

Shellharbour SLSC

Newsletter



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Zoe swims to success!

Shellharbour SLSC Competitor Zoe Elkerton (right) has had a string of success in the water recently.

Along with Shellharbour's Karri Ryan, Zoe was selected in the NSW Country Surf Life Saving Team to compete in a tri-series against New Zealand and the Central Coast in early January.

Three rounds were held, with Zoe gaining two firsts and a second in the three swims, second three times in the ironperson and a second in the ski.

Zoe backed this up by representing NSW in the Interstate Surf Life Saving Championships held at Queenscliff in Sydney. There she won the Swim and the Tube race, was third in the ironperson, fourth in the Ski and gained seconds as part of the beach relay and taplin relay.

Events were not confined to the beach, with pool lifesaving events held at Homebush Aquatic Centre. There she placed first



Thank you to our supporters & sponsors!



in the 200m obstacle race, first in the 50m Obstacle relay and second in the 50m mannequin carry. At the end of two days of competition, NSW were narrowly beaten by Queensland.

On Australia Day, Zoe competed in the Great Australian Swim series, swimming from the Opera House Steps for 2.5km to Farm Cove. She finished 3rd.

Just days earlier, Zoe competed in the Palm Beach to Whale Beach 2.7km Open water swim, winning the female event and a trip to Hawaii to compete in the Waikiki Roughwater swim. ...and she still finds time to train with Cavo on Wednesdays!

Surf Rider Caravan Park

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ALLPHONES
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Ray White.
Shellharbour Village

Ray White.
SHELLHARBOUR CITY



ILLAWARRA ACCOUNTING & FINANCIAL PLANNING

Nipper Focus—Emilie—Age 7



Favourite Colour? Blue

Favourite Food? Pasta with Pesto

Favourite TV Show? iCarly

How long have you been a member of Shellharbour SLSC? 2 years

What do you like best about being a Shellharbour SLSC Nipper? Going in the water & playing games with friends

What would you do if you were invisible for a day? I would trick people by

maybe putting bunny ears on them & they wouldn't know how they got on their head

Parent comments: Emilie is really loving little nippers this year because of all the fun activities & she gets to be in the water more than last year—it is great to see how happy she is every Sunday morning. She has a lot of energy & nippers is a great way to use some of it up!

Age Manager's Comment:: It's great to see Emilie

ready for action each Sunday. She's always smiling & having fun. She's a very strong competitor & her natural ability is obvious in every activity. If you see Emilie on the beach on Sunday give her a smile & a wave—she's such a great nipper and an example of the strong future of Shellharbour Surf Life Saving Club!

Thank you Water Safety Volunteers

Thank you to everyone who supported our Nippers Christmas Raffle – we raised over \$1000 for the club and some of you walked away with some great prizes too. Many thanks to Bernadette Miller-Duncan for organising all the prizes through our Rebel MVP programme and for coordinating the raffle. Watch out for another one soon!

This year has seen some challenging surf conditions regularly confronting us for Junior Activities—so much so that 2 rounds of Club Champs have been cancelled and the two conducted were in trying conditions. Our last Club Champs on 5th December in particular were quite a challenge and we owe many thanks to those who volunteered to do water safety and

ensure the safety of our Nippers.

Special thanks to: Robert Fairweather, Glen Rowles, John Sinclair, Chris Murray, Jenny Bedford, Darrin James, Dan Sinclair, Steve Armstrong, Glen Corby, Debbie Holland, Phil Holland, Richard Hayman, Paul Condran, Ryan Gaetani and Sandy Rose.

If you would like to support your children at Surf

Club, consider doing your Bronze Medallion and volunteering for Water Safety on a Sunday and at Carnivals. Without Water Safety we cannot run activities for your children.

Congratulations to.....

Our Sydney Water Carnival Series Champions—Keeleigh McAuley (U14 and U15 Beach) Zoe Elkerton (Water) and Dana Richards (Female Masters) and to

all who competed and represented the club.

Also to Wayne Cavanagh (Cavo) and Tracey Freeman for their recent nominations in

the NSW Volunteer of the Year award.

Club Junior Life Savers of the Year announced

Congratulations to Montannah Murray and Jemma Oldroyd from our U14 age group who recently participated in interviews and were successfully named Shellharbour SLSC's representatives in the Junior Life Saver of the Year Award. Both showed great commitment to surf life saving and had some fantastic ideas on how to improve surf life-saving and promote it. We wish them both every success as they wait to find out who will be named the

South Coast Branch Junior Life Saver of the Year at the Branch Championships at Mollymook on the 13th February.

The winners will go on to a SLS NSW Development Camp being conducted in conjunction with the NSW State Age Championships in March at Kingscliff and will vie for the title of NSW Junior Life Saver of the Year.

Shellharbour has a long history of success in this

Award and wishes both girls the best of luck!



Montannah Murray (above) & Jemma Oldroyd (right)



Well done & Congratulations!

The following members have gained Awards since our last Newsletter:

Silver Medallion Basic Beach Management—Troy Oldroyd

Spinal Management—Chelsea Flood, Courtney Greathead, Karri Ryan, Alexandra Westlake

Bronze Medallion—Paul Hughes, Sam Neill, Mikayla Rose, David Shepherd, Peter Shepherd, Matthew Mahony, David Cavanagh, Wil-

liam Furney, Alison Glazier, Kim Handcock, Brandon Legge, Samuel Miletich, Daniel Parkes, Dan Rowlands, Daniel Toskovski, Darren Walker, David Worthy, Alexandra Bell, Andrew Freeman, Jesse Harrison, Shannon Hobson, Matthew Jones, Jason Pendlebury, Linda Pendlebury, Hayden Sorrell, Terry Welss.

Surf Rescue Certificate (CPR Endorsed) - Luke Chalker, Keeleigh McAuley, Tyler McEwan, Cameron

McPhail, Wade Miller-Duncan, Joanna Stacey, Jemma Oldroyd, Chantelle Balmer, Kurt Bedford, Thomas Blanch, Rhys Brown, Aidan Bunt, Larni Cowgill, Bryce Fairweather, Jai Field, Taylor Garner, Mitchell Jason, Levi Kidd, Sophie Papadimas, Megan Wells, Sarah Brady, Harry Goodhew, Bradley Holland & Chloe Lindquist.

Congratulations to you all—it's great to see you on patrol & water safety Thanks to all our instructors too!

We are Everyday Sporting Legends!

Thank you to all who supported our NRMA Everyday Sporting Legends web page. We received notification just prior to Christmas that we were one of the prizewinners and have

been given \$2000 in Rebel Sport Giftcards to spend! We look forward to some new resources and raffle prizes!

Thank you everyone!



Nipper Focus—Aragorn —Age 6



Favourite Colour? Red
Favourite Food? Steak
Favourite TV Show? Ben 10 & Scooby Doo Cartoons

How long have you been a member of Shellharbour SLSC? 2 years

What do you like best about being a Shellharbour SLSC Nipper? Having fun with all my surf club friends & going in the water

What would you do if you were invisible for a day? Have fun tricking every-

body & playing my brother's Xbox 360 without him seeing me then he can't tell me to get off it.

Parent comments: Aragorn has a great time at nippers with all the different activities & wants to be just like his big brother Nathaniel competing for Shellharbour one day! We also love the opportunity to use up some of his endless amounts of energy!

Age Manager's Comment:: There is no limit to Aragorn's energy supply. From first thing Sunday

morning until the final whistle he is running, jumping, hopping & laughing! He offers to help carry gear on & off the beach each Sunday & is an all round nice guy! After an exhausting Nippers Sunday he can often be found munching on a sausage sandwich & climbing a tree. I look forward to seeing Aragorn compete in events in coming years— I reckon he'll hit the finish line at full speed & just keep going!

Feature Volunteers—BBQ



The Allphones BBQ Boys in their finest!

In previous issues we have featured the lads of the Allphones BBQ that feeds us all each Sunday morning. However, as the saying goes, behind every man there is a good woman. In this case we are talking about two ladies who constantly sort out the BBQ—particularly serving all the hungry hordes each Sunday. Of course we are referring to Kellie Bevis and Donna King.

Whilst their husbands man the hotplate, they are busy taking the orders and handling the money. If you get a chance, make sure you thank them and perhaps offer to take over for a stint—perhaps then they will get to see their kids in the water or on the sand too! **THANKS GIRLS!** (and yes Brad couldn't help but get in the picture too!)

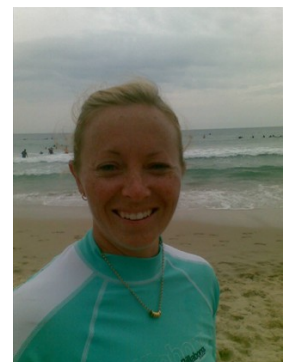
NICE SHADES GIRLS!



Thanks Coach(es)!

A **BIG** thank you to all of our coaches, but especially to **Dana Richards** for all the work she has been doing with our younger members (U9's & U10's) with loads of

water training at the beach, harbour and pools—we really don't know how she does it all and fits in her own training too! Our Nippers and parents really appreciate it!



Appeal Day Results

Hot off the presses—thank you to all our collection volunteers who gave up some of their time on Saturday 29th January to collect at various locations around the city. The tally stands at **\$7520**. A record—or very close to it!

Thank you also to the many hosts who allowed us to collect outside or inside their premises—local pubs and clubs (including Shellharbour Worker's Club), Bunnings, Dan Murphys, Warilla Grove, Woolworths Shellharbour, Albion Park Newsagency, Oak Flats (Bendigo) Community Bank, Shellharbour Village Newsagency and Subway Shellharbour. A number of members also door-knocked the local area. These funds help keep us operational and provide new and replacement rescue gear to allow us to do our job on the beach each weekend!

NSW State Championships

Don't forget, the NSW State Age, Masters and Open Championships are coming up at Kingscliff in March. If you are interested in attending and competing, see your Age Manager (for juniors) or Rob Ryan for seniors, to ensure your entry is included. The same applies for the Australian Titles in April 2011.



NSW Country Championships Results!

In mid January a large contingent of Junior, Senior and Masters competitors converged on South West Rocks on the mid-north coast to compete in the NSW Country Championships.

Conditions ranged from flood affected water, to large swell on Sunday, leading to the postponement of many junior water events and the subsequent move to Trial Bay on the Monday. Our Masters and Open competitors performed well,

With Shellharbour finishing fourth in the Open/ Combined pointscore behind Byron Bay, Warilla—Barrack Point and Port Macquarie.

See over for all our placings! Thank you also to our officials and the dozen or so members who did Water Safety throughout the carnival. Once again, without you there would be no competition! It was also a great opportunity to socialise and celebrate as a club and we enjoyed our traditional post-carnival function at the South West Rocks Surf Club.



Country Placings

Masters Results

30-39 Surf Race Male—5th Kyle Glazier
60+ Surf Race Male—2nd Daryl Glover
30-39 Surf Race Female—5th Dana Richards
40-49 Surf Race Female —4th Kerry Perretta
50-59 Surf Race Female—1st Jo Helson
30-39 Beach Sprint Male—1st Steve Ballard, 4th Kyle Glazier
60+ Beach Sprint Male—2nd Dave Parton
30-39 Beach Flags Male—1st Kyle Glazier, 6th Peter Stacey
60+ Beach Flags Male—3rd Dave Parton
30+ 2km Beach Run Male—1st Steve Ballard, 2nd Rob Ryan, 3rd Kyle Glazier
40-49 Female Beach Sprint—3rd Sharon Rose
40-49 Female Beach Flags—5th Sharon Rose
60+ Male Rescue Tube Race—2nd Shellharbour
30-39 Female Rescue Tube Race—5th Shellharbour
50-59 Female Rescue Tube Race—1st Shellharbour
30-39 Male Board Race—3rd Kyle Glazier, 4th Steve Ballard, 5th Peter Stacey
60+ Male Board Race—2nd Daryl Glover
30-39 Female Board Race—6th Dana Richards
40-49 Female Board Race—4th Kerry Perretta
50-59 Female Board Race—1st Jo Helson
30-39 Male Ski Race—5th Kyle Glazier
40-49 Male Ski Race—3rd Paul Schloeffel, 4th Sandy Rose
30-39 Female Ski Race—3rd Dana Richards
40-49 Female Ski Race—3rd Kerry Perretta
50-59 Female Ski Race—1st Jo Helson
30+ Male Board Rescue—5th Shellharbour
30+ Ironwoman—1st Kerry Perretta, 2nd Jo Helson
30+ Female Board Rescue—5th Shellharbour—Kerry Perretta & Jo Helson

Open & Cadet Results

U15 Female Surf Race—5th Montannah Murray
U17 Female Rescue Tube Race—3rd Chelsea Flood
U17 Female Ski—3rd Karri Ryan
Open Male Beach Sprint—3rd Luke McKay
U19 Male Beach Sprint—2nd Luke McKay
Open Male Flags—2nd Luke McKay, 6th Kyle Glazier
U19 Male Flags—1st Luke McKay
U17 Female Flags—6th Karri Ryan
U15 Female Flags—1st Keeleigh McAuley
Open Female 2km Beach Run—1st Ella Ryan
U17 Female 2km Beach Run—4th Karri Ryan
U15 Female 2km Beach Run—2nd Ella Ryan
U17 Female Beach Sprint—3rd Karri Ryan
U15 Female Beach Sprint—1st Keeleigh McAuley
Open Female Beach Relay—3rd Shellharbour
Open March Past—2nd Shellharbour
U17 Female Board—6th Karri Ryan
U15 Female Board—4th Ella Ryan
U17 Female Board Relay—4th Shellharbour
U15 Female Board Relay—2nd Shellharbour
U17 Female Taplin Relay—3rd Shellharbour
U15 Female Cameron Relay—3rd Shellharbour

Junior Results

U13 Male Sprint—4th Cody White
U12 Male Sprint—6th James Clay
U13 Male Flags—3rd Cody White, 6th Sam Glazier
U12 Male Flags—4th James Clay
U14 Female Sprint—3rd Keeleigh McAuley
U11 Female Sprint—1st Kiara White
U14 Female Flags—2nd Keeleigh McAuley
U11 Female Flags—5th Kiara White
U12 Beach Relay—5th Shellharbour
2 person R&R—1st Shellharbour (Kira Freeman & Joanna Stacey), 2nd Shellharbour Rebekah Stacey & Ashley Cavanagh
U9 Female Board —6th Ebony Freeman



For future newsletter submissions, including photos please email Tracey Freeman, Club Publicity Officer at freemanhr@ozemail.com.au