

Shellharbour SLSC



Season Underway



Tylah Richards, Kai Richards, Deakin Southern & Bailey Kristevski are ready!

SURF boat crews and surf sport athletes from across the country are flocking to Shellharbour this summer with the Shellharbour Surf Life Saving Club hosting major carnivals during summer. SSLSC will hold a round of three major surf sport competitions; the Australian Surf Rowers League (ASRL), the Trans-Tasman Tri Series and the Sydney Water Premiership.

"It's going to be a pretty big year with the events we've got coming up but I think it's going to be good for the club," club President Wayne Cavanagh said. Cavo added that the ASRL in particular would be a boost for the region.

"I think that's a good sign for the area and with that many people coming for the weekend, I think it's going to be a great boost for the area."

**Limited
Offer!**

**Shellharbour
SLSC Spray Jacket**

... see last page for details.



Newsletter November 2014

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Sponsor Highlights



John Sinclair (Manager of Bendigo Bank Shellharbour) presenting a cheque to Tracey Freeman, helped by some of our Little Nippers!

Bendigo Bank Cheque Presentation

A big thank you to Bendigo Bank for the recent contribution to our club of \$2,000! The bank have supported the club for many years and the current arrangement involves the bank giving the club \$1,000 for every \$100,000 in value for a mortgage that a club members takes out with the bank.

For more information, please contact Shellharbour Bendigo Bank branch and do tell them you are a SSLSC member!



SHELLHARBOUR HEALTH INC

Shellharbour Health Inc (Physio, Massage Therapy, Pilates, Dietetics, Exercise) will contribute 10% of the service fee for surf club members back to the club. Further details at the end of this newsletter and please identify yourself as a club member.



Sign up to a free Team Amart card listing our club as your preferred beneficiary to get discounts & special offers and the club benefits too. Note VIP night (Thu, 27 Nov) for club members.

Thank you to our Sponsors ... please help them help us by supporting them.



Upcoming Events



Sydney Water - two events left with Warilla on 15 November and Thirroul on 29 November

Appeals Day - we need volunteers for door-knocks and shopfront appeals for 6 December. Please contact Tracey Freeman at free-manhr@ozemail.com.au or on 0408 316 630 for more info

Club Championships - Senior competition is set for 23 November and Junior competition for 7 December

Age Group Photos - on Sunday, 30 November, Chris Girvan will be taking Age Group Photos

Nippers Christmas Party - 14 December, starting at 9am

Shellharbour City Council - the council are staging a Fun Day at the beach in front of the club on 9 January. All welcome!

Trans Tasman Tri-Series— see teams from NSW Country, Central Coast and New Zealand battle it out for honours on our very own beach — 10 January. Then join us for a sippers afterwards.

Full a full list of upcoming events, please refer to
http://www.shellhavioursurfclub.com/Calendar_of_Events.php

Sydney Water Premiership Series

MORE than 1000 competitors hit the sand at North Shellharbour Beach on Saturday for the opening round of the 2014 Sydney Water Premiership Series.

About 1100 competitors, from the under-8s to Masters from 46 different NSW and Queensland surf clubs took part in the carnival.

While less than ideal surf conditions in the morning played havoc with some of the early competitions, Shellharbour Surf Life Saving Club vice-president Tracey Freeman said the day was a success.



U13s Deakin Southern & Byron Vinkovic

"We've hosted the opening carnival of the Sydney Water series the last few years and this year was another good carnival," Freeman said.

"We had to call off the water events for the under-8s, under-9s and under-10s - the swell was a bit big and bit messy - but the under-11s and up events went ahead. Besides that, the day went as planned," she said.

The carnival saw competitors from the South Coast branch go up against Far South Coast, Illawarra, Sydney, Sydney Northern Beaches, Central Coast and Sunshine Coast (Queensland) clubs.

Sydney Water Premiership Series organiser David Briggs said the carnival was a great way to open the season.

The Club is most appreciative of everyone who helped out on the day, from our fantastic Water Safety Team (the envy of all clubs), Officials, BBQ helpers to working party members. A huge thank you to all and for Peter Stacey our Carnival Organiser for coordinating a fantastic day.

There was a lot of positive feedback received from visitors.

The club even managed to help reunite a northern beaches family with their lost dog. Those who followed the story will be pleased to know Bella has returned to Mona Vale!

Coolangatta Gold



Coolangatta Report time, courtesy of Paul Schloeffel

Yes its that time of the year again where I return from the Coolangatta Gold and ramble on about bad conditions, epic efforts and commiserations ... and this year is no different! Dana Richards succumbed to a bad leg injury just as she was entering the final phase of her preparation and had to withdraw. Dana was sadly missed on this trip. I took cadets Aaron Schloeffel, Taylor Garner and Sam Glazier up to make a team in the short course men's open. We had the youngest and eldest competitors in the Open category, and what could only be described as a lacklustre preparation. Our only aim was to get the boys to the finish line!

As luck would have it, the ski leg was against a 30 km/h head wind, slowing the field down to my pace. We came out of the ski in 3rd place and were able to hold that spot for the rest of the race. The boys were ecstatic and swore they would never train again. It must be said that Aaron had a very difficult 2.5 km swim in very choppy water and put a great time in. Taylor's effort was just as impressive with a 6.5 km board paddle - a good time in those conditions, although it was reported that he used a few profanities to get himself home. That's all great but you need a good runner to get you home and that was our Sam Glazier who ran a quicker time than we thought he would. So, all up, third place ... pretty damn good if you ask me!

Next up was Kyle Glazier in the long course. The winds had turned around but cooled the water temp down. Kyle started well finishing the 23km ski mid-field and entered the water for the 3.5km swim. Now, if I have said it once than I have said it a thousand times, Kyle doesn't eat enough Tim Tams and with cold water and a lack of body fat, Kyle succumbed to hypothermia. He finished the swim and tried to go out on the board but was stopped by the water safety. It took a couple of hours for him to get his core temp back up and we are expecting his humour to return by Xmas. Better luck next time buddy!

All the competitors would like to thank Dazza Glover for his help with handling again this year; always upbeat and glass half-full type of guy. We would also like to thank all the club members for their support during preparation and on race day. I haven't counted the text messages but you would think the club was twice the size.



Some of the action with (from left to right) Aaron Schloeffel, Sam Glazier, Paul Schloeffel and Taylor Garner.

Project Blueprint



Shellharbour Lifeguards Mitch Copas, Ebony Holz & Jess Rosskelly

Shellharbour SLSC recently hosted a **Project Blueprint** meeting, a project which aims to prevent coastal drownings and the community are being invited to help in the development of a new state Surf Life Saving (SLS) project to help reduce coastal drownings. CoastSafe coastal risk manager, Luke Stigter said they would visit beaches from Windang to Gerroa to look at signage, access and hazards, such as submerged rocks and rips.

Project Blueprint is a NSW SLS drowning prevention initiative that aims to assess every accessible coastal beach and rock platform in NSW and identify drowning risks. The project draws specific focuses on accessible beaches and rock platforms and those in the Shellharbour and Kiama area will each be assessed as part of the project.

From July 2005 there have been five coastal drowning's in Shellharbour, nine in Kiama and 30 in NSW just in the last 12 months. Shellharbour City lifeguard supervisor Mitch Copas said the project was one of the first of its kind and was unlike other drowning prevention programs.

"Changing conditions is a significant difference in the nature of coastal areas," he said.

"Yesterday it was one foot in the morning and by the afternoon it was six foot. On the coast the risk assessment changes hourly, unlike a backyard pool where the risks don't tend to change in their nature."

Mr Copas said the community consultation would bring together all beach users in Shellharbour to discuss concerns and problems on the regions beaches.

"There are rescues that we often don't hear about from a whole range of beach users, like surfers, fisherman, swimmers or regular divers off Bass Point and these often aren't reported," Mr Copas said.

"They might have something to bring to table in terms of looking at risk areas and this will be a really good platform for us to gather that sort of local information."

For more information on Project Blueprint, see coastsafe.org.au/blueprint

Parent Induction



A good turn out for the Parent Induction on 9 November.

SSLSC Families

There is no question that Shellharbour SLSC is a family club and here are a couple of our families ...

The Gerstner Family

A new family to join our club who have made the commitment to travel from Goulburn each week. Sebastian says the best thing about Surf Club is running along the beach and going in the water and Lilijana loves riding the boards. Bek found the club on Google but had heard that Shellharbour Surf Club was friendly and family orientated. For the whole family Sunday morning now means that there is no work, no house work and no technology, just loading up and enjoying the hour and a half drive.



Dinko, Bek, Lilijana, Sebastian & Ella-Rose



Luis, Angela, Orlando & Mia

The Santos Family

The Santos family live at Barrack Heights and have returned to the Club for another enjoyable year of Nippers. Orlando is in the Under 8's and loves running along the beach. He shares his Sunday morning with some good school mates. Mia is in the Under 7's and also loves competing on the sand and spending good times with school friends.

Scarborough Wombarra SLSC's 100 Year Anniversary

Set for Saturday 22nd November 2014, Scarborough Wombarra SLSC's President Anthony Ritter is extending an invitation to join him and his club at their 100 Year Anniversary.



Club Training

Junior surf and land training:

- Wednesday
- 4-4:45pm beginners/intermediate, 4:00– 6.00 pm advanced paddlers
- Contact Dana Richards (dana.richards76@gmail.com)
- More parent helpers and water safety needed!

Cadets/Senior Board Training:

- Wednesday 5pm with Cavo (waynecavo@gmail.com)

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

SUPPORTING SHELLHARBOUR SURF LIFE SAVING CLUB

Physiotherapy, Massage Therapy,
Pilates, Dietetics, Exercise

As part of our community support program we are now contributing 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.



SHELLHARBOUR
HEALTH INC

T: 0242954698

E: info@shellharbourhealth.com.au

W: www.shellharbourhealth.com.au

**** Online bookings available for your convenience ****

SHELLHARBOUR SURF LIFE SAVING CLUB

APPAREL ORDER FORM

Image	Description	Cost	Size	Qty	Total																										
 	<p>SPRAY JACKET with Shellharbour S.L.S.C. decoration</p> <ul style="list-style-type: none">• 100% Polyester taffeta with PU coating• Zip-through hi collar with self-fabric concealed hood• Sealed seams enhance water protection• Two side pockets• Internal corded shoestring at hem• Elastic cuffs• Waterproof to 3000mm rating <p>Sizing:</p> <table border="1"><thead><tr><th>ADULTS</th><th>S</th><th>M</th><th>L</th><th>XL</th><th>2XL</th><th>3XL</th></tr></thead><tbody><tr><td>\$45</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></tbody></table> <table border="1"><thead><tr><th>KIDS</th><th>6</th><th>8</th><th>10</th><th>12</th><th>14</th></tr></thead><tbody><tr><td>\$40</td><td></td><td></td><td></td><td></td><td></td></tr></tbody></table>	ADULTS	S	M	L	XL	2XL	3XL	\$45							KIDS	6	8	10	12	14	\$40									
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For any enquiries please contact Tammy Colman: 0411 154 800
Email – tammy@datelineimports.com.au . Orders due to Tammy
with Payment by Sunday 15th November.