



# FRESHIE NEWSLETTER

SEPTEMBER 2023

WELCOME TO THE  
2023/24 SEASON!

## MEMBERSHIP RENEWALS

REGISTRATIONS CLOSE 30 SEPTEMBER

No Junior regos will be accepted after the 30th. **Under 6 and 7 Age Groups are closed.**

Senior registrations will attract **a late fee** post 30 Sept. 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.

[SLS MEMBERS AREA](#)

## COMPETITION LEVIES

**SENIOR COMPETITOR LEVIES ARE ALSO NOW DUE**

There will be a slight increase in competition levies for the senior section this season. This is a result of an increase in carnival entry costs to the club.

**15-19 YEARS - \$100**

**OPENS AND MASTERS - \$125**

If you plan on competing in Open and Master's Carnivals this season, please pay your competitor levy now via the Freshie Shop. We cannot enter you into carnivals until your levy is paid.

[PAY COMP LEVY](#)

## THANK YOU MOUNTIES GROUP

The Club proudly took delivery of the new Freshwater ATV last week thanks to the generosity of the Mounties Group – Harbord Diggers Club. The Club President Michael Bate and our Director of Sponsorship, Kimberley Dales were special guests of the Mounties Board at a recent community luncheon where the Mounties Group handed over their generous donation to fund this essential lifesaving equipment.



## CONGRATULATIONS TO OUR FABULOUS ANDREA

Andrea Bohm was crowned the new Australian Womens Over 60s Longboard Champion at Port Macquarie last month at the Australian Longboard Championships. Andrea is not only one of our Club Chaplains and MPIO Officer, but a wonderful member of the Freshwater community and the Freshwater Longboard Riders Club. **Well done Andrea.**



## EXECUTIVE COMMITTEE VACANCY

Michael Raymer will be stepping down from the Finance Director role at the end of September. The Club is therefore seeking the services of a Finance Director/Treasurer. If you would like a confidential discussion about the role, please email Richard Hawtin, Executive Officer or Michael Bate, President.

We thank Michael for his time and dedication to the Treasurer role over the last two seasons.



## SEEKING AN EVENT ASSISTANT

Our Executive Officer, Richard Hawtin has done a fabulous job over the years, organising carnivals at Freshie. He is seeking volunteers that would be keen to assist him in the organisation of the Freshwater Open Carnival, hosted by Freshwater in January each year. Last year, this event attracted over 850 top competitors from all over Australia and we are once again excited to be partnering with Summer of Surf. If you would be keen to assist Richard organise this amazing event, please send him an email ([executiveofficer@freshwaterslsc.com](mailto:executiveofficer@freshwaterslsc.com)). It is a great way to get involved, assist the club, make new connections and gain event management experience.



## FRESHWATER SURF CLUB MASTERPLAN

There has been a lot of publicity over the last few weeks, announcing that Freshwater Surf Club had lodged their long awaited DA for the Club's new masterplan and upgrade.

This has been the culmination of many years of work by a dedicated team of Club members, with the support of Northern Beaches Council.

The club will be holding information sessions for members of the community and members are welcome to attend to learn more about the upgrade.

**The first Community Information Day will be held at the Club on 30 September from 10am.**

[VIEW DA APPLICATION](#)



# THANK YOU TO OUR WORKING BEES!

Earlier this month, a dedicated crew got stuck in at our Annual Working Bee. The Club is now looking ready to kick off another busy season and we can't wait to welcome back our members, sponsors, local community groups, function hires and the public.



**NOTICE ANYTHING THAT NEEDS A LITTLE LOVE AROUND THE CLUB BUILDINGS?**

Please email our caretakers, Jamie and Tracy ([caretaker@freshwaterslsc.com](mailto:caretaker@freshwaterslsc.com)) if you have any suggestions on how to improve our facilities.

# EDUCATION NEWS

## PROFICIENCIES

### SKILLS MAINTENANCE (PROFICIENCY)

Sun 8 October @ 2pm (dry then wet)  
Sat 14 October @ 8.30am (dry then wet)  
Sat 11 November @ 8.30am (dry then wet)  
Sun 19 November @ 12 midday (dry then wet)

**There is a requirement to register your attendance at the Skills Maintenance to ensure we have sufficient Assessors. Register through the Members Area at [members.sls.com.au](https://members.sls.com.au)**

Note: You must complete the 2023 Skills Maintenance module in the e-learning of the Members Area prior to attending the practical assessments.

[CLICK HERE FOR INSTRUCTIONS](#)

Freshwater members can attend a Skills Maintenance practical session at South Curl Curl, Queenscliff or North Steyne if any of the above dates are not suitable.



## UPCOMING COURSES

### SRC COURSE

Start Sunday 8 October for 6 weeks.  
Training Sunday 8:30am - 11am  
(dry skills in club and wet skills on the beach)  
Assessment on approx 26 November

### ADVANCED RESUSCITATION

Must hold current First Aid Certificate HLTAID011 as pre-requisite  
Start Wednesday 25 October 2023 for 5 weeks  
Training Wed 6:30pm - 8:30pm  
Assessment approx 29 November

### FIRST AID CERTIFICATE (HLTAID011)

Saturday 28 October 2023 at Freshwater  
9am - 4pm

### BRONZE COURSE

Start Wednesday 18 October 2023  
Runs for 6 weeks  
Wednesdays 6pm - 8:30 pm in the club  
Saturdays 1pm - 3pm on the beach  
Assessment on approx 9 December

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

[EMAIL EDUCATION](#)



# PATROLS

Welcome to a new Patrol season. Thank you to many volunteers that step up each weekend to keep Freshie safe. Patrol rosters are posted in the Members Area on the SLSA website and also on our Club website

Please let your Patrol Captain & David Price know asap if you don't plan to return to patrols. Don't forget to book in for your Skills Maintenance / Proficiency.

[EMAIL DAVID](#)

# FRESHIE UNIFORM SHOP

The Freshie Merch team have been very busy packing pre-season orders! Please keep them coming especially if you are a new junior member. The queues to purchase uniforms can be long in those first few weeks of Nippers so we highly recommend ordering online. You can pick up from the Club office or flat rate postage is \$13.

[SHOP NOW](#)

**Have you seen our new Tees?**  
HAND ILLUSTRATED AND DIGITALISED.  
KIDS AND ADULT SIZING \$25!!



# CONGRATULATIONS IZZY STAPF GIANNAKIS

Isabelle was recently awarded the Order of Australia Youth Community Service Award.

Izzy is one of our amazing young members who is consistently awarded at a Club level for her commitment, but we think the OAM might top her Freshie awards!

**SUNDAY SURF RACES**  
START 15TH OCTOBER - 11AM ON BEACH



**START PRE-SEASON**

***WATER TRAINING***

**TODAY**

U14s - Opens  
No Experience Required  
Join the chat for updates  
[bit.ly/trainingsquadchat](https://bit.ly/trainingsquadchat)

**PRE-SEASON  
TRAINING  
(U14-OPENS)**

**SEPTEMBER**

WED 5:30PM: Gym Session  
SAT 7:00AM: Ski  
SAT 8:00AM: Board

**FROM OCTOBER 2ND**

MON 5:45PM Board  
TUE 5:45PM Board  
WED 5:45PM Iron Person  
THU 5:45PM Board  
SAT 7:00AM: Ski  
SAT 8:00AM: Board

QUESTIONS:  
[sport@freshwaterslsc.com](mailto:sport@freshwaterslsc.com) or  
[bit.ly/trainingsquadchat](https://bit.ly/trainingsquadchat)

# **NEW PILATES MAT CLASSES @ FRESHWATER SLSC**

11AM EVERY TUESDAY AND THURSDAY  
DM TRISH FOR MORE DETAILS 0413 800 228

ALL MEMBERS INVITED



# FRESHIE ON *Fridays*

SEPTEMBER

29

FROM 5:30 PM

**FRESHWATER SURF LIFE SAVING CLUB**

As the season (and the weather) hots up, join members and guests at Freshie on Fridays! We will have pizza to accompany refreshing drinks from the famous Freshie bar. Come along and bring a friend!





## COME ALONG FOR A FUN-FILLED & CREATIVE DAY!

- Play dough station with Be Centre
  - Rock decorating
  - Sausage sizzle with all proceeds raised going to the FSLSC
  - Raffle to win prizes
- \* Suitable for children 3+



Freshwater SLSC

Kooloora Room

Sat 30th Sep | 10AM - 2PM



RECEIVE 15% OFF  
SELECTED HOUSE  
BEVERAGES 7 DAYS A  
WEEK + 15% OFF  
FOOD MONDAY —  
THURSDAY.

HARBORD HOTEL

# YOUR CLUB CARD IS NOW ON OUR APP!

## HOW TO GET YOUR CLUB CARD

1. DOWNLOAD THE HARBORD HOTEL APP FROM YOUR PREFERRED APP STORE. SCAN THE QR CODE BELOW ON YOUR CAMERA APP TO DOWNLOAD.



2. TO SIGN UP, CLICK THE ICON ON THE TOP RIGHT
3. CLICK 'LINK YOUR MEMBERSHIP' AND FOLLOW THE PROMPTS
4. HEAD TO OUR MAIN BAR AND ASK FOR YOUR CLUBS QR CODE
5. HEAD TO THE 'QR SCANNER' BUTTON ON THE APP TO SCAN. THIS WILL ASSIGN YOU AS A CLUB MEMBER AND ALLOW YOU TO RECEIVE SPECIAL DISCOUNTS.

OUR STAFF WILL HELP YOU WITH ANY QUESTIONS YOU MAY HAVE!

# HARBORD HOTEL

## What's on at your local



### HARBORD SATURDAYS

Enjoy live music every Saturday!

Harbord Saturdays is a weekly party that you don't want to miss. No matter what week you attend, it's always a good time. Start in the courtyard, move inside at sunset and play till late.

### TRIVIA TUESDAYS

Every Tuesday | 7pm

We're a venue for the people, so we're stoked to give you more of what you want.

We've got trivia every Tuesday in the main bar at 7pm. Head to Harbord Hotels What's On Page to register your table!

## DON'T FORGET TO SHOW YOUR CLUB CARD

Show your Club Card on the Harbord App and receive:

- 15% OFF SELECTED HOUSE BEVERAGES 7 DAYS A WEEK
- 15% OFF FOOD MONDAY - FRIDAY
- SPENDS FROM CLUB MEMBERS GO TOWARDS CLUB REBATES

HARBORD HOTEL

## What's on at your local



### KIDS SCHOOL HOLIDAY PROGRAM

3rd, 4th and 5th October

Let us entertain the kids while you sit back, relax and enjoy a coffee with your mates. We've got face painting, slime making, crafts, magic and reptile shows. Best of all, tickets are only \$10 with all proceeds going to Children's Ground!

Tickets are available on our app and website.



### FRESH COMEDY

Wednesday 27 September | 8pm

A monthly showcase of local and international comics, presented by The Comedy Store.

\$25 tickets, 8pm start!

Tickets are available on our app and website.



## TITAN FORD IS PROUDLY CONTINUING TO SPONSOR THE FSLs CLUB IN TO 2024

We are thrilled to announce that Titan Ford is continuing its commitment to supporting the Freshwater Surf Life Saving Club in 2024! As a token of our ongoing partnership, we are excited to supply the club with a brand-new Ranger. We can't wait to dive into another year of exciting events and competitions and look forward to meeting you in the upcoming club carnivals and Surf Boat Races. Together, we'll continue to make a positive impact on our Northern Beaches community and promote safety and enjoyment at the beach.

Mustang Mach-E – a new icon for a new age. Titan Ford is delighted to introduce this fully electric marvel that blends the legacy of the Mustang with cutting-edge electric technology. It's a symphony of power, efficiency, and style. Be among the first to experience the electrifying thrills of the all-new Mustang Mach-E. Secure yours today and be part of the electric revolution with Titan Ford.

[Find out more.](#)



# Titan Ford

**Local** People **Better** Deals **Best** Service

[www.titan.com.au](http://www.titan.com.au)



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IN A BETTER PLACE

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# AQUA CULTURE SWIM

## REVOLUTIONARY SWIMMING PROGRAM BOOK NOW & GET READY FOR SUMMER

- 🌊 LEARN TO SWIM, DEVELOPMENT, SQUADS, ADULTS, AQUA AEROBICS AND MORE
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# FRESHWATER SLSC IS

PROUDLY SPONSORED BY



**HARBORD**  
HOTEL

Community Bank  
Freshwater

**B** Bendigo Bank



**Titan Ford**

**UPSTATE**



**SHAWOOD**



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