved in this popular event on our home turf. Lots of prizes, including Bennett Boards to be won!

CALLING ALL ACTIVE OVER 30 MEMBERS!!

For over 25 years Freshwater SLSC has hosted our annual Masters (Over 30yrs) Carnival which is now Australia's longest running regular Masters competition. This year's event is being held on November 19th at Freshwater Beach.

It is a water teams based event, with a focus on participation. Events held include Swim Teams, Board, Ski and Taplin relays and one individual event - the dash for cash involving (hopefully) bodysurfing a wave from out the back from the swim cans and being first up the beach.

We are on the line at 8am and plan to be off the beach and enjoying Brunch by 11am.

If you are over 30 and an active Bronze Holder, we would love to invite you to see what the masters event is about. Not sure about the competition side of things? Don't worry - we want to ensure that we encourage as many people to have a go in a friendly and safe environment. As hosts Freshwater members do not need to pay an entry fee, however if you want the legendary Freshwater Masters Carnival T Shirt and to attend the post event BBQ the cost is \$25. If you are interested please register via the Freshwater SLSC Members Team App or send an email to our masters coordinator Gav Needham gaven.needham@gmail.com

Looking forward to seeing a big turnout from Freshwater SLSC members - please refer to the flyer below.



MAINTENANCE AROUND THE CLUB

Our facilities team are actively working through a long list of maintenance items that need addressing around the club. If members notice areas that need improvement or maintenance, please email our Director of Facilities - Michael Kirkby and we will add them to the list

[EMAIL MICHAEL](#)

AUSTRALIA'S PREMIER MASTERS CARNIVAL



19 NOVEMBER 2022

FRESHIE MASTERS 2022

8AM TOES ON THE LINE

\$300 PRIZE MONEY
Individual Dash For Cash
(M&F) U/50yrs & O/50yrs
1st \$50, 2nd \$25

\$1000 PRIZE MONEY
Club Teams
1st \$300, 2nd \$250, 3rd \$150,
4th \$100, 5th \$100, 6th \$100

TEAMS FOCUS

Freshie Masters is Teams focussed and rewards Club success. Pointscores count for Club Teams events only. Dash for Cash is for Individuals.

Not in a Team? Join 'The Punters' and we will find you a Team so you can join in the fun.

The winning team will be awarded the **'Ross Parry Cup'** in recognition of our much-loved life member and founder of the Freshie Masters, Ross Parry.

TEAMS AGE GROUPS

120yrs, 140yrs, 160yrs, 180yrs (Male & Female)
Dash For Cash Age Groups: U/50yrs & O/50yrs
(Male & Female)

SCHEDULE

8AM: Toes On The Line
Surf Teams, Ski Relay, Board Relay, Taplin Relay

10AM: Dash For Cash Individuals:
From The Surf Cans to the Surf Club

11AM: Brunch, Drinks, Presentation
& Prize Money on the Member's Lawn.
Change rooms & private shower facilities
available prior to presentation

ENTRIES CLOSE 30 OCTOBER

CARNIVAL ENTRIES
VIA SEMS

T-SHIRT & BRUNCH
ORDER \$25

Freshwater SLSC thank Harbord Hotel as our long-term partner and sponsor of Australia's longest running Master's Carnival!

HARBORD HOTEL

Keep up to date via Facebook
'Freshie Masters 2022'
admin@freshwaterslsc.com
freshwaterslsc.com



Enquiries:

Simon Phin
0400 100 814

Gaven Needham
0428 499 653

What's happening at your local ...

HARBORD HOTEL

BINGO / BANGERS / BEERS & BURGERS

Come and test your musical knowledge with our fresh spin on traditional bingo!

It's just like regular bingo but instead of numbers, it's your favourite old school bangers! We have 3 rounds of musical bingo games with some groovy sets in between. Enjoy \$15 burgers and \$7 Freshie Brewing Co schooners while you're here. Plus, merch giveaways from our mates at Freshie Brewing Co and heaps more! Stick around till the end and have fun with some retro party games!

Entry is free, so rally up your mates and book your team!

[REGISTER YOUR TABLE](#)



FRESH COMEDY

Don't miss Fresh Comedy at Harbord Hotel, a monthly showcase of local and international comics, presented by The Comedy Store Sydney. With a stellar line-up of comedians, this sells out fast, so get in quick!

\$25 tickets, 8pm start!

Next event: "Last Wednesday of the Month"

[GET YOUR TICKET HERE](#)

HARBORDHOTEL.COM.AU

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