



The Black and White



August 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

*Welcome back to Woonona SLSC for
the season of 2016/2017*

PRESIDENT

I would like to warmly welcome back all renewing members and a special welcome to all new members of Woonona SLSC to the Surf Lifesaving season 2016/17. We have a new committee who are enthusiastic and already working hard to ensure a great start to the season.

Our club had a tremendous year last year, winning SLSI Club of the year, and continuing our record of no lives lost on Woonona Beach. Thank you to those who went the extra mile, whether it was on patrol, in competition, in administration, or just helping on the beach- we could not have achieved what we did without your passion.

Membership fees for the upcoming season are now due, please see attached memo on how to register and pay on-line.

I'd like to encourage all members to consider training for new awards this season, there are so many training opportunities within our Club and we are always looking to increase the experience levels of our lifesavers, or train nipper parents with SRC so they can help out with water safety, please contact Kieran Smith (Director of Education) for details. I would also like to encourage members to have a try at competition this year, the dates for the Sydney Water Competition series and Branch Championships are listed in this newsletter. I hope to see you all on the beach this season,

Stacey Paddon
President Woonona SLSC



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Committee Members 2016-17

The Annual General Meeting was held on 31st July and the new committee elected. They will meet monthly to discuss and oversee the business of the club. If you have any questions or problems please feel free to discuss with any committee member.

Executive Committee

President - Stacey Paddon

ph: 0407 710 221
email: staceypaddon@bigpond.com

Director of Administration - Peter Rigby

ph: 04 667 18 667
email: woononascsecretary@gmail.com

Director of Finance - Craig Odewahn

ph: 0402 092 714
email: Craig@accountcorp.com.au

Director of Lifesaving - Rachel Dixon

ph: 0466694366
email: rachel.dixon@bluescopesteel.com

Director of Surf Sports - Morgan MacKinnon

ph: 0402603045
email: morgsmack@gmail.com

Director of Junior Activities - Anthony Arnold

ph: 0403471926
email: aja074@gmail.com

Director of Education - Kieran Smith

ph: 0429 728 879
email: clairandkieran@exemail.com.au

Management Committee

Vice President	Rachel Dixon
Vice Club Captain	Mitchell Bell
Treasurer	Gabi Bow
Member Services Officer	VACANT
OHS Officer	Cathi Rigby
Sports Team Manager	Nathan Bow
Youth Coordinator	Jamie Carter
Facility Manager	VACANT
General Members	Peter Evert \ Gerard Dorge

Club Contacts

Registrar - Julie Robertson

ph: 0481347246
email: robertson.julianne@gmail.com

Publicity Officer - Gabrielle Bow

ph: 0402153646
email: gab.bow.1996@gmail.com



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DIRECTOR OF LIFESAVING

Back to the Beach!

Season 2016-17 kicks off with patrols starting Sunday 25th September. Welcome back to all patrolling members, we have a few familiar faces returning this season and a couple of fresh faces joining also, looking forward to seeing you back in the red and yellows! This season we have a beautiful re-organised patrol area, a brand new Can Am on its way and have several other improvements to Lifesaving coming through – stay tuned ☺

Patrol teams have been published and the Patrol roster won't be far behind, keep an eye on the website and your email for details. There is also a member's welcome pack which details all the important info you will need this season, check it out. If you have any dramas or questions let myself or my lackey Mitch Bell know. See you on the sand!

Rach

DIRECTOR OF JUNIOR ACTIVITIES

Registration – Sat 3rd Sept

Registration days will be held
SATURDAY 03 SEP 10am -12n and
SUNDAY 11 SEP 10am-12n. New and returning members will be able to come down and register via the online portal. Committee members will be onsite to walk you through the registration process. Remember – all new nippers



will be required to show proof of age via birth certificate at the time of registration. For those that ether can't make it down or wish to register via the portal, please access via <http://sls.com.au/join>

Nippers Calendar – starts 23 October

The nipper calendar starts Sunday 23rd October and runs every 2 weeks, with a break for Christmas and New Year holidays. The list of dates is below.

23 OCT 2016 [am]	BREAK
06 NOV 2016 [am]	29 JAN 2017 [pm]
20 NOV 2016 [am]	12 FEB 2017 [am]
04 DEC 2016 [am]	26 FEB 2017 [am]
18 DEC 2016 [pm]	12 MAR 2017 [am]
	26 MAR 2017 [pm] (Presentation)

Age Managers – without them we can't operate

We need more age managers – I haven't heard from all of last year's crew so are looking for extra age managers this year to join the team for the season. Becoming an age manager is a really fun and simple way to get involved with the nippers and surf club. All that is required is completion of an online tutorial via SLSA. We will then provide support and mentoring a part of the team throughout the season. Anyone interested – contact Anthony via email aja074@gmail.com



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Swim Proficiency – Northern Stars Saturday 3rd Sept

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.

Our swim proficiency is booked for Northern Stars Pool 1200 – 130pm SAT 3rd SEPT – immediately following the first registration morning.

I would encourage all parents to try and get the assessment done before the first nipper day – otherwise the kids will have to endure the assessment in the cold ocean pool. You can also download the assessment form from our website and have it completed by a qualified swim instructor if your child attends swim lessons / swim school.

I look forward to seeing you all at the season opener.

Cheers

Anthony

Director of Finance

Membership Fees 2016-2017 Season

Junior (nippers and rookies – u18)	\$55	(\$10 increase from 2015/16 season)
Senior	\$65	(\$10 increase from 2015/16 season)
Associate	\$65	(\$10 increase from 2015/16 season)
General	\$65	(\$10 increase from 2015/16 season)
Family	\$150	(\$20 increase from 2015/16 season)

With an **Early bird discount** for senior or family members of \$10 for all membership applications completed on line and paid by 31 October 2016.

Surf sports levies

Surf Boat	\$50	(no increase from 2015/16 season)
IRB	\$30	(no increase from 2015/16 season)
Watercraft	\$30	(no increase from 2015/16 season)



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Surf Club upgrades

Wollongong City Council has recently inspected the piers underneath the surf club and they have been found to be unsafe. Accordingly, Council is currently working to rectify this which will involve some structural works being undertaken on the building. This will obviously affect our access to building and you are asked to be very careful around these areas and obey all signs and directions for your own safety.

Uniforms

Denise Salm of South Coast uniforms will once again be selling uniforms at our nippers days. Denise has a great range of products not only for nippers but also adults and parents so we can proudly wear our club uniform to help promote the club.

Renew Membership Online:

Existing members can register online at <https://portal.sls.com.au>.

Instructions for existing and new members can be found on our website under Memberships 2016/17.

A birth certificate is required for all NEW members joining under 18.

If you have any enquiries about membership renewals please contact Julie on robertson.julianne@gmail.com.

SOCIAL COMMITTEE

SAVE THE DATE

Patrol Season starts	25 th September
Woonona SLSC Open Day	16 th October
Registration Day 1	3 rd September 10:00am to 12:00 noon
Proficiency Swims	3 rd September 12 to 1:30pm (Northern Stars Pool)
Registration Day 2	11 th September 10:00am to 12:00 noon
First Nipper Day	23 th October
Appin Market Info Stall	11 th September

Sydney Water Series

Round 1	Saturday 29 October 2016
Round 2	Saturday 12 November 2016
Round 3	Saturday 26 November 2016
Round 4	Saturday 3 December 2016

From SLSNSW

Psychological Well-Being of Surf Life Saving Members

Research suggests that there is a link between volunteering and mental health. While studies have examined community organisations across Australia and internationally, the unique and strong surf life-saving movement on our home turf has not yet been investigated.

The Wellbeing Survey Package for Surf Life-Saving Volunteer Members 2016 is open to those SLSNSW members who are over 18 years of age, can spare 15-20 minutes and would like to contribute to the understandings of volunteering and its impact on psychological wellbeing. The Survey will be open until 31st October 2016. Please [click here](#) to start the survey, and please know that your contribution is anonymous and greatly appreciated.

Beach to Bush Presenters Wanted

We are calling for enthusiastic and energetic volunteers to present our annual Beach to Bush program from 21-25 November 2016.

The Beach to Bush Program is the largest educational initiative of Surf Life Saving and has been delivered to rural NSW schools for over 20 years. The program began as a result of research which highlighted that 50% of people rescued from the surf live more than 50km from the beach. The program aims to educate young people about safety at the beach and other aquatic environments.

This year we are visiting schools in the following areas: Casino, Kyogle, Moree, Bogabilla, Glen Innes, Gloucester, Wallabadah, Mudgee, Temora, Forbes and Albury just to name a few!

If you are enthusiastic and passionate about Surf Life Saving, and prepared to spend a week on the road spreading the beach safety message, we want you! Find out more and apply now by visiting [our website](#)

BIG PRE-SEASON CLEANUP!



On Saturday the 6th of August after a lot of planning by Steve Bow and the Executive, we had a huge list of tasks to complete so that our Club was in a great state for the season.

We had lots of members turn up. A huge thank you goes out to you all – Steve, Mitch, Beth, Megan, Rachel, Nathan, Gabba, Madi, Jacob, Ben, Stacey, Jessica, Harrison, Tam, Riley, Riley, Nick, Jaime, Aaron, Hilly, Laurie, Craig, Peter, Gail, Joe, Marc and Helen.

There was a lot to do. Everyone came with a great attitude and we got everything done plus some “sneaky” jobs that Stacey added on the day ! We filled the skip, piled up all of the “metal” rubbish and moved some items to Nicho Park. The Patrol room is very orderly and looks worthy of our wonderful patrolling members. The Jetski Room looks amazing and our members are ready to respond to any emergency. We made a great start to the new Nippers room and there is a few more jobs to complete before we make this room operable for our nippers. The main thoroughfare is now “rubbish” free ad there is lots of space.

The next time you visit the club, check out the great handy work ! Again thank you to everyone that helped out – as always we have amazing members that are eager to step up and do a bit extra. Well done Team

HELEN

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