



NOVEMBER 2024

FRESHIE SLSC

All the latest news from your favourite club.



WHAT'S ON IN November and December



SUN 17 Nov
SKILLS
MAINTENANCE
12 PM




SAT 23 Nov
Freshwater
Masters
Carnival



SUN 24 Nov
Bennett Fast
and Furious




Mon- TUE 25-26
Nov
1ST AID
Course



Fri 29 Nov
FRESHIE ON
FRIDAYS



SAT 14 DEC
Twilight Nippers
Xmas party



SUN 15 Dec
SKILLS
MAINTENANCE
11 AM



SUN 15TH DEC
General Meeting
4PM



FRI 20 DEC
Club Christmas
Drinks 5:30PM

***MEMBERSHIP RENEWALS ARE NOW OVERDUE
IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP WILL BE
ARCHIVED SHORTLY***

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

CONGRATULATIONS STEVE BENNETT

The Freshwater club was delighted to receive the news from SLSNSW last Friday at the 2024 AGM that Steve Bennett was bestowed the honour of Life Membership of SLSNSW.

Richard Hawtin was present at the AGM and confirmed that Steve was very humbled by the honour and was indeed surprised by the announcement.

Steve has a long and dedicated career at all levels of Surf Life Saving. Having served for many years on the Freshwater Executive Committee, Steve has also added valuable expertise with Sydney Northern Beaches, SLSA on various Finance and Governance panels as well as over 10 years of service to SLSNSW.

Steve is currently the Chair of the SLSNSW Services Board and leads a great team of experts and professionals delivering outstanding value to the NSW membership through those Boards initiatives. I know that I speak on behalf of the entire FW membership in congratulating Steve on this most deserved recognition.

Michael Bate



— *EDUCATION NEWS*

SKILLS MAINTENANCE

Remaining proficiency dates - you must be proficient before 31 December 2024 to continue to patrol or compete

Sunday 17 November, 12pm start

Sunday 15 December, 11am start - ABSOLUTE LAST

Upcoming ART Course

Advanced Resuscitation Techniques (ART) course (must attend all training sessions)

Start Wed 6 Nov 2024, 6.30pm-8.30pm

Wed 13 Nov 2024, 6.30pm-8.30pm

Wed 20 Nov 2024, 6.30pm-8.30pm

Wed 27 Nov 2024, 6.30pm-8.30pm

Assessment probably Wed 4 Dec 2024

Email education@freshwaterslsc.com for further information

Intensive Bronze and SRC courses

Intensive Bronze and SRC course (must attend all training sessions)

Start Mon 6 Jan 2025, 9am-3pm

Tues 7 Jan 2025, 9am-3pm

Wed 8 Jan 2025, 9am-3pm

Thurs 9 Jan 2025, 9am-3pm

Assessment date to be advised

Email education@freshwaterslsc.com for further information

— EDUCATION NEWS

FIRST AID COURSE

We will be running a First Aid Course (over 2 nights) Monday 25 November and Tuesday 26 November 2024 from 6.00pm - 9pm - MUST attend both nights.

Minimum age is 14, must be a financial member and an active patrolling or Long Service member to attend.

Email education@freshwaterslsc.com to register your interest as places are limited.



— *NIPPERS NEWS*

FRESHWATER FAST AND FURIOUS

Our very own board carnival, proudly sponsored by Bennett Boards will be held on 24 November. This is a unique carnival – with the famous Ironperson events and great prizes including 4 Bennett Boards. This is a great first carnival for Nippers – open to all Nipper members in U9 and above. Keep an eye out for registration information on StackTeamApp.

TRAINING

The Nippers are well and truly into our training season. We now have dedicated training sessions each week for both water training and land training. Keep an eye out for up-to-the-minute details on timings on StackTeamApp. You can come along and try out a training for free– and remember to pay your season training fee on the Member Portal.



FRESHWATER SLSC



SAVE THE DATE

TWILIGHT NIPPERS

2.30PM SAT 14 DEC



— *SURF SPORTS NEWS*

The Freshwater competition season has started strongly with successful campaigns at the Lifesaving World Championships, the Coolangatta Gold and a committed contingent at the Dee Why craft carnival and Freshwater hosting Round One of the SNB Surf Boat Series on Saturday November 2.

SNB Round 1 Freshwater Boat Carnival , Saturday 2/11 Carnival report – a huge success and collaborative club effort.

Onshore wind & rain, 2-4ft surf with 71 Crews entered.

A huge thank you to many club members:

- to Josh Orr, Tom Duffy and James Coates with the Youth Crew helping the Boaties to setup, manage the carpark, first aid & water safety
- office staff Carla, Dave Torevell, John Goldrick, Scott Carpenter, Shanny Dyer, Crowie, Michael Kirkby, club caretaker Jamie, Dave Inches, Judy Bennett & Lindsay Davis
- the water safety crew of John Lo Schiavo, David Price & James Coates and others
- Emily & the First Aid team
- James Crittenden and Richard Hawtin planning & officiating the carnival
- Michael Raymer's Patrol 15 assisting throughout
- Paula Cradock for managing me
- Sue Walmsley officiating with Kelly Marsh & Moose in their First Carnival officiating including Moose starting races
- James Coates & NR setting the course & NRs
- Freshwater's Reserve crew finished 4th in the Final
- Freshwater U23 Girls finished 5th
- Moose's Reserve crew fell just short of the final but had some great races with two 2nds
- A Big welcome to Jas in the u23 Girls crew and our new u19 Men's crew of Campbell, Sebastian, Jasper and Jack coming 4th in their very First Carnival. A great effort
- Kimberley Dale arranged The Harbord Hotel and Freshwater Brewing Co. to Sponsor the Carnival and kindly supply 2 kegs followed by a Happy Hour (in which all consumption was responsible)
- 150 odd Boaties staying for said celebrations

Round Two will be held at Newport on November 16.

Carnival Organiser Crash



Special thanks to Neil Thompson Rees and Nicholas Jagot for photos

The club training calendar is taking shape with ski, board and swim sessions every day led by Opens and Youth coaches James Coates and Tom Duffy, Masters section head Gav Needham and technical expert coaches Ben Kirkby, Michael Kirkby and John De Mestre for ski, board and swim respectively.

Freshwater's crack March Past team will resume training on Saturday 9th March and invites expressions of interest for potential new members who will receive full training.

Attention: Nipper families: Junior R&R events will be running at Junior Beach Carnivals this season including these upcoming dates

- 10th Nov at Long Reef
- 8th Dec at North Narrabeen
- 5th Jan at Narrabeen Beach

It would be great to have some Freshwater representation on the beach competing as there has been good uptake from other clubs. For anyone interested in competing in something different to the typical water/land events Freshwater's championship R & R team is happy to introduce people to the sport and provide some ongoing coaching. Please contact Seb Di Sano on 0403 775 873 if interested.

The club will host an official welcome to the competition season on Saturday November 16 from 9am where members can see opportunities to continue or expand their involvement in each of our participating surf sports.

Members can learn

- What opportunities are there for me to train, learn new skills, compete and meet like-minded friends?
- What event would work for me?
- What does it take to participate in each event?
- When and where (and by who) are training sessions?
- Can I access equipment?

The presentation will take about 30 minutes, followed by opportunities to enquire re individual sports and a club BBQ. No need to book. Hope to see you there.

The next big event is the Annual Freshwater Masters Carnival on Saturday November 23. This is an eagerly awaited event for Masters competitors of clubs all over greater Sydney and beyond due to an innovative and inclusive format evolved over the event's history. This could be your entree to eventually have your photo on a cereal packet.

We also alert Masters to the May 2025 World Masters Games in Japan in which Lifesaving will once again be featured amongst the 35 sports ([#wmg2025](#)). Surf Lifesaving competition will run from 27 May-29 May 2025.

This is an opportunity for all Masters competitors (30+) to register and represent your club and Australia.

Finally, a prominent Freshwater Masters competitor and former President, Stephen 'Little Steps' Bennett has been justifiably honoured with Surf Lifesaving NSW Life Membership for service to the State body over many years. We congratulate Steve.

Paul Stormon
Director of Surf Sports

AUSTRALIA'S PREMIER MASTERS CARNIVAL



23rd NOVEMBER 2024
8AM TOES ON THE LINE

TEAMS FOCUS

Freshie Masters is Teams focussed and rewards Club success, Pointscores count for Club Teams events only, Dash for Cash is for Individuals,

Not in a Team? Join 'The Punters,' and we will find you a Team so you can join in the fun,

The winning team will be awarded the 'Ross Parry Cup' in recognition of our much-loved life member and founder of the Freshie Masters, Ross Parry,

TEAMS AGE GROUPS

130, 150, 170 & 190 Male & Female Dash for Cash (Cash TBC..)
Over 50 Male & Female
Under 50 Male & Female

SCHEDULE

8 Am: Toes On The line
Surf Teams, Ski Relay, Board Relay, Taplin Relay

10am : Dash For Cash Individuals! From The Surf Cans to the Surf Club

11Am: Brunch, Drinks, Presentation & Prize Money on the Member's Lawn,
Change rooms & private shower facilities available prior to presentation

ENTRIES CLOSE 18th NOVEMBER
ENTRIES VIA SEMS

<https://sems.sls.com.au/#!login>

T Shirts \$25

Post Event Brunch \$10

Pay on the day, card only.

Freshwater SLSC thank Harbord Hotel as our long-term partner and sponsor of Australia's longest running Master's Carnival!

HARBORD HOTEL

Keep up to date via Facebook
'Freshie Masters 2024'
admin@freshwaterslsc.com



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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



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