

The Black and White



September 2016 edition

Woonona Surf Life Saving Club

Illawarra Club of the Year 2009, 2012, 2013, 2015 & 2016 NSW Club of the Year 2013

Illawarra Patrolling Club of the Year 2009, 2013 & 2014

Illawarra Volunteer of the Year 2015

*Welcome back to the new season of Patrols
and Nippers*

PRESIDENTS REPORT

What a great start to the season!

Firstly I would like to extend a warm welcome to any new members to our club, I hope you enjoy the summer season with Woonona Surf Club, and of course welcome all returning members...great to have you back!

The first patrol of the season was a lovely day. Rachel (Director of Lifesaving) has done a fantastic job getting our patrols and patrolling equipment ready for another season of patrolling Woonona beach.

In the below reports you will see that planning for all aspects of our season is well underway. You will find details for nippers, registrations, social items, surf sports activities, training opportunities, proficiency dates and much more.

Open Day is on the 16th October, 11am till 1pm at the Surf Club. Through this event we aim to give members of the public, new members and existing members, the opportunity to come down and see what Surf Life Saving is all about. So come to the surf club on Sunday 16th October, spread the word, bring a friend and come have a chat with our committee, we will even take you on a tour of the surf club! , it is a good opportunity to meet other members and find out a bit more about our club and what opportunities are available.

Member Inductions are being run on Sunday 16th October at 12pm (Club Open Day), Thursday 27th October at 7:15pm (Thursday night after first nippers) and Sunday 20th November at 11:30am (Straight after third nipper day), if you are a new member I encourage you to attend one of these sessions, it is a great way to find out key information about our Club and how you can be involved.

Woonona SLSC achieves SILVER QUALITY CLUB for 2015/16 season.

I would like to congratulate all the members of Woonona SLSC on achieving Silver Status in the 2015-16 Quality Club Program. This is a SLSNSW award for best practice and compliance. We were one of two clubs in the State who achieved Silver accreditation (us and North Cronulla)!!! Congratulations to all committee members who put in so much time and effort achieving this, it was only achieved by the whole club working together towards this goal.

Congratulations!

See you on the beach,
Stacey Paddon



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DIRECTOR OF EDUCATION

Some information from the Education Dept.

Hello Members!

Proficiency Re-assessment Dates

4 Opportunities for Proficiency this season.

- October 16th 9.00am
- October 30th 9.00am
- November 27th 9.00am
- December 18th 9.00am

Proficiency for Bronze / Spinal / Advanced Resuscitation / IRB / ATV

Bronze Medallion / Surf Rescue Certificate Course 2016

Muster Day: Sunday October 9th

Course Commences: Sunday October 16th

- Orientation Day + First Session
- Pool Swim: Bronze 400m in 9mins. SRC 200m in 5mins

Course Schedule

Course Duration: Approximately 6 Weeks x 2 classes per week.

Session days: To Be Advised – Thursday night / Sunday Morning?

Cheers,

Kieran Smith

DIRECTOR OF LIFESAVING

We're back on patrol!

Patrols are now in full swing and travelling well. Thanks to Patrol One and Two who kicked our season off in style. We didn't have too many customers with a chilly morning and rainy afternoon but took the opportunity to get some more odd jobs done and practice some skills.

Welcome to our lovely new ATV and thanks heaps to Woonona Bulli RSL and Leisure Coast Marine for their awesome support in getting the ATV to us. It's great to have the extra seat and space of the new model and I'm sure it will serve us well. If you haven't checked it out already it's definitely worth a look ☺

Thanks to everyone who turned out for season opener Sips and had a drink with us, was awesome to catch up after the break!

Rach

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DIRECTOR OF SURF SPORTS

SURF SPORTS MEETING 8:30am Sunday 9th October

All members interested in competing this year a meeting will be held at the surf club starting immediately after the beach training session.

All members who are interested in competing or participating in a surf sports event, coaching or being an official this year please attend.

Message Morgan on 0402603045 if you have any questions or if you intend to compete and cannot attend the meeting.

Morgan MacKinnon
Director of Surf Sports Woonona SLSC

Beach Training Sunday Morning

Hello friends! Mitch Bell (beach captain, muscle kitchen manager, all round good guy) here.

This year we're trying to really kick beach sports into gear at Woonona. Beach sports includes flags, sprints, relay and 2km beach run.

If you're interested in training or competing in any of these events, or would just like to improve your overall fitness; I'll be holding weekly beach training sessions starting Sunday the 9th Oct at 7:30 am. Usually followed by coffee too!

SURF SPORTS CARNIVAL DATES

2016 Sydney Water Surf Series: (See attached circular)

Saturday 29 October 2016
Saturday 12 November 2016
Saturday 26 November 2016
Saturday 3 December 2016

2016/2017 Warilla Bowls Boat Series:

Saturday 5 November 2016
Saturday 3 December 2016
Saturday 7 January 2017
Saturday 18 March 2017

2017 Illawarra Junior Development Branch Championships:

Saturday 28 January 2017

2017 Illawarra Branch Championships:

Saturday 11 February 2017 (Age)
Saturday 12 February 2017 (Seniors/Masters/Boats)

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Foundation and Development Coach Course Nominations now Open

Foundation coaches are entry level participants actively participating in a club surf sport environment (recreationally or competitively). This level is for Nippers (U13) based coaching.

Target: Parents of nippers/new club members and people with an interest in coaching.

Development coach is a coach who has chosen a specific discipline/s to coach participants who are actively competing in a club/branch surf sport environment. You must complete this course if you wish to coach Surf Boats, followed by the Sweep Accreditation Checklist.

Target: Parents of nippers, parents of young athletes, current/ex surf competitors, lifesaving trainers, other sporting code coaches wishing to coach surf athletes.

Duration (theory & practical): A mix of theory and practical education methods. The two-part online theory component must be completed prior to the practical course. You will be given one month to complete all theory components. You do not have to complete this in the one sitting. The practical component is known as the Practical Workshop which will take approx. 4 hours in duration depending on the discipline you choose and the availability of your Assessor/s.

See attached circular for more information.

Please contact Morgan (Director of Surf Sports) for more information.

Surf Sports: Level 1 Officials Course

Accredited Surf Sports officials are essential to the success of any surf carnival or event. Officials are required at all levels of competition.

Expression of Interest is required now by members of clubs, you must be a financial member & endorsed by your club to apply. Please contact Morgan McKinnon to find out more information and to get endorsed by the Club to attend. Then Morgan will email Director of Surf Sports Keith Caldwell surfsports@sillawarra.com.au

Names required by COB Friday 21 October

Depending on numbers, a **Level 1 Course** will be conducted on Saturday 5 November & Sunday 6 November at Surf House, Wollongong. Times being 9am-4pm both days

SOCIAL COMMITTEE

SAVE THE DATES

Woonona SLSC Open Day	16th October	Trivia night.	25th Feb
First Nipper Day	23th Oct	Nipper presentation	26th Mar
Sand dance party	12th Nov	End of season sips	29th April
Twilight nippers & Xmas SIPS	18th Dec		



DIRECTOR OF JUNIOR ACTIVITIES

Junior Activity Update September 16-17

Registration

Registration days were a success with many new families signing up for the season ahead. For returning members, don't forget to renew online via the portal, please access via <http://sls.com.au/join>

We will have registration opportunities available at the Surf Club Open Day 16 October, see the surf club website for more information.

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]
06 NOV 2016 [am]
20 NOV 2016 [am]
04 DEC 2016 [am]
18 DEC 2016 [pm]
BREAK

29 JAN 2017 [pm]
12 FEB 2017 [am]
26 FEB 2017 [am]
12 MAR 2017 [am]
26 MAR 2017 [pm] (Presentation)

Age Managers – HELP!!!

I am still searching for members to help out on the age manager front, with a number of vacancies at present across various age groups. We have one 1 person at present for U11, U13, U14. So would like additional help there.

At present we have no-one to cover U6 and no-one to cover U10. Unless we get age managers for these groups we will not be running a program for those age groups.

All members and parents - to be eligible - 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. Contact Anthony via email aja074@gmail.com

Corrimal SLSC - SRC (Surf Rescue Certificate) Course/Bronze Medallion

Have you thought about helping Nippers in the water this season or with your club patrols, but don't have your SRC (Surf Rescue Certificate) or Bronze Medallion? Corrimal SLSC will be running these two courses at their club on the following dates:

When: Friday 11 November, 2016 from 6:00pm to 9:00pm & Saturday 12/Sunday 13 November, 2016 from 9:00am to 4:00pm

Address: 1/3 Lake Parade, East Corrimal NSW 2518

Please contact **Nicolette Cartwright** on n.cartwright96@hotmail.com or 0433 114 329 to register your interest.



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)

Membership Renewals

REMEMBER: Discount for senior members of \$10 for all membership applications completed through Lifesaving Online and paid by 31 October 2016.

Renew Membership Online via the Members Portal - <https://portal.sls.com.au>. You will need a 'Members Portal' account; you should have created one last year.

Log in to the Members Portal. Select the Lifesaving Online tab Click on Memberships Click on the Renew link. The SEASON should be this current season coming, eg 2016-17...2017-18...2018-19 etc. Then fill out the registration form.

If you are a family and would like to renew your family members, the Members Portal has a new feature called Family Groups. Only one members' portal login is needed per family group. Click the Family Group link for instructions on how to create a Family Group. Once your membership is renewed you will be prompted to Click to Pay Online.

Pay Online

Pay your membership fees online via the secure Surf Life Saving Payment Gateway, providing the following information:

Choose Woonona SLSC as the entity to pay

Choose Membership Fee from the Transaction Type

Enter your name and a description of what you're paying for e.g. Family Membership Fee (this is important for receipting your payment);

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Enter the amount; see the current fee schedule on the WSLSC website.

Enter your name, contact details and an email address and click the Submit button; and

Enter your credit card details.

You will receive a receipt via email. Please keep the receipt for your records.

Your membership will not be accepted unless payment has been made.

If you need any assistance with renewing or paying, read the documents on the website

<http://woononaslsc.com.au/membership/membership-forms>

If you are still having issues or problems with membership renewals please contact Julie on robertson.julianne@gmail.com or Mobile 0481347246

Thanks

Peter Rigby - Director of Administration

Julie Robertson - Registrar

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.

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](#)

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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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