

# Shellharbour SLSC

Newsletter February 2015

In this issue: \* Sponsor Highlights \* Upcoming Events \* Nippers Update \*  
\* Country Results \* Action Shots \* Volunteering Article \* Lifesaving Article \*  
\* Family Review \* Volunteers Needed \* Member Highlights \* General Information \*

## Country Championships Action!!!



# Sponsor Highlights

## Thank you to Bunnings!

Bunnings sponsored the club with six tables, a new BBQ and also provided prizes for the Schloffs challenge on Australia Day. Fantastic!



## Ray White Sponsor the new Double Ski

**Ray White**

Shellharbour Oak Flats Group  
4296 5233

Thanks to Ray White for their support and sponsorship of the club's new Double Ski!



## Thank you to our Sponsors

*... and for details of Sponsor offers, see second last page!*



**Ray White**  
Shellharbour Oak Flats Group  
4296 5233

Oak Flats and Shellharbour  
**Community Bank**® branches



BYO Cafe/Restaurant SHELLHARBOUR HEALTH INC



Ocean Beach Hotel



leisure coast  
kitchens  
PTY LTD

**lck**

The Shellharbour Club

Shellharbour City

**Print Shop**



Kel Campbell Pty Ltd



## Upcoming Events ... *plus see following page for Nippers update*

- ⇒ **14 February** – Junior Club Championships, 4pm – Senior Club Championships & Surfboard Riding Competition (followed by Sippers)
- ⇒ **20–22 February** – Australian Surf Rowers League Carnival - help needed for various roles. No nippers this weekend due to ASRL.
- ⇒ **1 March** Senior Club Champ round 4
- ⇒ **6 — 7 March** - 2015 NSW State Age Championships
- ⇒ **8 March** Shellharbour Festival of Sport
- ⇒ **11 March** NSW State Masters Championships
- ⇒ **13-14 March** NSW State Open Championships
- ⇒ **22 March** Senior Club Champ round 5
- ⇒ **11 — 18 April** Aussies
- ⇒ **12 April** — Mainteck Shellharbour Ocean Swim (see last page for more details)
- ⇒ **29 March** — Junior Presentation & Fun Day (and JAC AGM)
- ⇒ **16-18 April** — Conjola Club Camping Weekend
- ⇒ **25 April** — Anzac Day Service Shellharbour Village and Two Up support (The Shellharbour Club)
- ⇒ **2 May** — End of Season Bash
- ⇒ **May (exact date TBC)** - Senior Presentation

**Full a full list of upcoming events, please refer to**  
**[http://www.shellharboursurfclub.com/Calendar\\_of\\_Events.php](http://www.shellharboursurfclub.com/Calendar_of_Events.php)**



## Nippers Update

In an effort to ensure everyone is clear regarding the remainder of the Nippers' season, the following is a list of all dates and events for Juniors. Full details can be found on our Events Calendar on the front page of the club website.

- ⇒ **Saturday 14th February - 2pm** Junior Club Championships (U8 and U9 parents to set up/packup). 4pm Senior Club Championships, followed by Sippers - bring a plate.
- ⇒ **Sunday 15th February - NO NIPPERS - Sleep in!**
- ⇒ **Friday 20th to Sunday 22nd February - ASRL Boat Carnival - NO NIPPERS - VOLUNTEERS NEEDED.** Contact Peter Stacey.
- ⇒ **Sunday 1st March - Junior Club Championships** (U10 and U11 parents to setup/packup), followed by Senior Club Championships. Normal Nippers Training Day.
- ⇒ **6th - 8th March - NSW State Age Championships** at Ocean Beach Umina (for those entering)
- ⇒ **Saturday 7th March - 9am - Saturday Nippers** (U12 and U13 Parents to set-up/packup) followed by a Sippers lunch
- ⇒ **Sunday 8th March - NO NIPPERS - SLEEP IN** or get involved in the Festival of Sport!
- ⇒ **Sunday 15th March - Junior Club Championships** (make up for December) (U14 and U8 parents to setup/packup). Normal Nippers Training Day.
- ⇒ **Sunday 22nd March - Normal Nippers Training Day** (U9 and U10 parents to set up)
- ⇒ **Sunday 29th March - Junior Presentation and Fun Day - last Nippers** for the season.

# Impressive Results!

## 2015 SLSNSW Stramit Country Championships ... Shellharbour SLSC in 5th Position!!!

Final standing as follows, with position, club and total points.

- ⇒ 1 Byron Bay SLSC 893
- ⇒ 2 Warilla Barrack Point SLSC 740
- ⇒ 3 Cudgen Headland SLSC 546.5
- ⇒ 4 Mollymook Surf Life Saving Club Inc. 372
- ⇒ 5 Shellharbour SLSC 322
- ⇒ 6 Coffs Harbour SLSC 268
- ⇒ 7 Port Macquarie SLSC 255
- ⇒ 8 Sawtell SLSC Inc 248
- ⇒ 9 Tacking Point SLSC 232
- ⇒ 10 Lennox Head - Alstonville SLSC 195.5
- ⇒ 11 Nowra-Culburra SLSC 139
- ⇒ 12 Broulee Surfers SLSC 128.5
- ⇒ 13 Narooma SLSC 114
- ⇒ 14 South West Rocks SLSC 109
- ⇒ 15 Pambula SLSC 92
- ⇒ 16 Cabarita Beach SLSC 82
- ⇒ 17 Kiama Downs SLSC 65.5
- ⇒ 17 Wauchope Bonny Hills SLSC 65.5
- ⇒ 18 Yamba SLSC Inc 62
- ⇒ 19 Ballina Lighthouse and Lismore SLSC 57
- ⇒ 20 Moruya SLSC 55
- ⇒ 20 Forster SLSC 55
- ⇒ 20 Batemans Bay SLSC 55
- ⇒ 21 Shoalhaven Heads SLSC 45.5
- ⇒ 22 Urunga SLSC 41
- ⇒ 23 Gerringong SLSC 38
- ⇒ 23 Salt SLSC 38
- ⇒ 24 Black Head SLSC Inc. 27
- ⇒ 24 Kiama SLSC 27
- ⇒ 25 Bellinger Valley-North Beach SLSC 26
- ⇒ 25 Tathra SLSC 26
- ⇒ 26 Woolgoolga SLSC 20
- ⇒ 27 Bermagui SLSC 7
- ⇒ 28 Kempsey-Crescent Head SLSC 3
- ⇒ 29 Camden Haven SLSC 0

For a full breakdown of the results, see: <http://www.surflifesaving.com.au/event/2015-stramit-nsw-surf-life-saving-country-championships>

## Shellharbour SLSC Members at the Country Championships



U13 and U14 victorious Beach Relay teams – Front- (L-R) U13's Kai Richards, Deakin Southern, Brendan Cabor & Maddison Ballard; Rear (L-R) U14's Adam Middleton, Liam Farrer, Jai Marland & Jessica Stacey



Bailey Krstevski – U11's



Shellharbour's All Age Relay team

# Branch



Liam Farrer (U14) ... South Coast Branch Junior Lifesaver of the Year!



Left Pyper Marshall (U12) – Right – Maddie Singleton (U12)



Jessica Stacey (U14)



## Become a sports volunteer

Sport and recreation helps to build communities through social inclusion and a sense of connection. Sport and recreation clubs rely almost exclusively on volunteers and this is where you come in! Here are a few more reasons why it's good to volunteer:

- ◆ **It's good for you:** volunteering provides physical and mental rewards. It reduces stress and makes you healthier.
- ◆ **It saves resources:** volunteering provides valuable community services so more money can be spent on local improvements.
- ◆ **Volunteers gain professional experience:** you can test out a career.
- ◆ **It brings people together:** as a volunteer you assist in uniting people from diverse backgrounds and you help build camaraderie and teamwork.
- ◆ **It promotes personal growth and self esteem:** understanding community needs helps foster empathy and self-efficacy.
- ◆ **Volunteering strengthens your community:** you can help support families, improve schools, support youth, beautify the community and help with local clubs.
- ◆ **You learn a lot:** volunteers discover hidden talents; learn about the functions and operation of the particular club they're involved with and gain knowledge of local resources available to solve community needs.
- ◆ **You get a chance to give back:** people like to support community resources that they use themselves or that benefit people they care about.
- ◆ **Volunteering encourages civic responsibility:** community service and volunteerism are an investment in our community and the people who live in it.
- ◆ **You make a difference:** every person counts!

## Life Saving At Its Best



Shellharbour City Council mayor Marianne Saliba with Verity Barnett, Jess Rosskelly, Karri Ryan & Mitch Copas

On January 1, lifeguards and lifesavers were stretched to capacity to manage the crowds swimming at and enjoying local beaches. People entered the water outside the red and yellow flags, forcing lifeguards to conduct mobile patrols. About 2.30pm lifeguards at one patrolled section of Warilla Beach noticed an incident between the patrolled areas and responded with rescue and oxygen equipment. They arrived as a man was being pulled from the water by a Warilla Barrack Point Surf Club lifesaver.

Lifeguards Verity Barnett and Clara Bonin and volunteer lifesavers performed CPR at the scene, with a defibrillator being used and a shock being delivered. Paramedics worked on the man before he was stable enough to be transported to hospital, where he made a full recovery. Meanwhile beach lifeguard Jamie Cadwell performed a mobile patrol when he noticed three men struggling in the water 700 metres outside the patrolled area. His radio call for assistance was answered by fellow lifeguard Karri Ryan, who was forced to close the patrolled area to respond. On her way to the scene, Karri recruited a young nipper on a board to assist with the rescue of two of the men. Jamie swam to the man furthest out to sea and brought him back.

## Country Championships ... a Hayman family review!



Sharon, Elissa, Richard, Ben and Tom Hayman

This year was the Hayman clans first foray into the Surf Lifesaving Country Championships. After nearly seven years with SLSC we have been finally able to get all our ducks in a row and head down to this enormous event. What a weekend! The organisation was fantastic with MANY officials, IRB and water safety keeping everything moving.

Our first impressions – GOBSMACKED. We have been at many local carnivals, but the scale and precision of “country” was beyond belief. Flags, tents, beaches laid out ready to GO. With very early starts, we stayed with family 40 min away, we arrived to find good parking most days IF YOU GOT THERE EARLY. Our team already had a great vantage point and we just pulled up our tent and gear .. and waited for the races. Country is very competitive but exceptionally fun! Everyone was in great spirits cheering each other on – no matter the age, event or placing. This year we had both juniors and seniors participating. The jump to seniors was amazing ... Ben referred to them as Iron Man look- a-likes. The juniors was very well managed, with age managers encouraging all the kids but especially the young ones, even when they found it too tough to get out in the board and swim. While we took all our own tucker there was a great array of food... and for the GIRLS shopping --- cozzie style ! While the day was packed it was never boring... most of us leaving last each day happy but exhausted.

The highlight would have to be the Team dinner, at Mollymook Golf Club. What a site—it overlooks the whole of the Mollymook Beach. We were by far the largest group. All the kids and adults chatted and compared medals. Afterwards we all wandered down to the podium for a team photograph and “presentation”. How generous are our seniors .... handing over their hard won medals to the kids that tried their very hardest but didn’t quite make the cut!

Our only regrets ... not quite getting in early enough, our kids missed out on the teams events which was sad but “them’s the breaks”, and not staying with the team. Its so nice to get to know people off the sand .... so start planning ! we did hear of one club who hired a hall, catering and a blow up movie screen. Nippers is not just about the competition or learning about the water. It’s the lifelong friendships you and your kids make.

So to sum up country .... BUSY, FUN, great club spirit, highly competitive, having a go, friendship, chaotic, exhausting, exhilarating, **and definitely one to PUT IN YOUR CALENDAR!!**

---

## Volunteers needed!



### Australian Surf Rowers League Open

The upcoming Australian Surf Rowers League Open carnival on February 20th to 22nd requires us to staff a bar area downstairs in the BBQ area over three days, in addition to our normal upstairs bar. CUB will be supplying kegs and bottled beer for these bars, along with our usual supplies.

We need members with current RSA qualifications to take up shifts for the carnival.

Dates and times of bar operation are:

Friday 20th February 12noon till 9pm

Saturday 21st February 12noon till 11pm

Sunday 22nd February 11am till 6pm

If you have a current RSA card and can commit to some of the above times, please contact Troy Hunt on 0419 448 698 or via email to [troy@leisurecoastkitchens.com.au](mailto:troy@leisurecoastkitchens.com.au) to advise your availability, shirt size and contact details.

### Australian Surf Rowers League (ASRL) Carnival

We need helpers to volunteer for work party duties, IRB assistance, BBQ, RSA service, etc. If you can give up some time between Thursday 19th and Sunday 22nd February it would be greatly appreciated. Contact Pete Stacey at [peteis-surfing@gmail.com](mailto:peteis-surfing@gmail.com) to indicate your ability to help. All volunteers will be kitted out in Work Party Tee Shirts each day.

Also, if you are willing to host or billet any crews that are yet to find accommodation, please contact [info@shellharboursurfclub.com](mailto:info@shellharboursurfclub.com) or Tracey Freeman on 0408 316630 to register your interest.

## Nuptials for Shellharbour SLSC Members



Congratulations Mick and Meg!

## Bevis Family Feature



Back row: Nathaniel (19 yrs), Brad (Dad), Ethan (17 yrs)  
Font row: Jade (Nathaniel's girlfriend), Aragorn (11 yrs), Michellie (9 yrs), Kellie (Mum)

We have been involved with the club for ten years. Brad, Nathaniel and Ethan are current patrolling members. Aragorn is an U11 Nipper and Michellie is an U10 nipper. Kellie helps out on the Sunday BBQ.

We've been to nine Country Championship which are always great to attend. You get to complete against other clubs that you don't normally get to see. Aragorn and Michellie loved getting their Gold Medal at Country this year.

We live in the Liverpool/ Heckenberg area and travel 1hr 20mins each way to attend nippers at Shellharbour SLSC.

## General Information



**Don't forget to check out Surf Cam!**

We now have our very own Surfcam! With thanks to David Gaston and Andrew Millar, the club has established a surfcam so you can check out a live feed of the beach before you come down or just see who might be out in the surf! You'll find it on our webpage under the Members Tab, labelled Surf Cam or at <http://www.shellharboursurfclub.com/SurfCam.php>

## Club Training

Fitness / Running Training:

- Tuesdays and Thursdays, 5:30-6:30pm at the club
- All welcome

## Follow us on Facebook



*"Shellharbour Surf Life  
Saving Club"*

## Newsletter Contributions

Please email all Newsletter  
Contributions, photos and  
feedback to:

Charles Mountifield  
cmountifield@gmail.com  
Shellharbour SLSC  
Publicity Officer



Oak Flats and Shellharbour  
Community Bank® branches



# SPONSOR PACKAGES

Take out a home loan with our Community Bank and note the club as your beneficiary – the club will receive financial support.



Sign up to a Team Amart card (free) listing our club as your preferred beneficiary – you get discounts & special offers and the club receives credit to use at Amart.



SHELLHARBOUR  
HEALTH INC

Shellharbour Health Inc - Physiotherapy, Massage Therapy, Pilates, Dietetics, Exercise - will now contribute 10% of the service fee for surf club members back to the club. Please identify yourself as a club member and all contributions will be donated to the club at the end of the season.



**Help Raise Funds for Shellharbour Surf Life Saving Club**

[www.quickbeds.com/?grassrootscode=1323](http://www.quickbeds.com/?grassrootscode=1323)

If you are booking accommodation for an upcoming holiday or a trip away, book it through Quickbeds and you will help raise funds for our club.

Our Grassroots Code: **1323**



# Mainteck - Shellharbour Ocean Swim

1.2 km Event | Shellharbour Boat Harbour to Shellharbour North Beach



**Sunday 12th April 2015 | Junior Swim: 9am | Main Swim: 10:15am**

**Registration** On-line: [www.oceanswims.com](http://www.oceanswims.com)  
On the day: 8.00am at the surf club premises  
Entries **MUST** close at 9:30am for Main swim, 8:30am for Junior swim

**Organisers Watersafety** Shellharbour Surf Life Saving Club Inc

**Course** Leave the sandy foreshore of Shellharbour Boat Harbour heading through the boat harbour entrance, then swim out and north around Cowries headland, follow the foreshore to Cunj Rock Platform and onto main patrolled beach at North Shellharbour. Fine and mild autumn conditions prevail at this time of the year. Water temperatures are still favourable for swimmers, and wetsuits are not generally required.

**Categories** Open Male & Open Female  
Male & Female Divisions  
Under 18, 19-30, 31-40, 41-50, 51-60, 61-70, over 70 (min age at date of event 13 yo)

**"Anything Goes" Category**

Wear fins, fancy dress, snorkels, wetsuits, whatever – so long as it's legal!

**Entry Fees** All Divisions: Main swim \$95.00 on-line, \$45.00 on the day  
(min age at date of event 13 yo)

**Prizes** Participants will only be eligible for one divisional prize.  
Open Male & Open Female 1st \$250 2nd \$150 3rd \$75  
Age Groups: 1st, 2nd & 3rd in each age group & gender group to receive prize.

[www.shellharboursurfclub.com](http://www.shellharboursurfclub.com) & [www.oceanswims.com](http://www.oceanswims.com)



This event is made possible by leading Illawarra construction and project management company, Mainteck Pty Ltd, and proudly supported by Tourism Shellharbour.

Junior Swim 400m off the beach  
- 12 years & under only  
\$25 entry - prizes for male and female placegetters.  
Starts 9am!

All entrants of the Main or Junior Swim are eligible to compete in our "Dash for Cash" after the main event!

## First Timers Encouraged!

If you ever wanted to try an ocean swim - this event is for you.  
A short distance, generally calm seas, lots to see and loads of water safety.