

Woonona Surf Life Saving Club

Illawarra Club of the Year 2009, 2012 & 2013

NSW Club of the Year 2013

Illawarra Patrolling Club of the Year 2009 & 2013

This season looks like it's gonna be a hot one, so slip, slop, slap & slide ☺

Open Day – 29 September 2013

The club will be open 10am-1pm coinciding with the first round of Club Championships and sippers at 5pm – all welcome to come and have a look and invite your friends along.

Awards of Excellence

The Illawarra Awards of Excellence were held in June 2013, where we won 3 prestigious awards:

- * **Illawarra Club of the year**
- * **Illawarra Patrolling club of the year**
- * **Gina Crick Masters Athlete of the year**



In August, Woonona was awarded

- * **NSW Club of the Year 2013**



We are now in the running for **Australian Surf Club** of the year, the awards will be held in October at Brighton Le Sands (see our website for tickets).



Meet the Committee

President	Eon Chapman
Director of Administration	Helen Bow
Director of Finance	Stacey Paddon
Director of Lifesaving	John McNally
Director of Surf Sports	Mitch Bell
Director of Junior Activities	Madi Bow
Director of Education	Morgan Mackinnon
Registrar	Vanessa McNally
Uniforms	Jen Bean
Publicity Officer	Sandy Avery
Webmaster	
See Website for contact details	

President's message

Welcome back all members for season 2013/14. Yes there has been a change in leadership for the coming season. Peter Evert stood aside due to his commitments at Illawarra Branch level (elected Vice President) and thanks to his guidance I have accepted the role of President of your club going forward. They're big shoes to fill and it's a bit daunting to take the reins of the current NSW and Illawarra club of the Year and, Illawarra Patrolling Club of the year (Yay us).

I have a few milestones in my vision for your club. We cannot rest on our laurels and I will be pushing continuous improvement across all areas of operation. We have a new constitution and committee structure to deal with this season and I am very excited about working with these individuals. There are a number of new faces to the committee and a good splattering of youth. With this brings fresh ideas and exuberance to take your club forward.

We are already implementing some changes for the current season under the guidance of our new Directors:

Lifesaving – improving the skills of our patrolling members through a more rigorous patrol competition between our 12 patrolling teams

Education – programmed upskilling of all members to achieve higher lifesaving awards and recognition

Junior Activities – Strong leadership with focussed Junior Activity Committee and establishment of Youth Involvement Program (YIPs)

Surf Sports – Renewed focus on expanding our competition base through increased rounds of club championships point scores.

Administration – Continuous improvement of website and updating event calendar

Finance – Structured approach to sponsorship with dedicated sponsorship officer.

See you at the Beach

Eon Chapman, **President WSLSC**

Compulsory Induction for new members

Work, Health and Safety legislation requires that all members meet their duty of care to ensure health, safety and welfare of every member. To do this we must ensure that all new members receive induction training.

Our Deputy President, Peter Evert, runs a monthly induction session and attendance for new members at a session is compulsory.

The date and times of the sessions are:

- Thursday 17th October at 7pm.
- Sunday 27th October at 4pm
followed by Halloween Sippers at 5pm
- Sunday 24th November at 4pm
followed by Wine and Cheese tasting at 5pm

Please make arrangements to attend the club house on one of the sessions listed.

Rookies Nook

Youth development camp for our *Squids* will be held on 23-24 November 2013. Welcome back to the most crazy, fun-loving, and of course best looking people in the club- the Squids obviously. This year is going to be so exciting, jam packed with more competitors, more training sessions, more certificates, and of course more social events. This will at Woonona we will witness the introduction of the Youth Involvement Development Program (YIPS), which is a reward-based system where our Rookies are encouraged to get involved in various aspects of the club in order to accumulate points and receive a gift in return.

Our YIPS program isn't the only change we will see on the Rookie's front. The social calendar is completely changing, where a Youth Camp to Coledale camping ground on the 23rd-24th of November will kick start the social season. This will be followed by various other activities such as a day trip to the Westpac Helicopter base, a patrol at South Maroubra beach and end of season party at Jamberoo Recreation Park. Don't forget- Nippers start on October 27st, our little stingrays really need you all to be there!! Squids, this is our year to show the club how awesome we all really are. So get excited! And get involved!

Gabba ☺

Youth Coordinator



Welcome Back Nippers 2013/14

We kick off on October 27 at 9am, don't forget your nipper caps and fluoro pink rash vests! If you haven't had a chance to register, there will be last minute registration and proficiency taking place that day, but please be on time!

Good luck to our competitors representing Woonona at the Sydney Water Series. If your child would like to compete for the club in future carnivals, please speak to Adam Sargent-Wilson or Madi Bow - there are 2 carnivals in February that are perfect for new competitors! If you're new to carnivals (or any part of Nippers!) refer to the Nippers Handbook for a comprehensive explanation of all things surf club. We're looking forward to a busy season of nippers, social events, and plenty of training opportunities during the week. Board training on a Friday afternoon, swim training on a Monday afternoon, and sprint training on a Monday morning. The website is continually updated with new information, so check it regularly, or ask at: wslscjuniors@gmail.com

Madi Bow - Director of Junior Activities

☎ 0411721247.

Under 9-15s who want to compete in carnivals this season are required by Surf Life Saving Australia (as part of your proficiency) to do a 150m ocean swim.

29th September or 6th October

10am at Woonona beach.

Contact Madi or Adam at:

madibow93@gmail.com; adamsarg@hotmail.com

Competition Series Dates

- Round 1 26/10/13 - Shellharbour
- Round 2 9/11/13 - North Wollongong
- Round 3 16/11/13 - Warilla
- Round 4 30/11/13 - Thirroul

All surf sports competition dates will be posted on the nippers calendar at woononaslsc.com.au

Uniforms

We like to see our nippers in uniform because it promotes a sense of belonging to the Woonona surf club. Club skull cap and a pink singlet for water activities is compulsory. This allows us to identify and organise our nippers safely in the water and on the beach.

Uniform order form pg5.
✉ solutions@y7mail.com

☎ 0488 551 117

Lifesaving

The flags are up for another season and we are doing what we do best - keeping the swimmers at Woonona beach safe. This year we have had a number of changes with our patrol captains - some are working overseas and others are mentoring new young members to the club. Welcome Rachel, Bryson, Aaron, Morgan and Scott to your new responsibilities I know you will do well and lead your patrols to the standard we expect.

I encourage all members to increase their knowledge with higher awards like ARTC Spinal or IRB awards. These will add to your lifesaving skillset.

Rosters and information sheets have been sent to all members on surfguard and new members will get them soon. I hope everyone enjoys the season, remembering that our primary purpose is to patrol the beach and keep the swimmers safe. We will be running a competition during the season for the patrol of the year award, and we are always available for help at any stage so please don't hesitate to call

John McNally - **Director of Lifesaving**



JOIN OUR GROUP

Surf Sports

As the new Director of Surf Sports for the club, it gives me great pleasure to have this opportunity to brag about the coming season for the competitive sections of Woonona SLSC.

The boaties are off to an excellent start in the capable hands of Boat Captain Aaron Green, with pre-season training well and truly underway, and we're still a month out from the first round of the Warilla Bowls Surf boat Series! Many returning rowers are back for another year, and there are a number of fresh faces as well. All in all, it should be a great year for the rowers, especially with some younger members stepping up to fill leadership roles in coaches, sweeps and mentors. We hope to see some pleasing results. Surfcraft veteran Jonathon Williams has returned to the board and ski captain's chair, and has made big plans for the development of this section of the club over the coming years.

Training has already begun for both juniors and seniors, and is a great learning platform for anyone interested to compete or better their paddling skills.

While this year's IRB competitive season is a long way off, it's important to recognise the success of our IRB teams in last season's recent competition, with the bagging of numerous IRB medals at series and state events.

This year a lot of effort is also being driven into beach and swim events, with training programs up and running (excuse the pun). Sprint training is at 7:45am Monday mornings at the surf club, everyone is welcome. We aim to have a group of senior Woonona representatives competing at the Sydney Water Surf Series.

So with all that said, I hope that we can all make this a season to remember both in and out of competition. If you are interested in any avenue of surf sports, feel free to contact me.

Yours in Surf Sports.. Ex oh ex oh

Mitch Bell, **Director of Surf Sports**

☎ 0415 553 313

Watch these websites for competition and event updates:

WSLSC



SLS Illawarra



SLS NSW



SLS Australia





The Black and White



September 2013 edition

NIPPERS SPONSORSHIP

Illawarra Club of the Year 2009, 2012, 2013
Illawarra Patrolling Club of the Year 2009, 2013
NSW Club of the Year 2013
SLSNSW Quality Club – Silver Status



We are seeking assistance from Nipper parents to secure much needed sponsorship for our Nippers

Items we need for Nippers this season:
New tent – boards – water safety rash vests – beach equipment – sponsorship to the State Carnival at Umina Beach in March

PLEASE CONTACT:
MADI BOW (0411 721247)
STEVE BOW (0417 604210)

Ways you can help:

1. If you are a **business owner**, donations received would purchase nippers equipment. Acknowledgements would be made on products purchased, club flyers and website.
2. If you are an **employee**, approach the company you work for a donation or sponsorship. We could assist with provision of an introductory letter and assist in follow up. Again, the employer would be acknowledged for their contribution.
3. **Personal donations** (tax deductible) would also be greatly appreciated

Remember, it is for the benefit of our children!

Qty	Description	Price	Size 4 to 16	Amount \$
	Girls One Piece	Adult sizes extra \$45.00		
	Girls Two Piece	\$45.00		
	Unisex Long Leg	\$40.00		
	Boys Racers	\$25.00		
	Rash Shirts	\$40.00		
	Skull Caps	\$10.00		
	Pink Hi Vis Vest	\$15.00		
	Adults		Size 8 to 14	
	Ladies One Piece	\$50.00		
	Ladies Two Piece	\$50.00		
	Unisex Long Leg Adults	\$50.00		
	Mens Racers	\$30.00		
	Rash Shirts	\$50.00		
	Pink Hi Vis Vest	\$20.00		
	Total Amount:			\$
	Deposit:			\$
	Amount Owning:			\$

Child's Name: Date:
 Contact Name: Age Group:
 Email: Phone:

Woonona Surf Club Order Form



UNIFORM SOLUTIONS
 25 Somerville Street
 BULLI NSW 2516
 Emma Mobile: 0488 551 117
 Email: uniformolutions@y7mail.com
 ABN 99 801 377 576