



OCTOBER 2024












FRESHIE SLSC

All the latest news from your favourite club.



WHAT'S ON IN October and November



 SAT 12 Oct Skills Maintenance 12 PM	 SUN 13 Oct NIPPER Under 6 Start	 Mon- TUE 14-15 1ST AID Course	 SUN 19 Oct Skills Maintenance 8:30AM
 SUN 20 Oct Nippers start for U7-U14's	 FRI 25 Oct FRESHIES ON FRIDAYS	 SUN 27 Oct SKILLS MAINTENANCE 8:30 am	 SUN 17 Nov SKILLS MAINTENANCE 12 PM
 SAT 23 Nov Freshwater Masters Carnival	 SUN 24 Nov Bennett Fast and Furious	 FRI 29 Nov FRESHIE ON FRIDAYS	

***MEMBERSHIP RENEWALS ARE NOW DUE
IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP WILL BE
ARCHIVED ON THE 30TH OCTOBER***

All renewals are to be completed on-line through the SLS Members Area.

Please ensure to make payment for your fees at the same time as completing your membership renewal.

There is no increase in fees for the coming year. The EC decided that given the current cost of living climate, not to increase membership fees for the coming season.

[Renew your membership click here.](#)

— CLUB NEWS

BY-LAWS - ANNUAL REVIEW COMPLETED:

The Club Governance Panel has completed it's annual review of the Club By-Laws and these have been updated on the Club website. All members are requested to review and be aware of these By-Laws. The Governance Panel is also reviewing the various other documents that are linked to the Club website and when updated members will be made aware. If there are any questions please contact the Executive Officer.

SLS IDENTIFIED PARKING SPOTS:

At the southern entrance to the Car Park there are spots marked as "SLS Use only" - the Council has recently fined people parking there. So please be cautious on using these marked spots that are intended for Patrolling Members who are "on patrol at that time" - if you wish to use these spots then the Club recommends that a spare patrol shirt and clear notage is left on the dashboard of the vehicle.

BOOK KEEPER SERVICE:

The Club is looking for someone to provide Book Keeping skills for an estimated 16 x hours/month. Ideally the Club is looking for a Member to volunteer their time for this role. Please contact the Club Office if you can provide these skills to the club please.

ATV maintenance

Please don't pump up the ATV tyres!



CLUB WORKING BEE

Thanks to all those club members who helped out with the working bee held at the club on Sunday 8 September.

September is a great time of year to clean things up as the patrolling season approaches, and a few extra pairs of hands eases the workload for our Caretakers, Jamie and Tracy.

Some much needed jobs were completed on the day, and while the focus was on the external areas, the main entrance to the club was left looking inviting again.

Following are some photos of the members who attended on the day and some of the areas that were worked on.



— *EDUCATION NEWS*

SKILLS MAINTENANCE

With the new season of patrolling fast approaching please see attached all information about your annual Skills Maintenance.

Dates of Upcoming Skills Maintenance sessions;

Sunday 27th October, 8.30am start

Sunday 17th November, 12pm start

Sunday 15th December, 11am start – ABSOLUTE LAST!!!

[Click here for further information on what you need to do!](#)

Please remember to renew your membership via link below;

Login to Members area Portal: https://members.sls.com.au/SLSA_Online/modules/login/index.php



— *NIPPERS NEWS*

NIPPER CAMP - SOUTH WEST ROCKS

Approximately 55 Nippers participated in the annual Pre-season Nipper Camp on the weekend of 27-29 September.

With the weather threatening wind, rain and large swell, our Nippers families braved the drive up to One Mile and were rewarded with a spectacular weekend of fun.

With 3m waves and a blustery gale at One Mile, our fearless leader Robin scouted a back-up location at Fingal Beach. This will count toward one of the two required miracles for him to be sainted – but Saint Robin pulled out a miracle with fantastic beach weather both days at Fingal Beach. The waves were a perfect two-foot curling around the point – great conditions for our Nippers to be reacquainted to the water for the season ahead. The coaching team just raises the bar every year – and this year with Tom at the helm the Nippers were trained and kept enthralled for two days of beach activities that included the competition proficiency swim, board rescues, board skills, beach skills and the occasional game of Capture the Flag. Thanks coaches from all the Nippers and Parents.

Thanks also to the dozen or so parents that jumped in the water to show off their board riding skills as water safety. We had no incidents again this year. Thanks also to the parents that helped provide food breaks during the day and the barbecue on Saturday night. What a way to start the season!





UNDER 6'S FIRST DAY OF NIPPERS

Almost 100 of our new class of Under 6 Nippers joined us on the beach on Sunday 13 October for the Under 6 Orientation session. Supported by 10 new Age Managers / Age Assistants, several of our current U14 class and many Cadets, the Under 6's had a great start to their journey of becoming tomorrow's lifesavers on Freshwater Beach. We will be welcoming all our Nippers back to the beach on Sunday October 20 for the official start to the season.



— *YOUTH NEWS*

A few weeks ago, the youth of the Freshie headed up North to Bungawhal (near Seal Rocks) on the Lower North Coast over the weekend. It was a great opportunity to catch up prior to the season kicking off, get our proficiency done (thanks to Kelly) and get some board training in. We participated in some teambuilding activities and also got the chance to catch up and meet Pacific Palms SLSC's nippers (thanks for having us!).

It was a beautiful area with endless trees, crystal clear water and dolphins, whales, fish and even a few reef sharks sighted.

A huge thanks to Lindsay and Steve Davis who donated their beautiful house for the weekend and thanks to Kelly Dobrow and Paris Giannakis for helping out and we can't wait for next year!



— MEMBER NEWS

DECLAN BUDD

Declan Budd achieved a World Record in swimming recently. Declan competes in the disabled swimming (equivalent to the Paralympics). Details in the attached photo from Instagram. Any further info can be sourced from his mum Giselle Budd.



DRAGON BOAT CHAMPIONSHIPS IN ITALY

Good Morning Freshie,

A snippet which may be of interest to some of the older members.

I have just recently paddled in the World Club Crew Dragon Boat Championships in Ravenna, Italy.

This was a regatta held over 6 days, with 6,000 competitors and 172 clubs competing.

As an 80 year old, I paddled with the Bei Loon Over 60s crew in 200m, 500m and 2,000m events.

Cheers,

George Webster
LS Member



COMMUNITY RECOGNITION STATEMENT presented by James Griffin to Izzy. Congratulations Izzy!



— SURF SPORTS NEWS

LWC 2024 Lifesaving World Championships

The 2024-25 Surf Sports season has commenced with a group of Masters competitors registering some outstanding results in the Lifesaving World Championships (LWC 2024) Ocean division at Kurrawa, Queensland.

Competitor	Individual Ski	Individual Board	Individual Swim	Individual Ocean (Iron Man)	Board Rescue	Ocean Man Relay	Ski Relay	Surf Teams	Board Relay
Ben Kirkby	2nd	2nd				3rd	1st		3rd
John De Mestre			2nd		1st	3rd		2nd	
Simon Phin				3rd			1st		3rd
Michael Kirkby	6th				1st	3rd	1st		3rd
John Landells		6th						2nd	
Chris Pendray								2nd	
Paul Stormon			5th	5th					

Coolangatta Gold 2024

The next item on the agenda is a strong contingent entering into the Coolangatta Gold on October 12-13 with competitors training hard over many months.

Senior Male Short Course Team

- Gaven Needham
- Peter Block
- Jon Howard (invitee)
- Simon King (invitee)

Individual Short Course

John Landells
 Michael Kirkby
 James Coates
 Millie Hosi

RESULTS FORM COOLOANGATTA GOLD - Congratulations to all!

60+ Male Short Course

1st Michael Kirkby

Open Female Short Course

4th Millie Hosie

50+ Male Short Course

5th John Landells

7th James Coates

190+ Male Short Course

3rd Frangi and the Bower Men

Gaven Needham

Peter Block

Jon Howard

Simon King

Handler Scott Carpenter

190+ Mixed Short Course

7th Freshie Mariners

Gina McConnell

Steve Bennett

Steve Davis

Paul Stormon

Handler Shanny Dyer



2024-25 Freshwater Surf Sports Panel

The Surf Sports Panel has been formed for the 2024-25 season

Director Paul Stormon

R&R Seb Di Sano

March Past Ross Parry

SKI/BOARD/SWIM SUB COMMITTEE

Group Captain Masters Gaven Needham

Group Captain Opens to U/15s James Coates, Tom Duffy, Joshua Orr

Coaching Advisor-Ski Dee Godoy

Coaching Advisor-Board Matt Lemon

Coaching Advisor-Swim Paul Stormon (interim)

LifeSaving/First Aid / Patrol Comp Lindsay Davis

Boats - General Ian Cradock

Boat Captain Andrew McMinn

JAC - Junior Coach Robin Brenchley

The 2024-25 Season

All sports across the Freshwater competitive landscape are preparing for the season ahead. Stay tuned for advice on a competitor season welcome across all disciplines. This will be your opportunity to identify areas you and your family members can train for and compete in the many diverse components of surf lifesaving.

Our thanks to the Freshwater Education team for excellent Skills Refresher sessions enabling us all to come up to date with all the latest measures and protocols in lifesaving.

Paul Stormon

Director of Surf Sports



— *NEWS FROM AROUND THE CLUB*

GOOD SAM RESPONSE - DAVID PRICE

On Sunday morning (13th October) Club Captain David Price was the first responder to an incident in Manly Vale being as he was nearby and alerted by the GoodSam App. An elderly woman was in cardiac arrest and he applied CPR until the ambulance and Paramedics arrived and took the woman to Royal North Shore.

An example to us all that the skills we learn and are assessed on annually are as important "off the beach" as they are in the surf and at the beach.

SNB GOLF DAY:

The Club was represented at the SNB Annual Golf Day at the end of September by Steve and Judy Bennett, Ken Rickard and Richard Hawtin - an extremely "august" team on many different levels. Apart from the fact that for some it had been a long time since they had graced a golf course the challenge was not made any easier by wet and gusty weather but that didn't dampen the spirits of "Team Freshie"

Judy was our main stay but as the bodies limbered up there were flashes from brilliance from Richard who is clearly a hidden talent. Ken proved the old adage of "drive for show and put for dough" by sinking a number of crucial puts.

The sad moment for Steve was when his prized Freshie cap was blown off his head and into the dam and to a watery grave. There was a minutes silence amongst the laughter.

Despite the highs and the lows it was a fun day and everybody enjoyed themselves and it was great to see Freshie being represented at the major fund raising event for the SNB Interbranch Team.



**CAROLINE'S DYNAMIC
TAI CHI**
Classes at Freshwater SLSC

*Tai Chi is a form of mindfulness exercise.
All movement begins in the inner stillness of our minds.
The core of Tai Chi training is the unison of mind and body.*

Teacher: Caroline Wang Noble
Mobile: 0400480713
Website: www.carolinestaichi.com

CLASSES AT FRESHWATER SLSC
Tuesdays at 6.00 – 7.00
Wednesdays at 5.30-6.30pm and 6.30-7.30pm



Yoga for Male Surfer's and non – Surfers!

Check out our Yoga Sessions with Celeste on Wednesday nights at 7-8 PM in the Freshwater Room.

All club members are welcome, \$15 per session to be paid on the day.

Bring a mat or towel, water bottle and wear comfortable shorts and t-shirt or singlet.

All Blokes over 50 are encouraged to join for some deep stretching and the occasional beer afterwards at the Harbord Hotel.

If you are interested, please contact Sylvia in the office and she will add you to the What's app group.

Contact Mike on 0416 339 654 if you have any questions.

All beginners are totally welcome!

Come for a free trial session.

— What's On At Freshie

ALL MEMBERS INVITED



FRESHIE ON

Fridays

Join members and guests at Freshie on Friday!

We will have pizza to accompany refreshing drinks from the famous Freshie bar.

Come along and bring a friend!

from 5:30PM

26TH JULY

30TH AUGUST

27TH SEPTEMBER

25TH OCTOBER

29TH NOVEMBER

XMAS PARTY TBD

31ST JANUARY

28TH FEBRUARY

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HOLIDAYS

Wed 2nd - Fri 4th October

Let Harbord Hotel entertain the kids these School Holidays while you sit back, relax and enjoy a coffee with your mates.

[Link to full program](#)

THE
20 FRESHWATER 96
Beach House



HARBORD HOTEL

HOMEGROWN AT HARBORD

“Great tunes, Great mates”



“Friday 27 September”

BOOTLEG RASCAL

+ SPECIAL GUESTS

CHARLI LUCAS · CAMINO GOLD

Harbord Hotel is bringing you a monthly showcase of the best up and coming local talent, live and loud. This Friday with headliner Bootleg Rascal.

FREE ENTRY!

**YOUNG
HENRYS**

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SURF & SUPPLY



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Titan Ford is excited to continue our support for Freshwater SLSC for another year! We're proud to stand by such a dedicated team that plays a vital role in our community. As the season kicks off, we wish all the members the very best and look forward to seeing the club achieve great things.

You'll find us around throughout the season, so if you spot us at an event, don't hesitate to come over and say hello. Here's to another successful year ahead!

Michael McCauley
Dealer Principal



Looking for a new car?

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