



The Black and White



April 2016 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

PRESIDENT

Hi all, well the season is starting to come to an end. Despite the strong winds and the beach being closed the nippers still had a lot of fun on the final nipper day on Sunday. Thank you to Anthony, Rachel, age managers, water safety and everyone else who helped out with making this seasons nippers so great. I hope to see all the nippers back down the beach next season.

Woonona Bulli RSL ANZAC Day March 17th April

Woonona Bulli RSL ANZAC day march is on Sunday 17th April.

We ask for all Woonona Surf Club members, including nippers to come along and support our major sponsor, the Woonona Bulli RSL, and honour our ANZAC's day by participating in the march.

The time is yet to be confirmed, but we usually meet at IGA carpark a 10:30am, and march to RSL for a quick service at 11am. Please attend to represent Woonona Surf Club, wear club shirt, kids wear nipper cap and rashi.

Senior Presentation Night 25th June

To celebrate the great year that we have had I would like to encourage all members to come along to Senior Presentation night, being held at Woonona Surf Club house on 25th June – Masquerade theme.

More information to be released soon by social committee!

I hope everyone has a safe and happy Easter,

Stacey

President (0407710221)

Director of Lifesaving

Lifesaving!

Easter is here this weekend! Make sure you know (and make) you rostered patrols or ensure you have swaps organised and confirmed. Expect a higher frequency of out-of-towner's holidaying on the coast, and who can resist Woonona's span of golden sands? Please stay focussed, make use of the last of the warm(-ish) water and enjoy the rest of the season.

Our club has done exceptionally well so far this season in all patrol audits (conducted by Branch and Wollongong City Council). The last audit was performed on Sunday 13th March in which we scored 100%! Please continue the great work on Patrol!

Patrol of the year competition

Morgan and I will be visiting everyone on your patrols to run some scenarios and activities as a learning opportunity and also to determine the winner of the prestigious "Patrol of the Year" award. To explain for our new members, one of the awards at our annual Woonona SLSC Awards night

Woonona SLSC Awards Night

Nominations are now being called for our annual Awards Night. Check your email for all details of awards categories and nomination forms, all nominations need to be returned to Rachel or Stacey by Wednesday 6th April. Please take the time to recognise whoever you believe has excelled this season, and make sure you come along to one of the best nights in the Surf Club calendar!



Water Safety - Nippers

Thanks to each and every Bronze and SRC person who helped out with Water Safety this season. It is often a cold and tiring job, but paid back tenfold by seeing the kids improve, gain confidence and have a fun safe and educational experience at the beach. Nippers couldn't run without you, thank you very very much!

Manly Sea Eagles and South Sydney Rabbitohs at Brookvale Oval on Thursday 31 March.

As a way of recognising Surf Life Saving, Lifesavers & Nippers, Manly Sea Eagles are offering cut price tickets to all surf club members. If you would like to purchase some tickets please email nick@surflifesaving.net.au with the amount of tickets you would like to purchase ie Adult, Child etc and the Club you are from. Again, all cut price tickets will be available to family members and friends who want to attend the match.

Rach

Education

IRB Crew Course

The latest batch of Crewies are well underway in their training, enjoying some varied surf conditions and environments. If conditions allow we should see them practicing their skills across Easter, punching through waves, doing inshore runs (inside the breaking line), and practicing patient pick ups. If it looks like fun (and I assure you it is) make sure you think about joining a course next season.

Upcoming courses

Provide First Aid – Surf Lifesaving NSW Academy run course at Illawarra Master Builders Club. See full list of dates at www.surflifesaving.com.au/courses or call Mia Pacey at SLSNSW on (02) 9471 8099.

Silver Medallion Aquatic Rescue – Expressions of interest for course scheduled Sat 30th April / Sun 1st May. Pre requisites are 16 years old and Bronze Medallion. NB will need to complete 400m swim less than 8 minutes at the start of the course. This is a physically demanding course performing rock platform retrievals, searches and deep water retrievals etc (lots of fun!!).

Silver Medallion Basic Beach Management (SMBBM) – We have two members attending, Darren Brown and Ben Clarke, well done gents! **This course is now full**

If you are interested in any of the courses above (or any others) please let Stacey or Rach know asap so we can get you on the course.

Surf Sports

Do you have a need for speed?

Love a good wave?

Well IRB competition is for you!

The start of the IRB competition season is fast approaching and we are hiring! You can start off slow as a patient for our medal winning team (literally), or jump in as a crewman or driver (min qualifications apply).

If water sports aren't your thing we are also looking for supporters to cheer us on when we have a win or have a few drinks if we don't. We'd love you participation or support. Dates are as follows.



Round	Venue	Date
Round 1	Caves Beach SLSC	7 th & 8 th May 2016
Round 2	Terrigal SLSC	21 st & 22 nd May 2016
Round 3	Birubi Point SLSC	4 th & 5 th June 2016
Round 4	South Maroubra SLSC	18 th & 19 th June 2016
State Championships	Mollymook SLSC	2 nd & 3 rd July 2016

If you're interested please contact IRB Captain Ben Clarke

Rach

SOCIAL COMMITTEE

What's coming up Socially.....

On Sunday the 20th we helped the nippers celebrate their end of season with a huge Sips after their presentation. Lots of sausage sandwiches were eaten and everyone had a great time.

If you missed the last Sips then no problem - come to the Club for our Anzac Day Sips. We will be celebrating another great patrolling season. The bar will be open, the bbq will be smoking and there might even be a game of two up. Come down to support the Club, catch up with some old friends and maybe make some new ones. Or plain and simple just come and have a good time.

Regards
Helen Bow
0438662333

March Sippers

Thanks to everyone who joined us for Sippers on Sunday after Nippers presentation, it was a great turn out and wonderful to catch up with everyone.

Save the date - Woonona SLSC Awards night

Save the date for Woonona's night of nights, a chance to glam up, celebrate our achievements and toast the year which has been! It's a really fun night, we encourage everyone to join in, so make sure you save the date! More details to follow.

When: Saturday 25th June

Where: Woonona SLSC Clubhouse

Theme: Masquerade!



NIPPERS

Nippers comes to a close

Sunday 20th March saw the final nippers for the year. The beach was closed but we pushed on and had a great time on the sand and in the pool. There were plenty of new, interesting nipper activities on show across the sprint track, flags and novelty areas. We might try and incorporate some of the new events into next year's point score.....!

On a more serious note, I'd like to say a special thank you to a couple of people, for the support and effort they have put in throughout the season. Firstly a huge thanks to Rachel as our Water Safety Supervisor. Rach has done a fantastic job throughout the season, making sure all our nippers were safe week in week out. On behalf of all the nippers and age managers – thanks for a great year Rachel, awesome job.



Next in line are the team of club members who week in week out pulled on a water safety shirt and made it possible for the kids to get in the water. Without you guys each week, there'd be no water

events, so again on behalf of all the nippers and age managers – thanks again to the water safety team.

And I couldn't wrap up without a HUGE thanks to our amazing crew of age managers. This year we had a few new age managers join the gang, and as I said at presentation, I truly believe we are blessed with the best team of age managers in the entire Illawarra. A great bunch of volunteers to work with, making my job super easy. Thanks guys, and I hope you enjoyed it enough to come back and do it again next year. I know the kids would love to see you back with them next season.

Competition Wrap Up

This season we managed to get 14 competitors across the various competition events throughout the year, which for Woonona is a great effort. We had some great results with a few wins and minor placings, but best and most important of all everyone competed well and had plenty of fun. I'm hoping on the back of this year's success, we can get a few more competitors next year – it would be great to see a Woonona relay team at branch carnival.



Presentation Awards

Presentation was held on Sunday following on from the final nippers. We had a huge turnout and lots of fun. Congratulations to all of the age group award winners, to the all of our 100% attendance medal recipients (42 in all....!!). A special mention to our 2015/16 major award winners:

Male Competitor of the Year: Max Dignam
Female Competitor of the Year: Ruby Brannon & Jasmine Fowler
Ron Nipperess Memorial: Max Dignam
Stingray of the Year: Alexandra Blunden



Well, that's it for another year. We've tried hard to make it fun for the kids, but teach them the right skills and beach awareness. I hope to see you all back next year for another enjoyable season of sun, sand, surf and plenty of good times.

Cheers
Anthony
Director Junior Activities

Riding the Waves Nipper Program

So, after four amazing weeks the Riding the Waves Program for the disabled has come to its conclusion. Although I'm sad to see them go, it's been an amazing four weeks and I'm so honoured to have been a part of it. Together the ten participants and our army of volunteers conquered the beach and waves, giving our participants the chance to experience what it's like to be in Nippers that they might not have otherwise gotten. We finished our program with certificates for the participants and cupcakes made by a grateful parent – one of many, as all the feedback from parents has been positive and thankful.

My thanks go out to everyone who helped as without your help I would not have been able to run as successful a program as this has turned out to be. It is my hope that this program will continue to run and grow and that everyone will have as much fun in the future as we did this season.

Thank you again,
Brianna McNally
Riding the Waves Coordinator.



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Cleaner Wanted

The Surf Club is currently looking for a new cleaner to take on the role of cleaning the club on a weekly basis. You will be required to have a current ABN as well as appropriate public liability insurance coverage.

To express your interest or for more details you can contact Craig Odewahn by email at craig@accountcorp.com.au

Hall hire

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.

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	vacant	
Director of Junior Activities	Anthony Arnold	0403471926
Director of Surf Sports	Morgan MacKinnon	0402603045

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