

Shellharbour SLSC Newsletter Feb-Mar 2010

Flood wins NSW Junior Surf Lifesaver of the Year!

Shellharbour Junior Naomi Flood has been named the NSW Junior Surf Lifesaver of the Year at the recent State Age Championships, held at Blacksmith's Beach, Swansea Belmont. Naomi participated in a SLSNSW Development Camp with all male and female nominees from each of the NSW Branches, before being announced as the winner.

Candidates need to demonstrate a commitment to the surf lifesaving movement, show community involvement and how they have promoted and supported surf lifesaving in the wider community. They are also expected to provide some new ideas on how they would improve surf lifesaving. Naomi's passion obviously showed through and she was named a worthy winner. Apart from some public recognition and plenty of media calls to go along with the large shield she was awarded, Naomi and her male counterpart will be attending next year's Camp near Kingscliff to impart some of their knowledge onto the candidates.



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Surf Sports

Country Championships

Shellharbour has had considerable success in recent competitions. Since our last newsletter we have competed at the **NSW Country Championships** at **South West Rocks**, finishing **5th** overall in the pointscore. Both Veterans and Cadets brought home a swag of medals, with the Nippers also bringing home plenty.

As is usual, the highlight of the weekend is often the chance for everyone to get together after the carnival for dinner, drinks and catching up (or running around in the case of the kids). Club President Dene Herbert addressed the crowd and acknowledged all of our competitors (young and old, medallists and non-medallists) as well as thanking those who gave their



Country medallists at the after party!

time to officiate, do water safety, manage teams, coach or organise the social activities. There was also a very special medal presentation made by the seniors to our Nippers (see page 3 for more details!)

State Championships

This was followed by the **NSW State Championships** held over two weeks at Swansea Belmont. In the Nippers, **Keeleigh McCauley** (Under 13's) successfully defended her Beach Flags title to win consecutive gold medals in the event. Well done Keeleigh! A small contingent of nippers also made the trek north and managed to make finals and semi-finals in many events. Well done to you all!

However, it was once again our veteran competitors, led by the ladies, who had most success. **Jo Helson**, **Kerry Perretta** and **Dana Richards** (Club Secretary) achieved Silver medals in the Veterans Women's Board Relay and Taplin Relay races and 3rd in the Women's Single Ski Relay and Women's Surf Teams.

Jo managed to win Gold in the 50-54 Women's Rescue Tube Race, Bronze in her Women's Surf Race, while Kerry and Jo both placed third in their respective Ironwoman races. Kerry and Jo also achieved a Silver medal in the Women's Board Rescue. On the beach, **Sharon Rose** achieved a Silver medal in the 40-45 Women's Beach Flags, while **Karri Ryan** won Silver in the Under 17 Women's 2km beach run.

The men worked hard to match the achievements of the ladies, with Veterans putting in some great performances. Top of the list was a Gold medal to **Bruce Kejda** (Club Treasurer) in the 50-54 Men's Beach Sprint and a Gold to the 140 year minimum Men's Beach Relay team. **Peter Stacey** (Under 9's Age Manager) and **Robert Ryan** both achieved Silver medals in their category of the Men's 2km Beach run. **Dean Boyton** (Under 10's Age Manager) also finished third, behind Peter in the same event. In addition, our oldest veteran competitors managed a swag of medals, with **Darryl Glover** winning a silver in the 60-64 Men's Rescue Tube Race and Bronze in the 60-64 Men's Surf Race. He also partnered with **Dave Parton** to achieve a Bronze in the 60-64 Men's Board Rescue and Dave ("Gollum") went on to place third in the Men's 60-64 1km Beach Run.

Overall, Shellharbour Veterans managed to finish **6th** in the overall Master's points tally, due in large part to the ladies efforts.

Senior members of the club have now turned their focus to the upcoming Australian Titles, being held on the Gold Coast later this month. Best of luck to you all!

Surf Sports (continued)

Saturday March 6th saw the club competing in the delayed **South Coast Branch Championships** at Warilla Beach. Despite depleted numbers, particularly amongst our Senior competitors, Shellharbour finished second to Warilla-Barrack Point in the Juniors, Opens and Masters competitions. All the Nippers that attended under surprising blue skies had smiles as wide as the beach, as they cheered on their fellow club members and did all the team events they could. Once again, thank you to the officials and our members who did Water Safety—without you the carnival couldn't have gone ahead.

A friendly reminder!!!!!!

Club members are reminded that they **must arrange a substitute** if they are rostered for patrol and wish to compete away at a Surf Life Saving sanctioned event. (Reg.82 of our Club Constitution). Failure to arrange a substitute rules you out of the competition and **can jeopardise the entire club's competition rights**, so please remember to make patrolling the beach your first priority by arranging a substitute before going away.



Congratulations IRB Crewpersons & Drivers!

Congratulations to our latest batch of IRB Crewpersons and Drivers who recently completed their exams. New Crewpersons are: Annalise Farrugia, John Garner, David Gaston, Jayden Gaston, Rachel Hobson, Sophie Jackson, Sasha Ryan, Josephine Troutman, Alexandra Westlake. Our newest IRB Drivers are Paul Lomas and Ryan Gaetani. Many thanks to trainers—Lincoln Jackson and Wayne Cavanagh.

Thanks Seniors!

We would like to pass on our appreciation to the senior members of Shellharbour Surf Club, that competed at the recent Stramit Country Championships, South West Rocks.

It was brought to our attention that some members 'donated' medals to pass on to the junior competitors who didn't medal at the carnival.

Our daughter Keely is most definitely a 'sand crab' and is slightly terrified of any wave larger than white-wash. Her time at nippers is spent usually avoiding the water. This year at country she set herself a goal of attempting the swim and/or a board event. With tears in her eyes and a lot of fear, she stood on the line next to her team mates. Keely completed the swim event, finishing last, but to us it was a proud first. The board event came up and with not as many tears and her friends' encouragement they entered into the board relay together. They achieved a 5th in the semi final and we were all very proud of them as none of the three girls had gone in water events before.

On the Sunday night all the kids lined up to tell of their best achievement that carnival and were given a 'donated' medal.

Keely said to us later that the Gold Medal she received meant a lot to her as she knows how hard you have to work to get one. She will keep on trying her best to honour the person who gave up their medal for her personal achievement.

We sincerely would like to thank those members. You have made one little girl feel very special.

Thank you again.

Michelle and Dean Boyton.



Sandy Rose presenting Nippers with Country Medals—Keely is far right.

Bronze/SRC Squad

Our latest Bronze Medallion/Surf Rescue Certificate Squad was meant to kick off with sign-ups on Sunday 28th February. However, there was a great deal of confusion and delay due to the Tsunami Warning closing the beach for the day. The Squad has since started, but if you are keen, please contact Ros Lucas (Ph. 0410 418 413) or Paul Schloeffel (Ph: 0418 650 904) ASAP for further information or to register interest for the next course date.

Tsunami Warning

While we mentioned it, well done to our club members who were involved in handling the Tsunami Warning on Sunday 28th February. Whilst it ultimately turned out to be of minimal impact, Club Members followed the protocols and cleared and closed the beach, calling off Junior Activities to minimise risk. It is not always easy for club members to assert authority in these circumstances and we appreciate their efforts.

Transfield Services 5th Annual Shellharbour Ocean Swim

Once again we are hosting our fundraising Ocean Swim on **Saturday 10th April**. Club members are encouraged to support this event by entering online (refer to club website) or assisting with donation of prizes, organisation, water safety, BBQ duty etc. If you can assist contact Steve Armstrong (Ocean Swim Coordinator) at armst@exemail.com.au and he will put you in touch with the relevant committee member.



Freelite Aluminium & Glass
Illawarra Line Dancers

Surf Rider Caravan Park

Presentation Dates

Don't forget our **Junior Presentation Day** has been set for **Sunday 28th March 2010** commencing with the **AGM at 9.30am**. The Presentation itself commences at **11.00am** on the lawn.

We encourage you all to consider nominating for a position on our Junior Activities Committee (JAC). Nomination forms and job descriptions are available on our website.

The Club (Senior) Presentation Date has been set for **Saturday 5th June 2010** at Shellharbour Worker's Club. Tickets will go on sale soon. Check out the website for details in the near future.

www.shellharboursurfclub.com

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Board Leasing & Subsidies

A reminder to our Under 8 and Under 9 parents going into next season as Under 9 and 10's, that the JAC offers the opportunity for members to lease top quality Kracka Foam Nipper Boards for the season. This ensures your child has a decent racing board and the ability to train away and access it throughout the season. The boards are issued at the commencement of next season and require a deposit to secure your board at this time. Michael Flood (Junior Gear Steward) can fill you in on the details.

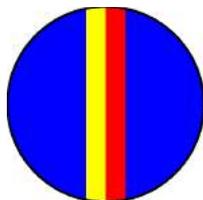
In addition, for all club members (junior and senior), the club offers a board subsidy programme to encourage members to purchase new boards with some financial support from the club. See Michael Flood (Juniors) or Paul Condran (Seniors) for further details.

What we are here for!

Our major role is service to the community and ensuring our beaches and the general public using them remain safe. To this end our skills remain with us 24 hours a day and can be called upon at any time. Members have been involved in assisting the public in and around the beach (and elsewhere) and conducting resuscitation and rescues after patrol hours on many occasions. We don't often publicise these efforts, but to all of you who have assisted in these instances a BIG THANK YOU!

Shellharbour in the media

Recently we have received media coverage in the Wollongong Advertiser, Lake Times, Illawarra Mercury, WINTV and ABC Radio. Many of these stories have come from the club instigating a media release to alert the media of our achievements. Not all of them garner the publicity we hope for. However, you can catch up on our Media Releases on the Club Website - www.shellharboursurfclub.com



Clubhouse Building Update

As you may have noticed by now the scaffolding is down and the external painting has begun. Internal fitout is underway and we will be officially at lock-up once the roller doors go on. Whilst it may now be hard to judge progress, rest assured plenty is still happening inside the building to get it finished and up and running before next season.

Jindabyne Endurance Event

Shellharbour was well represented at Jindabyne's 117km Adventure Challenge with 9 members competing and a further 9 going along to support. Scott Sorrell was leading the charge as 1 of only 4 competitors that attempted the entire race on their own.

Scott led for the first 3 legs and then swapped the lead for the next 3 hours before succumbing to the weather conditions and fatigue. After racing for 11 hours and 18 minutes he was still in third place and 102km into the event, when the event organisers decided that it was best to call it a day. A hard call for Scott and an incredible effort.

The teams were Dana & Paul Richards, Daniel Tyce and Evan Westlake (the so called A team) and Greg Robbo, Paul Schloeffel, Ray Hobson & Mark Blanch as the B team. The teams had an easier time of it, racing head to head for most of the day swapping positions until Dana put in a great swim and the A team forged ahead, only to be run down again by Mark on an incredible bike ride over 42km leaving the last 15km as a sprint between the two teams. So after 117km it came down to 2 minutes between the 2 teams with team A finishing 10th and B finishing 11th. A great weekend was had by all.

Special thanks would have to go to the handlers, Gollum Parton and Ashleigh Sorrell and the families that came along to support, the Robinson's and the Westlake's - it was much appreciated.