



NOVEMBER 2023

FRESHIE SLSC

All the latest news from your favourite club.



 WWW.FRESHWATERSLSC.COM

— Things to Check Off

Make sure you get the following 'admin' tasks ticked off so you don't miss out!



Freshie Christmas Party

BUY YOUR TICKET HERE

This year Freshie will be throwing a Christmas Party for all ages! That's right, **EVERYONE IS INVITED!**

When?? December 16th

Don your ugliest of Christmas sweaters or festive clothes and come down to celebrate the silly season with us.



Reminder - Competition Levies

PAY MY COMP LEVY - FRESHIE SHOP

With carnival season well under way, please ensure that your competition levy is paid if you wish to compete in any upcoming carnivals.

We cannot enter you if you haven't paid.

Keep in mind that entries close up to 2 weeks before a carnival so allow plenty of time and save your section leader the stress of last minute payments.



— Competition

November has seen many of our competitors blow out the cobwebs at the first carnivals of the season.

Our boat crews had a great presence competing at home earlier this month, with our youngest girls crew - **the 'Fender Benders'** - reaping the rewards of all their hard off season training. Congrats on a great start to the season girls!



Good luck to our crews heading to Coffs Harbour for State Trials this weekend!

Last weekend we saw **Round 1 of Nippers Club Champs** and it was great to see such a big turn out with everyone doing their best and having fun!



Want to see some real-time racing? Come down this weekend!

Freshwater Masters Carnival - Saturday 25th November
Nippers Fast and Furious Carnival - Sunday 26th November

Senior Training

Keen to have a go?

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

SUN 7:30AM Ski

For any questions, contact our
Director of Surf Sports,
James Coates

U14s - Opens, No Experience Required

Join the chat for updates - bit.ly/trainingsquadchat

SUNDAY SURF RACES

Every Sunday, 11AM on the beach

Exciting Opportunity - Lifeguard Work in USA

Surf Life Savers have an opportunity to work in the USA as professional Ocean Lifeguards. Long Beach Township Beach Patrol has a visa program that allows 18-28 year olds who are currently enrolled at university to work on **Long Beach Island, New Jersey**.

American summer season starts **June 10 and runs through September 2** (with some flexibility). LBTBP has approximately 170 lifeguards for the ten week summer. Competitive pay, paid training/rookie school, great team atmosphere, frequent competitions, excellent equipment, and experienced managers make LBTBP a great place to work. Housing is provided at a minimal cost.

I am a dual citizen. I am a current member at Freshwater Surf club and work for Northern Beaches Council as a Lifeguard. I am in New Jersey every summer as Chief of Lifeguards at Long Beach Township Beach Patrol. The Mayor of Long Beach Township, my supervisor and I would love to have you experience American summer on our amazing island.

Please check out the websites below for some background info. Send me a text with your name and brief bio and I will call you.

Joshua Wall
0405 377 017

<https://lbtbp.com/>

<https://www.interexchange.org/travel-abroad/work-travel-usa/>

[Asbury Park Press](https://www.app.com)<https://www.app.com> › 2023/08/04 Island Races Lifeguard Tournament on LBI: Day 1 snapshots

**CAROLINE'S DYNAMIC
TAI CHI**
Classes at Freshwater SLSC

*Tai Chi is a form of mindfulness exercise.
All movement begins in the inner stillness of our minds.
The core of Tai Chi training is the unison of mind and body.*

Teacher: Caroline Wang Noble
Mobile: 0400480713
Website: www.carolinestaichi.com

CLASSES AT FRESHWATER SLSC
Tuesdays at 6.00 – 7.00
Wednesdays at 5.30-6.30pm and 6.30-7.30pm



NEW PILATES MAT CLASSES @ FRESHWATER SLSC

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

— Training & Education

The incredible Education Team at Freshwater SLSC has put in a huge effort this month to help our Members start out their patrolling journey, complete proficiencies for the 2023/24 season and upskill in various patrolling capabilities.

Congratulations to our new SRCs!



Thank you to Kelly Dobrow for her guidance and organisation as Director of Education and to all instructors who continue to help us learn and develop each season!

We look forward to seeing our latest SRC members on patrol. Thanks to Michiel Tops and John Goldrick for leading them through their course.

If you have any questions regarding other courses, please contact our Education team.

[Click here to email Education](#)

Welcome Aboard the IRB...

New Crewies:

Gina Bolton
Celeste Weerts
Harrison Braund
Lachlan Jacobs

New Drivers:

Chris Dobrow
Ksenia Lisitskaya
Cameron Hayes
Izzy Stapf-Giannakis



Not even our Club Captain or Club President could resist getting involved in the recent First Aid Course...

And of course we can't forget our recent High School Graduates!

Congratulations to all of our Members who recently sat their HSC Exams, we are so proud of you and can't wait to see where you go to next.





— *Patrols*

The patrolling season is well and truly underway now!

Thank you to the many volunteers that step up each weekend to help keep Freshie safe. Patrol rosters are posted in the Members Area on the SLSA website and also on our [Club website](#).

Please notify your patrol captain & [David Price](#) asap if you don't plan to return to patrols

If you still need to complete your Bronze proficiency for the 2023/24 season, you must register for one of the remaining sessions as soon as possible.



Substitute Requests

We have a number of requests for patrol substitutes. To see if you can help cover 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 request a sub via the 'Patrol Roster' section of the Member's Area. While doing so, please review the existing requests because those people with existing requests are likely to be the best opportunity for a swap.

Please ensure you also let your patrol captain know.

Community

Take 3 for the Sea

This season Freshwater SLSC has partnered up with Take 3 For the Sea, an initiative designed to inspire us all to look after our environment so we can continue to enjoy it in all its glory.

Our Nippers and Members have been jumping on board and doing a fantastic job to collect plastics and rubbish that otherwise would've ended up in the ocean.

Our U9s collected 23kg of rubbish in just 30 mins!!
Special thanks to Dom and Jazz for taking charge.



Remembrance Day 2023

Our Members were recently involved in the Remembrance Day commemorations at the Harbord Diggers, providing poppies for all to wear in recognition of this day of national reflection.

Their efforts and engagement helped raise a large donation for veterans support services.

Thank you to all who were involved, especially these distinguished young gentlemen looking very dapper for the occasion.



2023 NSW Sports Awards

Freshwater SLSC, Queenscliff and North Steyne were voted as finalists in this years NSW Sports Event of the Year.

Our Club President Michael Bate attended this year's gala function at Darling Harbour, along with SLSNSW CEO Steve Pearce and COO Phil Ayres.

The NSW State Championships event was the runner up for 2023.

Thank you to everyone who played a part in the success of the Championships, it would not have been possible without you!





Freshwater SLSC Christmas Party

Save the Date! Saturday Dec 16

This event is open to ALL club members and families.

4pm Onwards - there will be Entertainment for the younger kids, Freshie Chickens Dinner, Gelato Dessert and the Bar will be open.

Welcome John Colet School

We are extremely excited to announce that John Colet School will be joining us as a new Sponsor.

Keep an eye out for the December Newsletter for a detailed welcome for more information.



JOHN COLET SCHOOL



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). 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.

Click [here](#) to view the DA application.



Director Finance / Club Treasurer

The Executive Committee are still seeking nominations from suitably qualified applicants for the role of Finance Director / Club Treasurer. The club has handed over the Finance role to our book keeper for the time being, but we need a qualified Financial expert to fulfil the vacancy on the Executive Committee. Like to know more? Contact the club's Executive Officer, [Richard Hawtin](#) or the Club President [Michael Bate](#).

— What's On At Freshie

There's plenty of exciting things happening around the club this month so look out on the website and our socials to keep up to date!



Freshie On Fridays!

Put it in your diaries! Freshie on Fridays is becoming an institution! Be institutionalised and enjoy the company of your fellow members.

Don't get FOMO! Be there!

****Freshie on Fridays event 24th November is POSTPONED****













Our next event will be after the General Meeting on Sunday 17th December.

Freshwater SLSC General Meeting

We will be holding a General Meeting on **Sunday 17th December at 4pm.**

If you are interested to hear about what has been going on at the club or wish to discuss a matter, please come down and join us. All Members are welcome to attend.

Events Happening in December

 SAT 2 U14S/OPENS FAST FIVES	 SAT 2 OCEAN THUNDER RND 2	 SUN 3 U11/12 TAKE 3 CLEAN UP	 SUN 3 JUNIOR LAND CARNIVAL
 FRI 8 NIPPERS PARENT SOCIAL	 SUN 10 JUNIOR WATER CARNIVAL	 SUN 10 OCEAN THUNDER RND 3	 SAT 16 TWILIGHT NIPPERS/ CHRISTMAS PARTY
 SAT 16 U14S/OPENS FAST FIVES	 SAT 16 R&R CARNIVAL	 MON 25 CHRISTMAS CLUB SWIM	

Visit the 'What's On' page on the Freshie website for regular updates, or refer to the season calendar for upcoming events.



Manly Open Body Confidence Workshop

Who: Females from ANY sport aged 12+

Where: Manly SLSC

When: Thursday the 18th of January

Time: 4:30pm - 6pm

Cost: \$60 or \$30 for competitors

Purchase tickets at

www.kamanacommunity.com



If you are competing in the Shaw and Partners Summer of Surf Manly Open tickets are 50% off! Thanks to Shaw and Partners

KaMana is a program that empowers female athletes and active women to build confidence and reach their potential



Interested?

We would love to organise a group Freshie women and girls to go along together!

Once you've purchased your ticket, email Tamsyn Curley, our Youth Services representative, to let her know and join the group.

[Click here to email Tam](#)

Freshie Uniform Shop

The Freshie Merch team have been very busy packing orders with our 2023/24 season kicking off!

Please keep them coming especially if you are a new junior member. The queues to purchase uniforms can be long in the 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.

[CHECK OUT THE SHOP HERE](#)

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



AQUA CULTURE SWIM

Swim Fit for Patrol Members

\$6.60 + GST



TUESDAY 5:30AM-6:30AM

Enjoy an hour session with one of the ACS coaches.

Show up, sign in with your patrol number and get
swimming!

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

LATE NIGHT SESSIONS

HARBORD SATURDAYS

EVERY SATURDAY



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

ONLY \$25
NO MORE TO PAY!



NO HIDDEN EXTRAS.



DOWNLOAD & SHARE!

*What is
a Merry
Pop-in?*

A **Merry Pop-in** is a gorgeous alternative to traditional Santa photos. Affordable, professional portraits delivered straight to your inbox within days of your shoot: ready to download, print and share as you wish!

WWW.POPINPHOTOS.COM/BOOK

SUMMER SELL OUT

Buyer enquiry peaks over Christmas and New Year, making it an ideal time to list your property!

Upstate are launching the Summer Sell Out campaign to harness this opportune market for sellers and buyers.

Held over 2 big auction nights, February 1st and February 8th, we strongly recommend Summer Sell Out for anyone thinking of buying or selling this season.

For a full explanation and how it can benefit you, contact Mary Anne or Nathan today!



Mary Anne Cronin
0411 773 646



Nathan Ford
0404 696 133

UPSTATE



Titan Ford

Local People Better Deals Best Service

www.titan.com.au

Riding the Wave of Excitement

From all of the team at Titan Ford, we send you our best wishes as you gear up for the surf carnivals throughout 2023-2024.

We will be providing some cool prizes and attending BBQs throughout the season, and we look forward to connecting with you.

Michael McCauley
Dealer Principal



Looking for a vehicle?

For more information about our stock cars or to schedule a test drive, contact our Sales Manager, Nick Galvin. He'll be happy to assist you in finding the perfect ride that suits your style.

Email: ngalvin@titan.com.au



FRESHWATER SLSC IS PROUDLY SPONSORED BY



JOHN COLET SCHOOL



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