



The Black and White



October 2015 edition

Woonona Surf Life Saving Club

Illawarra Club of the Year 2009, 2012, 2013 & 2015

NSW Club of the Year 2013

Illawarra Patrolling Club of the Year 2009, 2013 & 2014

Illawarra Volunteer of the Year 2015

Committee for 2015/2016

President	Stacey Paddon	0407710221
Director of Administration	Cathi Rigby	0417695669
Director of Finance	Craig Odewahn	0402092714
Director of Lifesaving	Rachel Fenwick	0466694366
Director of Education	Madi Bow	0411721247
Director of Junior Activities	Anthony Arnold	0403471926
Director of Surf Sports	Josh Clarke	0409814744

PRESIDENTS REPORT

Hi everyone,

Hope you enjoy our third newsletter, there is quite a lot happening in all areas of our club. So many great things happening in our club, in Lifesaving, Education, Nippers, Surf sports, Social and others. All covered in the following reports.

Appeals Day

November 21st is our Annual Appeals Day, this is one of our clubs biggest and most consistent fundraisers, but also raises the profile of our club and of Surf Lifesaving within our community. Meet at the Surf Club at 8am on Sat 21st Nov. Please contact Katie Bell to find out how you can be involved 0421386240

Member Inductions

The last member induction session is on 22nd Nov 11:30am (after nippers), if you are a new member to our club and have not been to the previous sessions please come along.

Council Lifeguard Amenities.

You will notice some disruption around the south eastern corner of the Club, Wollongong City Council are locating a new lifeguard storage room within Woonona SLSC, the work commenced on the 30th Oct and is due to be completed on the 10th Dec 15. The bike rack will be relocated, a new roller door and standard door will be installed to this location. Woonona SLSC are working with WCC to improve lifesaving capability on our Beach.

Nicholson Park Facilities

Also in conjunction with Wollongong City Council, the disused Nicholson Park Building has been refurbished. The public amenities have been relocated to the southern end, and Woonona SLSC have been given access to storage in the rest of the building, once we fit this out, we will be storing our Surfboats, Gym and some other equipment over there. In the next month or two there may be some disruption at the Surf Club as equipment is moved around. Please contact me if you have any queries about this project.

I look forward to seeing you all on the beach or at some of the social activities.

Best Regards,
Stacey Paddon
President
Woonona SLSC
0407710221



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Director of Lifesaving

Lifesaving – its what we do!

Patrols are now in full swing and travelling well. The Labour Day weekend saw an unusually high number of rescues across the Branch and at Woonona Beach. We had several rescues during patrols keeping members on their toes, and another group rescued on dusk. Lucky for that family Mitch Vorley (off duty Bronzie) and his friend were out surfing, saw the group in trouble and successfully returned them to shore, very shaken but alive. It goes to show the skills we learn as Bronzie's and our ability to deploy our knowledge can be the determining factor between two very different outcomes for the patient. The role will fulfil by patrolling the beach is invaluable to those who find themselves needing our help and we should all be proud of the contribution we make to the community.

Branch audits have also kicked off, Illawarra Branch use these to help determine the Patrolling club of the Year and Council use them to ensure clubs are meeting our Service Agreements. This year is being run the same as last, with two announced audits and two unannounced. Our first audit (announced) achieved 100% - well done us! But the rest of the clubs also scored well, lots of 100% and others only dropping a couple of points. Lets keep up the great work!

Club Champs

Club Champs will be a three part series this season, make sure you get the dates into your calendar and prep your cossie! We will have all the traditional favourites spliced with some more 'entertaining' events for those who may be blessed with more style than athletic prowess ☺ Seriously, it will be great fun and the more the merrier on the beach so come and join in!

Nov 29th AM (first one to blow out the cobwebs and set the tone for the series)

Dec 20th PM (before Xmas Nippers and rounded out by Sips in the evening)

Jan 31st PM (before Nippers with Sips to celebrate and lament the days victories and funny stories)

Rach

SOCIAL COMMITTEE

SAVE THE DATE

Barefoot Bowls - 29 November 2015

Xmas- Twilight Sippers – 20 December 2015

Wine Tasting Night – 29 January 2016

Trivia Night – February (TBA)

Club Concert – 26 March 2016

End of season sippers – 25 April 2016

Surf club free month – May

Presentation night Masquerade theme - June

Social events

Our welcome SIPS was a huge success. We saw old faces and new ones. Every one really enjoyed themselves and kicking off the season with a bang. If you missed our season opener then make sure to put the next one in your diary on 20 December.

But wait, you don't have to hang out until December to play with your surf club buddies - Bare Foot Bowls is on 29 November so make sure you save the date and come on down to the Woonona Bowlo for a fun afternoon.

Hall hire

Do you have an event coming up such as a birthday celebration, engagement or even a wedding? Why not consider hiring the Surf Club hall for your event. It is a fantastic location with plenty of space and the hire rates extremely competitive.

If you're interested please check the website for details or contact Troy Johnson by phone on 0411 969 656 or by email troy.johnson@raywhite.com.au.

Clothing

We now have Club uniforms available through Denise Salm of South Coast Uniforms. There are a wide range of items available and a price list and order form can be located on the Woonona SLSC website - <http://woononaslsc.com.au/nippers/uniforms>.

Denise will also be at our next Nippers day on 8 November with a range of Nippers and Seniors uniform items so make sure you check them out, buy some gear and show your Club pride.

Helen Bow
Social Coordinator
stevehelenbow@gmail.com

Director of Junior Activities

Registration

The first nippers for the season was held Sunday 25th October, and what a great day it was. We had around 150 nippers turn up and enjoy a great Sunday morning on the sand.

The first day of the season is always an event of organised chaos considering all of the different requirements to try and cover off on day 1. With all that considered things went pretty well, most importantly I could tell that all of our nippers had a fantastic time, and that's why we do what we do. I'm looking forward to watching the nippers develop and learn the various skills on both beach and water.



Nippers Calendar

The nipper calendar runs every 2 weeks, with a break for Christmas and New Year holidays. The list of dates is below.

25 OCT 2015 [am]
08 NOV 2015 [am]
22 NOV 2015 [am]
06 DEC 2015 [am]
20 DEC 2015 [pm]
BREAK
31 JAN 2016 [pm]
14 FEB 2016 [am]
28 FEB 2016 [am]
13 MAR 2016 [am]
20 MAR 2015 [pm] (Presentation)





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Swim Proficiency

All nippers are required to complete a preliminary swim proficiency. For U6 and U7 we will again incorporate this into the first few pool sessions for those age groups. For U8 and above the swim proficiency needs to be completed before any water events. Any U8 and above who hasn't completed their prelim pool swim must complete it at the next nippers – 8th November. This will take place in the ocean pool prior to you joining your age group on the beach.

Sydney Water Series

The Sydney Water Series starts Saturday 7th November. Registrations for the first Carnival closed 1st November. It is possible for nippers to enter for the later carnivals, this will attract a late fee of \$20 payable by the registering family. All queries regarding the Sydney Water Series - contact Anthony via email aja074@gmail.com

ROUND	DATE	VENUE
1	Saturday 7 November 2015	Warilla Barrack Point SLSC
2	Saturday 14 November 2015	North Wollongong SLSC
3	Saturday 28 November 2015	Shellharbour SLSC
4	Saturday 5 December 2015	Thirroul SLSC

Nippers BBQ Help

This year we have all of the BBQ cooking organised, thanks to some great support from club members and committee. So this year we don't need parents to help with cooking. All we need are 3 parents per week to help with serving the food and clean-up. It isn't fair to leave it to the same people every week – so please lend a hand. We only need your help from 11am, so you won't miss your child's events. If we get helpers each week, the food will be served quicker and everyone will their food. I'm not asking for much, so please lend a hand.

I look forward to seeing you all at the next instalment of nippers – 8th November.

Cheers
Anthony
Director Junior Activities

DIRECTOR OF EDUCATION

Proficiency kicks off next weekend, 8 November at 11.50am. Bring your driver's licence and renew your awards.

Current Bronze/SRC Class - the group is still going strong! Looking to finish up mid-November. Any questions, speak to Katie or Kieran.

New Bronze/SRC Class started on 31 October 2015. Last day to join the course is Wed, 4 November. Contact the trainer, Ben Clarke urgently if you want to join. Nipper parents encouraged to get their SRC award to help at nippers!

Spinal Management Course - 15 November 9-2pm. Course is full - those who have registered please make sure you turn up! We had a lot of demand this season for the course. Another one to be run soon.



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E Team Weekly Update - thanks to Gerard Dorge, Cathi Rigby and Pete Rigby for producing and circulating the E Team update each week, make sure you read it for the latest Education news!

Interested in a course? Register your interest with Madi 0411 721 247.

From, the E Team: Madi, Katie, Kieran, Ben, Phill, Macca, and Gerard.

Madi Bow

BALRANALD SCHOOL VISIT

The children are getting very excited about their visit to us. They will be here on Tuesday 8th of December and staying to the following Monday. They will be spending a night at the zoo visiting the Water Police in Sydney the SLS helicopter base Bondi beach, Jamberoo, HARS and also other activities. They won't be bored. We will be showing them lifesaving skills on Saturday and they will be participating with the nippers on Sunday.

The club would like volunteers to become involved and welcome the kids come down during the afternoons and mix with them and make them welcome. We will also be looking for senior members on the Saturday to help the kids at the beach. I will get back to you next month with further details.

To show you where they come from I have included a link to their school website. <http://www.balranald-c.schools.nsw.edu.au/home> If you can get involved and make this a trip they will remember forever,

John McNally

SURF SPORTS

Surf Ski / Board Training

We have a small group which are starting to train on a regular basis on the Surf Ski's. The new surf ski's we have are really great for learning to paddle on, so if you are interested in learning to paddle the surf ski just let contact Stacey (0407710221) or Aaron (0432740998). Also if you are keen to train on boards we are planning on starting soon a group ski and board training session, contact Josh or Arron if you're interested.

Surf Sports Competition

If anyone is interested in competing in the Sydney Water carnivals or branch carnivals this season could you please get in contact with Josh so he can get your entries submitted.

IRB Competition

If anyone who currently has their crewman or driver award and is keen on racing next season please get in touch with Josh because we will be starting training soon. Competition is a lot of fun and you could win a few medals!

Surf Boats

The season's training has commenced with 4 crews training, with a potential 5th crew yet to be confirmed. This year's racing calendar differs from previous years due to the amount of exciting new talent our club has acquired during pre-season scouting. The first carnival of the season for many of the rowers will be the Garie Dash at Bundeena on the Sunday 22nd Nov-2015. Following this, some crews may pursue the challenge of the Mollymook Classic the following weekend (28th Nov-15).

Established crews this season involve; - U19's crew which are progressing very well and fast with the weekly training workload. - U23's fitness crew which consist of experienced and new members - Open Men's crew which are currently training 4-5 sessions a week, with the pursuit to intensifying over the next few months to 6-7 sessions a week. - The Big Wave Specialists (Woonona's Favourite Son's) the One Tonners have returned



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to the sport of champions this season with a vengeance and looking for podium positions at every carnival they participate in. Join the movement on their facebook page @WoononaOneTonners.

Surf Sports Handicap events

This year we are running a monthly Surf Sports Handicap event. This is for training & social competition aimed at improving fitness & surf skills with flags, sprint, swim, board, ski & the occasional fun event such as board rescue and water flags.

The first three events will be run in conjunction with Club Champs (See the Lifesaving report for details)

The focus of these events is having fun and improving your fitness so come on down and have a go!

A few points about how the events will run:

- Run on a handicap system, so everyone gets a fair go, regardless of ability.
- Points & handicaps are awarded for the first five place-getters. Participation points are awarded for any honest attempt at an event.
- Prizes will be awarded at the Senior Presentation Night at the end of the season.

Dates are:

Nov 29th AM (In conjunction with Club Champs)

Dec 20th PM (In conjunction with Club Champs)

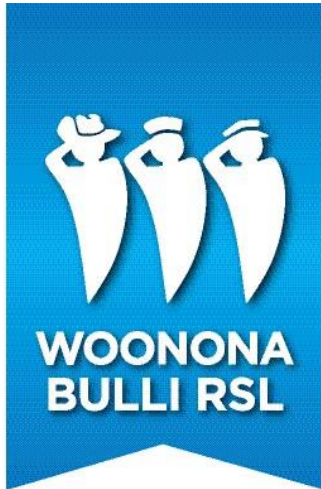
Jan 31st PM (In conjunction with Club Champs)

Feb 28th 12PM

Mar 20th 1PM

Josh Clarke

Sponsors



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