



FRESHWATER SURF LIFE SAVING CLUB

INCORPORATED

ABN 15 606 956 393

AFFILIATED WITH SURF LIFE SAVING AUSTRALIA

Address all communications to:

Executive Officer

PO Box 308

FRESHWATER

NSW 2096

Freshwater Patrons

Rear Admiral Peter Sinclair AC, AO (Ret)

James Griffin MP

Michael Regan MP

Mayor Sue Heins Northern Beaches Council

PHONE: +61 2 9905 3741

admin@freshwaterslsc.com

www.freshwaterslsc.com

James Coates Nomination Details:

Background:

1. James joined the Club on 1 October 1986 when he was 13 years of age and obtained his Surf Life Saving Certificate. He obtained his Bronze Medallion in 1988 when he was 15 years old;
2. He has completed his 38th consecutive season of service to the Club in 2024/2025;
3. His service to the Club has covered nearly every aspect of its activities.

Patrol service:

4. James commenced patrolling in 1986. He undertook rostered patrols until 2002;
5. James was a patrol captain for 5 seasons: from 1992-1993 to 1996-1997;
6. He completed 100% of his patrols from 1990-1991 to 1996-1997. He regularly patrolled more than his rostered obligations;
7. James has provided patrolling service to the Club for 38 seasons;
8. He has obtained numerous other awards relevant to patrolling including but not limited to:
 - a. Silver Medallion IRB Driver in 2002 (but he had been an IRB Driver for several years before the introduction of the formal SLS award);
 - b. Advanced Resuscitation in 2001; and
 - c. First Aid and Senior First Aid in 2010.
9. Despite having achieved Long Service status in 1997-1998, James has continued to provide patrolling service to the Club. In the period from 2003 to date, Surfguard records him as having carried out more 400 patrolling hours.

Formal positions:

10. James has held the following formal positions in the Club:
 - a. Junior Captain of the Club for 2 seasons in 1989-1990 and 1990-1991;
 - b. Club Vice Captain in 1989-1990;
 - c. Director of Life Saving and Club Captain for 2 seasons in 1999-2000 and 2000-2001;
 - d. IRB Captain in 2001-2002; and
 - e. Director of Sport for 2 seasons in 2022-2023 and 2023-2024.
11. He has provided 7 years of service in these formal positions.

Education:

12. James has been involved in training and assessing IRB Drivers and Crew since 2001;
13. He has provided over 20 years of service to the Club in education;
14. His level of experience in IRBs is such that he is used as a Subject Matter Expert for IRB training and is an Endorsed Delegate to conduct IRB proficiencies.

Surf Sports:

15. James has been a coach of Freshwater competitors since 2001 when he gained his Coaching Certificate. He was formally appointed as a Club Coach in 2018;
16. James has also acted as a mentor to numerous surf sports competitors in the period in which he has coached formally and informally;
17. As a strong positive mentor, he has contributed to many athletes individual growth, success and wellbeing and has provided over 20 years of service to the Club as a coach.

Other service:

18. James has been an integral leader and organizer within the IRB section since the mid- 1990s. This has involved him acting as a trainer and assessor (whether formally or informally), maintaining and repairing equipment (including but not limited to motors, ropes, lines and buoys), setting the cans/buoys for nearly



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every carnival conducted at Freshwater since 2021 and acting as a mentor and adviser. He is usually the first person on the water setting courses for carnivals, present throughout the day to adjust the course and one of the last off the water at the end of the carnival;

19. James also regularly volunteers to carry out the Club's IRB water safety obligations at Branch and State titles.

Awards:

20. James' service to the Club is reflected in the awards that he has received. They include:

- a. Club Service Award: 2003, 2004, 2005, 2006, 2007 (5 times)
- b. Club Person of the Year 2003, and nominated to SLS SNB for Volunteer of the Year, and Club Person of the Year 2020;
- c. Distinguished Service 2014;
- d. Prominent Service Award 2018 and 2022;
- e. IRB Driver of the Year 2018 &
- f. Cathy Crozier award 2019

21. In 2011, James received the 25 Year Long Service Award from Surf Life Saving Australia.

Club Representative:

22. James has represented the Club as a competitor for 38 years. A selection of James' competitive results are:

State Championships

2nd 130yr Surf Team 2021, 2nd U18 Ski Relay 1989, 3rd U15 Board Relay 1988.

Branch Championships

3rd 45-49yr Male Surf 2023, 3rd 45-49yr Iron Man 2023, 2nd Open Male Surf Team 2022, 2nd 45-49yr Surf 2022, 3rd 130yr Board Relay 2022, 3rd 130yr Ski Relay 2022, 1st Open Taplin 1994, 3rd Open Surf Teams 1994, 2nd Open Board Rescue 1993, 3rd Open Taplin 1993, 3rd U18 Board Relay 1991, 3rd U18 Ski 1990, 3rd U18 Ski Relay 1990, 2nd U18 Board Relay 1989, 3rd U18 Surf Team 1989, 1st U15 Surf Team 1988, 1st U15 Board 1988, 1st U15 Board Relay 1988, 2nd U15 Iron Man 1988, 3rd U15 Board Rescue 1987.

Other

7th, 50-59 Coolangatta Gold 2024, 23rd, 50-59 Coolangatta Gold 2023, 1st Inter City Open Board Rescue 1993, 2nd Metro Open Board Rescue 1989, 2nd Metro U18 Surf Team 1989, 2nd Metro U15 Board 1988, 3rd Metro U15 Board Relay 1988