



DECEMBER 2023

# FRESHIE SLSC

All the latest news from your favourite club.



 [WWW.FRESHWATERSLSC.COM](http://WWW.FRESHWATERSLSC.COM)

# — Things to Check Off

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



## Proficiency Cut Off 31/12/2023

Please ensure you have completed all components of this season's proficiency, **including the online modules.**

If you are yet to do so, please log on to the [Member's Portal](#) to access the 'e-Learning' page.



## Christmas Club Swim

As is tradition, the Freshwater SLSC Christmas Day Club Swim will be on once again.

**10AM in front of the clubhouse**, wear your best Christmas fit ready for a photo and a dip to dunk this year's Santa lookalike!



# — Competition

## *Freshie Masters Carnival*

The 25th of November saw Freshwater hosting Australia's longest running masters surf carnival, the annual Freshie Masters. This is a team only event, with a focus on encouraging people who are new to the competition side of surf sports, a safe and welcoming environment for everyone to have a go. Conditions this year were very favourable with a small surf running, although we would have liked for it to be a bit warmer and sunnier with the threat of rain ever present!

We had close to 200 competitors on the day with clubs represented from as far away as Cooks Hill in Newcastle and a team from Cronulla in the shire represented along with the usual suspects from the SNB branch. Freshwater had 30 competitors on the day with several people making their surf sports debut along with our other more experienced competitors.



While it was one of the biggest Freshie contingents at the master's for a few years, we were unable to match our friends from Manly with their breadth and depth of competitors running away to win the Ross Parry cup on 156 points, with Freshie on 83 finishing ahead of Bondi on 65 points.

There are a lot of people that supported this event but a few special thanks in making this another successful carnival has to go to the officials led by Gordon Lang from Palm Beach, our major sponsor the Harbord Hotel where a few clubs escaped the afternoon rain to continue the camaraderie from the beach, Kevin Dyer and the March Past team for handling the post event BBQ, the boaties and open competitors for the competition set up, our ever reliable first aid and IRB crews, Dave Inches for manning the bar and of course a special thanks to Richard Hawtin and the Executive Committee for their continued support masters competition.

With 2024 (we think) being the 30th running of the Freshie Masters we look to seeing some new and even older faces come out for Australia's premier master's competition.

## *Bennet Fast & Furious Carnival*

We were greeted with a sunny and calm Sunday on the 25th November, for the annual Bennett Fast & Furious Junior Board Carnival.

We welcomed 399 competitors from across 20 clubs (including over 70 from Freshwater) to join us on our great beach for a fun and engaging board and iron-person carnival. Highlights include the famous "M" shaped Iron Person course, with the sprint finish lined with screaming supporters.



Freshwater performed well in the Iron Person events with Harry Ayers taking out the U13 event, Brad Nitz 2nd in U13s and Ginger Wessling finishing 3rd in the Under 12s. Freshwater was also a lucky recipient of one of Greg Bennett's generously donated Boards – with Clea Ballard the winner of a brand new fibreglass nipper board!

A big thank you to all the Freshwater crew who helped out as Referees, Officials, Water Safety, IRB, First Aid, Commentators, Member Support, Catering, BBQs, Set and Pack Down crews.

Thanks!



## Interbranch Carnival

On the weekend of 2/3 December we had three amazing athletes from Freshie – Marley, Amelia and Harry- travel to Fingal Beach to represent our Sydney Northern Beaches Branch at the highly competitive Interbranch Carnival.



They spent 2 days on the beach and in the water battling it out with the rest of the State Branches for NSW surf sports supremacy! And a great time was had by the kids forming friendships with other athletes within our own Branch and beyond.

Their efforts paid off with Sydney Northern Beaches coming 3rd out of the 11 NSW Branches!  
Well done team SNB!

## Senior Training

**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**

## Keen to have a go?

**U14s - Opens, No Experience Required**

**Join the chat for updates - [bit.ly/trainingsquadchat](https://bit.ly/trainingsquadchat)**

# SUNDAY SURF RACES

Every Sunday, 11AM on the beach

**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](http://www.carolinestaichi.com)**

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**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

# — Patrols



## SSV Drivers

All members are reminded that the Club SSV must only be driven by SLS members who have a minimum of a P2 driver's licence and have completed an SSV induction. Members who have not met these conditions must not drive the vehicle. Further, unless a medical emergency there is to be no individuals in "tray" of the vehicle. Failure to comply will result in disciplinary action.

**This vital and expensive piece of equipment primarily supports our "rescue ready" status. Please ensure that its washed down after use and refuelled.**

Inductions can be completed by James Crittenden and David Price only.

## IRB Updates

The IRB section continues its 24/7/365 "rescue ready" status as the core backbone of the Freshwater Callout team. In the first half of the 2023-24 season they have contributed to the club not only on rostered patrols but more broadly including:

- 5 new IRBD (Drivers)
- 14 new IRBC (Crewies)
- 1 new motor ran-in (thanks Mounties!)
  - Proficiencies for 40+ individuals
- 24 IRB shifts + 5 Jetski shifts across the freshie carnivals held to date (with the biggest carnivals yet to occur....)
  - 9 SSV inductions
- 2 Emergency "callout" activations

Additionally we have been advised by Patrols 3 & 4 that the boat goes faster if the IRB operators have their "guns" on display.





Congratulations to our newest IRB recruits who completed their IRB drivers or crew course!

New Crewies:	New Drivers:
Gina Bolton	Chris Dobrow
Celeste Weerts	Ksenia Lisitskaya
Harrison Braund	Cameron Hayes
Lachlan Jacobs	Izzy Stapf-Giannakis



## — Community

### *Freshwater SLSC Life Members Lunch*

This month we honoured our Life Members who have during their time at Freshie, gone above and beyond in contributing to create the wonderful club we all continue to enjoy.

It was great to see so many of our Life Members come together and enjoy each other's company.

We would like to thank you all for everything you have done over the years and continue to do!







## *Freshwater SLSC Twilight Nippers & Christmas Party*

Freshwater SLSC came together in style on Saturday 16 December for Twilight Nippers and a club Christmas Party.

Blessed with a warm, clear and calm day, about 280 Nippers flocked to the beach for Twilight Nippers to get wet and have fun. The special guest, Santa, arrived by ATV on a crowded Freshwater Beach to the excitement of the Nippers crew.

Following that, the party started with DJ Kit Kat entertaining with dancing in the Kooloora Room while the bar opened to celebrate another big year for Members and to enjoy each other's company. The evening finished with the Kooloora Room transforming into an indoor cinema for a special screening of *The Grinch*.

A big thanks to Freshie Chickens for helping with catering, as well as all the wonderful volunteers who helped organise and run the event.

We would like to wish all Members a very Merry Christmas and a Happy New Year!



# Welcome John Colet School!

We are delighted to extend a warm welcome to the John Colet school as our newest sponsor. Their generous support is dedicated to supporting the Northern Beaches community, bolstering our Education and Junior divisions. This partnership emphasises their commitment to help educate surf awareness to the community and their John Colet students so that we can nurture the future generations of Surf Lifesavers. We're grateful for their contribution, which significantly aids our mission to protect our community who swim at our beach and promote education and cultivate young talents within our club. Please join us in welcoming the John Colet school and expressing our heartfelt appreciation to their invaluable support



You can see what the school is all about in this short video showing some of the dynamic activities students are able to do at John Colet, like the beautiful Christmas Wreaths made by their Garden Club Members.

[Watch John Colet Video](#)



# — 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!



## Events Happening in January



**FRI 5**  
**NIPPERS**  
**PARENT SOCIAL**




**FRI 5**  
**MASTERS PALMY**  
**CARNIVAL**




**SAT 6**  
**OCEAN THUNDER**  
**RND 4**




**SUN 7**  
**JUNIOR LAND**  
**CARNIVAL**




**10 - 11**  
**NIPPERS 2 DAY**  
**CHALLENGE**




**SUN 14**  
**NIPPERS**  
**RESUMES**




**SUN 14**  
**MANLY NIPPER**  
**NATS**



**19 - 20**  
**MANLY**  
**CARNIVAL**



**SAT 20**  
**R&R NORTH**  
**STEYNE CARNIVAL**



**SUN 21**  
**FRESHWATER**  
**OPENS CARNIVAL**



**27 - 28**  
**COLLAROY BOATS**  
**CARNIVAL**



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](http://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

**[CHECK OUT THE SHOP HERE](#)**



## Have you seen our new Tees?

**\$25!**



# SWIM CARNIVAL PREPARATION CLINIC AND RACE DAYS



A five-day clinic to prepare swimmers for school carnival season! The clinic will include tips on racing, dives, finishes, warm up, marshalling procedures, what to eat and what to pack.

**Full Clinic - \$150**  
**Race Day Only \$50**

**A second race day will be held on Wednesday 24th Jan for those who are super keen to improve their racing skills.**

**The clinic will culminate with a race day on Friday 19th from 8.30am to 10.30am where all swimmers will have the opportunity to practise everything they have learnt during the week and race in their chosen events.**

**Mon 15 Jan - Fri 19 Jan**

**8.30am - 9.30am 7- 10 year olds (Mon to Thurs)**

**10.00am -11.00am 11 - 15 year olds (Mon to Thurs)**

**RACE DAY 1 - Friday 19th Jan for everyone 8.30am-10.30am**

**Limited spots available!**

**Email [hello@aquacultureswim.com.au](mailto:hello@aquacultureswim.com.au) to book**

# HARBORD HOTEL

## Plans for NYE?



HARBORD HOTEL

\$35 TICKETS

FRESH DJ SETS ALL NIGHT

5PM - 2AM

— FEATURING —

SET MO

supported by **doozy**

## 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

# SUMMER SELL OUT

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

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

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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**

# Club Sponsor News



## Thanks BBF

Thanks to our favourite local bike shop **Brookvale Bike Factory** who have donated 2 new premium bikes (valued up to \$1,800) to our Nippers this year.

It's support like this from local businesses that keeps our nippers programs running, so if you're in the market for a new bike this Christmas, pop down and see Andrew and the team at BBF. They're at 750 Pittwater Rd with plenty of free parking out the back.

## Brookvale Bike Factory: New Club Sponsor

Brookvale Bike Factory - or BBF as the locals call it - has been selling bikes on the Northern Beaches since 1993. It's a family owned store and with over 30 years experience, there's nothing they don't know about cycling.

Every new bike purchased at BBF comes with a full year of unlimited FREE silver servicing and if you read to the end of this month's newsletter you'll see **they're also giving each of our Nippers a \$20 gift voucher** to spend on accessories when they purchase a new bike at BBF. Thanks Andrew!




EVERY NEW BIKE  
PURCHASED AT BBF  
INCLUDES

**1** YEAR  
OF UNLIMITED  
FREE  
SILVER SERVICING!

Average value \$400.00

\*\*Offer only available for bikes purchased in-store\*\*



**BBF**  
Brookvale Bike Factory  
PROUD SPONSORS OF FRESHWATER SLSC

FOR FRESHWATER SLSC MEMBERS:  
**\$20 OFF**  
ACCESSORIES WITH ANY  
BIKE PURCHASE\*

GIFT VOUCHER

02 9907 3500  
bikefactory.com.au

VALID UNTIL 30TH DECEMBER, 2023  
\*TERMS AND CONDITIONS APPLY



FRESHWATER  
SURF LIFE SAVING CLUB  
SINCE 1908





Brookvale Bike Factory are very proud to sponsor Freshwater Surf Life Saving Club nippers program. To help celebrate, we would like to offer every young Freshwater nipper a **\$20 GIFT VOUCHER** to be used on accessories with any new bike purchase.

**BBF**  
Brookvale Bike Factory  
PROUD SPONSORS OF FRESHWATER SLSC



FRESHWATER  
SURF LIFE SAVING CLUB

SINCE 1908

FOR FRESHWATER SLSC MEMBERS:

GIFT VOUCHER

# \$20 OFF

## ACCESSORIES WITH ANY

# BIKE PURCHASE\*



☎ 02 9907 3500

🌐 [bikefactory.com.au](http://bikefactory.com.au)

VALID UNTIL 30TH DECEMBER, 2023  
\*TERMS AND CONDITIONS APPLY



Trek Roscoe 24

\$749.99 **SALE: NOW \$549.99**

WHILE STOCK LASTS

Colours: Rage Red to Black Fade



Trek Precaliber 24

**\$549.99**

Colours: Black, Radioactive Red  
Crystal White, Magenta



Trek Precaliber 20 7-speed

**\$499.99**

Colours: Black, Alpine Blue,  
Black, Crystal White



Trek Marlin 5

**\$899.99**

Colours: Azure, Volt to  
Green Fade, Grey,

**NB: Many more sizes, models and colours in store**

# THE F-150 HAS ARRIVED!

The truck of your dreams has arrived at Titan Ford.

The F-150 provides exceptional towing capabilities, a high-strength military-grade aluminum-alloy body, state-of-the-art technologies, and advanced driver assistance features, all backed by a 5-year Unlimited Kilometre warranty.

Big on tech, big on safety, and big on design.

Book your test drive today online or by contacting us via text at +61 485 864 905 or enquiries@titan.com.au



Titan Ford  
CO.

Local People Better Deals Best Service

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

# Time for a home loan health check!

With the current cost of living, there's never been a better time to review your home loan.

**Enquire online at [bendigobank.com.au/healthcheck](https://www.bendigobank.com.au/healthcheck) or call your nearest branch on 02 9939 6744.**

Community Bank • Freshwater



\*Source: Roy Morgan Single Source Australia, May 2023. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at [www.bendigobank.com.au](https://www.bendigobank.com.au) or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1676698-1734981) (05/22) OUT\_33594289, 07/12/2023

*Mike Dunn*

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CLARKE  
& HUMMEL

*Wishing Freshie a healthy  
and happy festive break.*

*I look forward to hearing  
from you if we can help you  
make your move in 2024.*



**Mike Dunn**  
**0409 317 335**

[clarkeandhumel.com.au](http://clarkeandhumel.com.au)



# FRESHWATER SLSC IS PROUDLY SPONSORED BY



JOHN COLET SCHOOL



HARBORD  
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