

### Save the dates

#### Proficiency theory review

6-7pm @ Woonona SLSC

11<sup>th</sup> Sept

18<sup>th</sup> Sept

25<sup>th</sup> Sept

#### Proficiency fitness training

10:15-11:30am @Woonona Beach

27<sup>th</sup> Sept

4<sup>th</sup> Oct

11<sup>th</sup> Oct

#### Proficiency ocean training

10:15-11:30am @ Woonona Beach

18<sup>th</sup> Oct

25<sup>th</sup> Oct

1<sup>st</sup> Nov

#### Advanced resus. techniques

12-4.30pm @ Surf House Smith Street Wollongong 27<sup>th</sup> Sept

#### Bronze Medallion & SRC

Muster 20th Sept

Proposed Fri afternoons & Sun mornings TBC

Woonona SLSC

# E(ducation) Team Update

Edition 2, 14th September 2015

# SRC Muster for nipper parents & rookies

Your kids do nippers and you want to join in?
Want to learn CPR? (It would be a great skill to have!)
Are you 13+ years old and want to get a lifesaving award?

Surf Rescue Certificate or (SRC) teaches CPR and allows you to preform Water Safety (like at nippers) without being a full patrolling member.

At 9am on the 20<sup>th</sup> September, at the Clubhouse, Kieran is holding an info session for everyone who is interested.

## News for the week

Want to feel 'very important' and 'have many leather-bound books' and make your 'apartment smell of rich mahogany?'
Ron Burgandy, Anchorman



...or would you just like to brush up your knowledge or prefer to have your own manuals handy at any time?

You are now able to directly access and purchase various personal patrol equipment, including SLSA training manuals, (few examples above) from the Member's Store via your member's login, with dispatch within a few business days.

Visit <a href="https://portal.sls.com.au/wps/portal/member/">https://portal.sls.com.au/wps/portal/member/</a> (Please note that not all equipment can be purchased with your member login. Certain equipment is restricted for club purchases only via an Administrator login)

#### Who is the E Team?

#### Madi Bow

Director of Education 0411 721 247

madibow93@gmail.com

#### Katie Bell

Bronze Medallion Trainer 0421 386 240

#### Kieran Smith

Bronze Assessor 0429 728 879

#### Ben Clarke

IRB Trainer (probationary) 0424 577 875

#### Justin Brown

Swim Coach

justin.brown1893@gmail.com

#### Gerard Dorge

E Team Admin
0417 632 388
gerarddorge@hotmail.com

#### Interested in joining us?

Contact Mads Bow (above) for new fun & opportunities that can come your way by being on the E Team

# **Proficiency training sessions**

With Bronze and SRC proficiency assessments due by the end of the year, the ETeam has planned training sessions to assist everyone to be ready for this season!

- Theory review- signals, CPR, first aid rescues
- Swim fitness training @ Corrimal pool
- · Ocean swims, runs and rescues @ Woonona beach

Check out the Save the Date column for details!

# Other Awards training

Register NOW for:

- Basic Beach Management (to be a Patrol Captain)
- · Advanced First Aid
- IRB Crewperson
- IRB Drivers
- Spinal Management
- Trainer's Certificate

Contact via email <a href="madibow93@gmail.com">madibow93@gmail.com</a> with your interest, keep an eye out here or the Woonona SLSA Facebook group for updates

# Keep an eye out this week for....

Madi's video about how to access online training tools will be released on this week on Facebook!

# Please contact any of the E Team for further info or register your interest in any upcoming training events

Illawarra Club of the Year 2009, 2012, 2013, 2015 Illawarra Patrolling Club of the Year 2009, 2013, 2014 NSW Club of the Year 2013 SLSNSW Quality Club – Bronze Status

