

Shellharbour SLSC

Newsletter
April 2014

Cavo on the Cover

You may have noticed that Shellharbour SLSC club president Wayne 'Cavo' Cavanagh is on the front cover of the local Yellow/White Pages!! Cavo, a member of Shellharbour SLSC for more than 20 years, commits countless hours of his time to the running of the club, and was deservedly nominated for recognition for his services to the community.

"I'm passionate about lifesaving because I have a strong connection with the surf and it's great to see people young and old having a dig to keep swimmers and beach goers safe and supporting the community as a whole. I love the coaching and training, and the best part of that is witnessing the growth and development of people's skills, ability and self confidence during that journey."

"The goal for Shellharbour SLSC is to nurture steady growth in all areas of club activity; but especially Lifesaving (i.e patrols) strength through mentoring programs, education and award training, as well as improving inter patrol connectivity and communication. We have to ensure that we keep our younger members engaged and inspired to fulfill roles that benefit the lifesaving movement whilst giving them a sense of achievement, and above all a feeling that they are part of a great family club and having fun."



Junior's Presentation

Congratulations and Thank you to all Nippers, parents, age managers and water safety on another fantastic, safe season!! Pictured below is Tracey Freeman and Cavo congratulating Izak Parkes and Kyle Attard on their successful season.

100% Attendance:

Noah Farrer
Clay Marland
Jaimee Wells
Michellie Bevis
Aragorn Bevis
Reagan Garner
Heath Tani
Jayden Wells
Perri North
Liam Pass
Kai Richards
Byron Vinkovic
Sasha Garner
Callia North
Liam Farrer
Keely Boyton
India Simpson
Thomas Kofod

PRESIDENT'S AWARD	India Simpson
SENIOR CLUB PERSON	Keely Boyton
JUNIOR CLUB PERSON	Sasha Garner
SENIOR ACHIEVER	Isabella Brennan
JUNIOR ACHIEVER	Heath Tani
BEST PERFORMED AT COUNTRY	Isabella Brennan
SENIOR IRONMAN	Izak Parkes
SENIOR IRONWOMAN	India Simpson & Charlii Hall
UNDER 13 IRONMAN	Adam Middleton
UNDER 13 IRONWOMAN	Jessica Stacey
JUNIOR IRONMAN	Kai Richards
JUNIOR IRONWOMAN	Maddison Farrer
COACHES AWARD (Dana Richards)	Byron Vinkovic Matthew Cabor Ella Richardson



U8's Club Championships

1 st Male	Clay Marland	1 st Female	Alissa Tonkin
2 nd Male	Max Deller	2 nd Female	Aly Marland
3 rd Male	Cooper Furney	3 rd Female	
Managers	Caleb Shepherd Aly Marland		
Most Improved	Mia Bolte Jed Gottaas		

U9's Club Championships

1 st Male	Lachlan Cabor	1 st Female	Tylah Richards
2 nd Male	Lochlan Abela	2 nd Female	Mia Riza
3 rd Male	Henry Gardner	3 rd Female	Sarah Stacey
Managers	Kai Woolmer Laura Noakes	Michellie Bevis Blake Mete	
Most Improved	Luke Barnes Megan Rees		

U10's Club Championships

1 st Male	Heath Tani	1 st Female	Perri North
2 nd Male	Shannon Foye	2 nd Female	Tayleah Handcock
3 rd Male	Reagan Garner	3 rd Female	Torah Boyton
Managers	Harrison Coltman Alannah Blake		
Most Improved	Aragorn Bevis Emilie Robinson		

U11's Club Championships

1 st Male	Nat Marland	1 st Female	Maddison Farrer
2 nd Male	Samuel Riza	2 nd Female	Pyper Marshall
3 rd Male	Cameron Pendlebury	3 rd Female	Tess Lacey
Managers	Nat Marland Pyper Marshall		
Most Improved	Jack Elliott Maddison Farrer		

U12's Club Championships

1 st Male	Kai Richards	1 st Female	Madison Ballard
2 nd Male	Brendan Cabor	2 nd Female	Callia North
3 rd Male	Deakin Southern	3 rd Female	Ebony Freeman
Managers	William Rees Skye Reid		
Most Improved	Jed McLaurin-Davis Misty Durance		

U13's Club Championships

1 st Male	Adam Middleton	1 st Female	Jessica Stacey
2 nd Male	Liam Farrer	2 nd Female	Elissa Hayman
3 rd Male	Ryan Norohna	3 rd Female	Jaye Lacey
Managers	Nate Mathein Jaye Lacey		
Most Improved	Liam Farrer Hannah Robinson		

U14's Club Championships

1 st Male	Nicholas Hass / Izak Parkes	1 st Female	Isabella Brennan
2 nd Male	John D'Alessio / Thomas Kofod	2 nd Female	Charlii Hall
		3 rd Female	India Simpson
Managers	Matthew Schmitzer Byron Ross		
Most Improved	Jordan Del Rio Harlie Singleton		

Senior' Presentation

Save the date!! 24th May 2014, 7pm at The Shellharbour Club. All members 14 years & over welcome! This includes cadets, parents of nippers, patrolling members, competitors and we even let the boaties come. It's always a fun night, so be there! Get your tickets before May 6th so you don't miss out.

Tickets are \$40, includes dinner, music and entertainment— Paul Schloff's annual Stand-up comedy gig—with drinks to be purchased at the bar. An email has been sent out which explains how to purchase tickets; contact info@shellharboursurfclub.com if you missed it.

Shellharbour Ocean Swim

The 9th annual Mainteck Shellharbour Ocean Swim was held on April 6, with 150 swimmers in the main 1.2km swim and 21 competitors in the junior event. This is one of the club's major fundraisers.

Despite the weather threatening at times, the event went ahead successfully, with many Shellharbour competitors taking placings in their age categories. Notably, Meg Helson and Dana Richards took home 2nd and 3rd respectively in the open women's.

A huge thank you to everyone who helped out:

- Cavo, Tracey Freeman, Steve Armstrong, Caroline Elkerton, Renee Krstevski, Will Furney and Tammy Coltman – 'the committee'
- The numerous volunteers from the Shellharbour Dolphin's Swimming Club
- Resident tech-wizard David Gaston
- Water Safety, including the fantastic IRB team
- Dick Plummer and Rob McAlister, Paul McKinley and Marc Curci who marshalled and started the race at the harbour
- Those who assisted with recording at the finish line—including Mandy Gardner, Giselle Coltman, Maree Love, Angela Rowles
- The BBQ team—including John Paul Troiani and Richard Hayman

Junior's and Opens at State

Shellharbour was well represented in both the Juniors and Opens Championships held at Umina SLSC on the central coast in February. While a little down on numbers, those there put in a massive effort to ensure Shellharbour scored some points! A huge thank you to Dick Plummer, our sole official, who backed up all three weekends, allowing the club to compete!! Congratulations to (Juniors):

Kyle Attard, 3rd U/14 Male Beach Sprint

Isabella Brennan, 5th U/14 Female Beach Flags

Kai and Tylah Richards, who both made semis

Maddie Ballard and Jessica Stacey, for a champion effort in the R&R

In the opens:

Shellharbour was represented in all Open Women's water finals (Zoe Elkerton—Ironperson, Swim and Board; Karri Ryan—Ski)

Zoe Elkerton—2nd Open Women's swim

6th Open Women's Ski relay (Meggie Helson, Zoe and Karri)

Our Master's are actually that good

The 2013/14 season has been nothing short of phenomenal for our all Master's Competitors, who once again proved that they don't get older, they just get better.

State Surf:

Teams:

- 1st: 130 yrs Female Surf Teams (Jo, Kerry, Dana)
- 2nd: 130 yrs Female Ski relay
- 1st: 50-54 Yrs Double Ski (Tim Coltman and Rob Ryan)

Phil Holland: 6th 40-44 Mens 2km beach run

Rob Ryan: 6th 50-54yrs 2km beach run

Kerry Peretta: 4th 45-49 yrs Tube Race

Dana Richards:

- 3rd 35-39 yrs Surf Race
- 3rd Ironwoman
- 4th Tube Race
- 4th Board
- 5th Ski

Jo Helson:

- 1st 55-59 yrs
Tube Race
- 2nd Ironwoman
- 2nd Surf Race
- 3rd Board Race

Rob Ryan & Tim Coltman
after their Gold in the
Double Ski at State



Aussies 2014:

Aussies (the Australian Surf Lifesaving Championships) was held in Perth in early April. Once again our Masters proved they are a force to be reckoned with.

Teams:

- 3rd: 130yrs womens Surf Teams: Jo, Kerry, Dana
- 4th: 130 yrs womens Taplin: Jo, Kerry, Dana
- 4th: Board Rescue: Jo and Kerry
- 5th: 130yrs board relay: Jo, Kerry, Dana

Dana 'superfish' Richards:

- 2nd: Surf Race
- 3rd: Tube Race
- 5th: Ski
- 6th: Irom

Jo 'this is why I'm a life member' Helson:

- 1st: Ironwoman
- 1st: Surf Race
- 1st: Board Race
- 2nd: Tube Race



Kerry 'never give up' Peretta: Lots of top 10 finishes!!

Also gets a special mention– Shellharbour went viral thanks to Kerry's pic being featured on the Facebook Page "Surf Lifesaving Memes". You've got to admit, it's pretty hilarious

Daryl Glover: deserves a mention for simply being able to compete in a surf race at age 65, especially when injured.

Also, a shout-out goes to former Shellharbour competitor, Sasha Ryan, who picked up a bronze in the U/23 Women's Surf Boats for Wollongong City SLSC.



Interview: Meet The Furney's

The Furney family have been members of Shellharbour SLSC for five years and joined to have a respect and awareness of the surf and to stay healthy.

What is the best thing about being involved in the Surf Club?

Flynn: "Playing with my friends."

Cooper: "Seeing my best friends every Sunday."

Liam: "Catching waves"

Bec: "Watching the children having fun and making new friends."

Will: "The overwhelming selflessness. People going out of their way just to help others and the kids in a common cause."

What was the highlight of your season?

Flynn: "A medal at the Country dinner."

Cooper: "Coming third in my age group. A gold medal at Country and a gold, silver and bronze at Branch."

Bec: "The end of Country dinner and medal sharing."

Will: "All the personal achievements made every week by kids overcoming their fears. And when a tiny little Under 8's girl almost brought me to tears. A girl that was terrified of the water at the beginning of the year. A girl that each week talked with me about doing the swim. A little girl that by the end of the season was not only doing the swim but encouraging others. A little girl that presented me with a bracelet that she made herself, just for me, to say thank you. The bracelet is now mounted on my office wall next to my bronze medal."



Will, Liam, Cooper, Flynn and Rebecca Furney.



“Shellharbour Surf Lifesaving Club”

Please email all Newsletter Contributions, photos and feedback to:
karri.ryan94@gmail.com
Karri Ryan,
Shellharbour SLSC
Publicity Officer



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