



APRIL 2024

FRESHIE SLSC

All the latest news from your favourite club.



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— PRESIDENT'S NEWS

AUSSIIES

Congratulations to all the FW members that competed at this years Australian Championships.

A detailed list of winners follows....

A special thanks to all those members that assisted behind the scenes in getting club gear to QLD, organised accommodation, the debriefs and to our FW officials that participated over the 9 days of competition .. a massive thank you.



FOR SALE – *The Freshwater Titan Ford Ranger*

The Titan Ford sponsorship for the current season with the surf club came to an end over the weekend after the last patrol.

Like the previous year, Titan has the Ford Ranger we have been using over the season for sale and is priced to sell.

Interested in owning Australia's number one ute? The Titan Ford team would love to sell the Ranger back to a club member ... interested? Call Michael McCauley at Titan Ford on 9938 8400.



CONGRATULATIONS TO ALL COMPETITORS

13-14/04/2024

Australian Youth Championships Maroochydore

3rd	U13 Male Surf	Harrison Ayer
5th	U13 Female 2KM Beach Run	Amelia Mandalinic
6th	U13 Iron Man	Harrison Ayer
6th	U13 & U14 Female 2 x 1km Beach Run Relay	Amelia Mandalinic & Alexis Tague

14-16/04/2024

Australian Masters Championships Maroochydore, Alexandra Headland & Mooloolabah

1st	170yr Male Surf Team	Dave Bredesen, John de Mestre & John Landells
1st	60-64yr Male Board Rescue	Michael Kirkby & John de Mestre
1st	60-64yr Male Surf	Dave Bredesen
1st	60-64yr Male Ocean Swim	John de Mestre
1st	65-69yr Male Board	Phillip Bird
2nd	130yr Male Board Relay	Ben Kirkby, John Landells & Chris Pendray
2nd	60-64yr Male Surf	John de Mestre
3rd	30-34yr Male Double Ski	Ben Kirkby & Michael Kirkby
3rd	65-69yr Male Board Rescue	Phillip Bird & Paul Stormon
		Bryan Weir, Mark Williams, Marc Bidner, Carl Quitzau & Nathan Perry
3rd	240yr Male Boat	Nathan Perry
3rd	30-34yr Male Ski	Ben Kirkby
4th	30-34yr Male Board	Ben Kirkby
4th	65-69yr Male Ocean Swim	Paul Stormon
4th	70-74yr Male Ocean Swim	Alan Burns
4th	70-74yr Male Surf	Alan Burns
6th	65-69yr Male Double Ski	Stephen Bennett & Paul Stormon

17-21/04/2024

Australian Open Championships Maroochydore & Alexandra Headland

1st	Open Mixed R&R	Ian Donald, Clare Freakley, Jane Freakley, Jarrad Freakley & Wayne Freakley
		Seb Di Sano, Ian Donald, Patrick Kiely, Chris Tyrrell & Hugo Weston
1st	Open Men's R&R	Wendy Quail
2nd	U15 Male Champion Lifesaver	Ewan Humphreys
3rd	Open First Aid	Julia Baker & Tahlia Dearden
		Seb Di Sano, Ian Donald, Jarrad Freakley, Patrick Kiely, Chris Tyrrell & Hugo Weston
4th	Open 6 Person R&R	Luke Thornton
5th	U19 Male Champion Lifesaver	Ross Parry, Sam Di Sano, Andrew Murphy, Wendy Quail, Libby Murphy, Lisa Tyrrell, Ken Rickard, Alan Burns, Sue Walmsley, Janet Rickard, Judith Bennett & Rachel Needham
5th	Open March Past	Joshua Orr
6th	U19 Male Champion Lifesaver	Kirra Budd & Luke Thornton
6th	Open First Aid	Mabel Hancock & Elani Plummer
6th	U19 First Aid	Elani Plummer, Natalie Perry, Isabella Gallo, Mabel Hancock & Nathan Perry (s)
6th	U19 Female Boat	



— Competition

CONGRATULATIONS TO OUR LIFESAVING TEAMS AT AUSSIES

We had a large contingent from the Freshwater Lifesaving section attend Aussies 2024 made up of around 15 competitors
3 officials (Lindsay, Cheryl and Kelly) and various supporting parents.

Results were as follows:

Open Patrol Competition - no results to date with several protests lodged

U15 CLS - Ewan Humphries - Silver

U19 CLS - Luke Thornton - 5th

- Joshua Orr - 6th

- Kirra Budd - 9th

Open First Aid

Julia Baker and Tahlia Dearden - Bronze

Luke Thornton and Kirra Budd - 6th

U19 First Aid

Elanie Plummer and Mabel Hancock - 6th

Liam Lehan and Issi Staph-Giannakis - 7th

Luke Thornton and Joshua Orr - 8th

U15 First Aid

Ewan Humphries and Fionn Lehane - 8th



Thank you to the team, coaches and parents (especially Paris Staph-Giannakis for acting as Team Captain) for representing Freshwater in a professional manner.

I hope everyone enjoys a well earned break before next season.



CONGRATULATIONS TO OUR BOAT TEAMS AT AUSSIES

Elimination rounds 6 in 4 through to next round

We had a total of 6 crews go up and compete at the Aussie titles over 4 different days of the competition.

Everyday saw different conditions and challenges for each crew to navigate. With a potential cyclone heading towards the Sunshine Coast the officials rushed were forced to rush our divisions which resulted in very harsh cutting through rounds. In Surfboat's that means 1 mistake and you're pretty much finished.

Very Proud of everyone's effort, our division continues to grow and improve every season.



Tuesday 16/04
Masters 240yo Mixed.
- Spring Chickens
Final- 3rd place

Thursday 18/04
Reserve Male
Elimination rounds 6 in 3 through
to next round
Round 1 had a repechage
- Jack and the Bois
Eliminated in 2nd round
- Fury
Eliminated in 3rd round

Friday 19/04
U23 Female and U19 Female
Elimination rounds 6 in 4 through
to next round
- Freaks
Eliminated in 2nd round
- FenderBenders
Final- 6th place

Saturday 20/04
Open Male
Elimination rounds 6 in 4 through
to next round
- Blue
Eliminated in the Second Quarter
final.

CONGRATULATIONS TO OUR YOUTH AT AUSSIES

Four of our U13 Nippers – Harry, Amelia, Lexie and Anika - travelled to the Sunshine Coast in April to take part in their first Aussie Youth Championships.

All had a great time competing at this fabulous location and loved meeting competitors from other clubs.

We came away with some pretty awesome results too with Harry coming 3rd in the U13 Male Surf Swim and 6th in U13 Male Iron. The girls were strong on the land with a 5th place for Amelia and 8th for Lexie in the U13 2km Beach run. Amelia and Lexie teamed up to run the 2 x 1km U13/U14 Beach relay where they placed 6th.

Bring on the Aussies next year on the Gold Coast !



— NEWS FROM AROUND THE CLUB

Australian Champion U21 crew Meet up again after 20 years!

On April 6th this year, the crew that won the 2003/4 Under 21 Mens Surfboat Championships, held at Kurrawa Beach in Queensland, decided to have a reunion.

It took a bit of organizing, but Rob Freeman, Al Campbell, Brad Hamblett (who came all the way from Brisbane), Richard Giblin and Julian Delaney met at their old training beach of Little Manly with all their families.

The boys, all now in their 40's, had hardly changed and showed off their championship form within minutes of jumping into the boat.

Crash and Eric reckon that they would still be competitive in Open or Reserve Surfboat competition if they decide to make a comeback next season!

(Eric Middeldorp –Freshwater History Committee)



2024 Surfboat U21 Aust Champs at Little Manly, with their families, in April 2024



Freshies 2004 U21 Aust Surfboat Champs (LtoR) Brad Hamblett Al Campbell Richard Giblin Julian Delaney Rob Freeman at Little Manly in 2024



2004 U21 Aust Surfboat Champs: Bow Rob Freeman, 2nd Bow; Al Campbell 2nd Stroke Brad Hamblett Stroke Richard Giblin Sweep Julian Delaney

CONGRATULATIONS KIM COOK ON ANOTHER GREAT SWIM

I woke up with shoulders feeling like I'd just swum 10k (Narrabeen to Shelly 10KM Swim) into an "entertaining" southerly haha! But I'm super proud! It was quite a challenge! Below a photo of the celebratory Fireball shot at Shelly :-)

If I can get drivers, I'll use the club support for Bondi to Watson's Bay on 19 May. Leading up to the width of Lake Tahoe (20k) in July. Eeeek!

I really appreciate the club's support. Michael and Gina were amazing. Thank you to you, Pricey and the Exec for allowing the use of the club's IRB. I hope I've done you all and the club proud.

See you soon!
Kim



CONGRATULATIONS DAVID PRICE

Congratulations Pricey who has just racked up 2000 patrolling hours in his SLS career. It's about 1350 Club hours and about 650 Branch/State hours.

If you allow 40 hours as a standard patrolling season, then 2000 hours equates to 50 patrolling seasons. Wow Well done pricey!

THANK YOU TO ALL OUR PATROL MEMBERS FOR A GREAT SEASON AND KEEPING OUR BEACH SAFE!

Your dedication and commitment to patrolling this season at Freshwater has meant that the club has delivered one of the safest seasons on record...

Thank you to all the Patrol Captains for your devotion and mentoring and the way that you have delivered another outstanding Season.





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

*Tai Chi is a form of mindfulness exercise.
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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



Yoga for Male Surfer's and non – Surfers!

*Check out our Yoga Sessions with Celeste on Monday nights
at 6.30 in the
Freshwater Room.*

*Bring a mat or towel, water bottle and wear comfortable shorts and
t-shirt or singlet.*

*All Blokes over 50 are encouraged to join for some deep stretching
and the
occasional beer afterwards at the Harbord Hotel.*

*Contact Mike on 0416 339 654 if you have any questions.
All beginners are totally welcome!
Come for a free trial session.*

— *What's On At Freshie*

Harbord Diggers Anzac Day Service

ANZAC Day Service

Lest we Forget

Thanks to all the members that supported the ANZAC Day Ceremony at The Diggers on Thursday Morning. The family and friends that turned up to remember our brave Freshwater members that gave their lives for our country's freedom were honoured by your presence.

Lest We Forget



ANNUAL PRESENTATION & AWARDS EVENING

Saturday 25th May 5pm.

Tickets \$30

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