



PM SLSC Club News

25 August 2011

To contribute to Club News contact secretary@pmslsc.com.au

For more Club information go to our website www.pmslsc.com.au

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DATES YOU CANT MISS

Saturday 10 September	Nipper Registration Day (Port Macquarie Pool) 9-1pm. Ocean Swim Proficiency from 1.30pm. Details nippers@pmslsc.com.au
Saturday 17 September	Nipper Registration Day (Port Macquarie Pool) 9-1pm. Ocean Swim Proficiency from 1.30pm. Details nippers@pmslsc.com.au
Sunday 18 th September	Proficiency at Port Macquarie SLSC Member Registration Days
Saturday 24 th September	PATROLS BEGIN SEASON OPENER TAPLIN RELAY, BAR OPEN @ CLUBHOUSE with NIBBLES (From 1pm)
Tuesday 27 th September	2 nd Bronze Medallion group starts
October 1 st and 2 nd	Weekend of Surf (FORSTER) – from u10s Nippers, Cadets, Opens and Masters. www.forsterslsc.com
October 9	First Day of Nippers
30 th October	Proficiency at Wauchope-Bonny Hills

Need some Fitness Before the Season Starts?

Nippers/Cadets Swimming Squad MUST BE ABLE TO SWIM 200m Strongly and be a competent swimmer. No beginners (you can be unfit however!)	6.45-8am most weekday mornings 9am Sat morning	Port Macquarie Town Pool (run by Cheryl/Michael)	\$10 per session
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<p>U9s and above Junior and Senior Members Board Training</p> <p>We must have a 1:4 ratio of kids/BM Holders so please parents come down and have a swim too!</p>	<p>7-8am Saturday morning</p>	<p>River Shed</p>	<p>FREE</p>
<p>Suggestion for those of you that have not got in the water for while!: Proficiency Swim Sets (set yourself a challenge - 2 swims per week leading up to proficiency!) ☺</p>	<p>Warm up 4 laps 20x25m Medium Pace. 15 sec rest in between</p> <p>4 laps easy</p> <p>4x25m (Hard) 15 sec rest in between</p> <p>4 laps easy cool down</p>	<p>Warm up 6 laps 4x100m (25M Hard/25M Easy). 30sec rest.</p> <p>100m easy</p> <p>4x50m (first 1/3 flat out, rest easy). 10sec rest.</p> <p>6 laps easy cool down</p>	

If you would like Port Macquarie to hold a particular training sessions, please contact our competition manager Mal Storey on mals0107@hotmail.com or for Junior Activities the Chairperson Ben Wehlow.

The training sessions must be endorsed by PMSLSC to cover our members (insurance) and to ensure that SLS Watersafety procedures are followed.

Wise Words from our Club's Competition Manager Mal

Commencement of the season is fast approaching with 40 or so members getting the jump by starting in the recent City to Surf. Well done to all.

Club Coaches – Members conduct various sessions for craft and swim, however I require someone to help co-ordinate carnival entries and to assist new members and encourage contesting these. I'm looking after beach events. Anyone who can help or offer advice please contact me.

Club Championships – the dates set for these are, 18 December, 22 January, 12 February.

Season Start – patrols commence on Saturday, 24 September and as an opening there will be a 4 man taplin relay (swim, board, ski, beach run) at 1PM. (teams to be drawn from hat). This will be followed by a social at the clubhouse. Sunday morning will be usual swim and board and I intend to add a beach run to these.

Club Volunteer Award – this award has received interest and we are now seeking a sponsor. Details of how points will be awarded are being finalised and will appear in the coming weeks.

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Carnivals – carnival dates are now on the notice board, this will be kept updated.

Forster Carnival – this is the first carnival (1 & 2 October) and it is intended to attend as a club (u10s-Masters). Keep this date clear and if competing put your name on the list on then notice board. We want to form as many teams as possible. And contact Tony Wright if you want to stay in the Guide Hall. There is not much room so spaces limited.

Mal Storey – Competition Manager

contact : mobile 0419 942 797, email mals0107@hotmail.com

Member's Business Directory Handbook

Wanted an electrician and wondered who in the Club was an electrician, or maybe an accountant or builder. Then we have news for you! We will be handing out to all members a Member's Business Directory (Pocket Size) this season so you know who in the Club does what and if you are looking for a service, then why not look at Club Members at the first point of call.

A separate email will go out about the detail. A small donation will be required by members that want to list in the pocket handbook (just to cover the cost of printing).

U13&u14s Survivor Camp (see attached flyer)

This program/camp is designed for 13-14 years olds. It's not for the faint hearted as you need to be able to survive a weekend of actioned packed, fun filled life saving activities with a twist.

The purpose of the program is to help develop and foster leadership and teamwork in a group situation, whilst encouraging leadership and exposing the participants to a number of different situations that will prove both physically and mentally challenging.

To also help increase activity on beach patrols, strength and skills in assisting SRC members in rescue and emergency situations on and off the beach and provide a valuable social experience for our transitional members from Nippers to the senior club.

SLSA's youth development and activities will enrich the lives of young members through fun, involvement and the acquisition of personal, lifesaving and competition skills, in a safe aquatic environment.

Membership Renewal 2011-2012

It would be so great if you could do this online!

Follow the steps on www.pmslsc.com.au (go through via the links).

Forgot your password or user name – it does NOT matter (as long as you have not changed your email and/or phone number) you can just get new ones!

For Memberships:

https://www.lifesavingonline.com.au/SLSA_Online/modules/home/index.php

For making Payments:

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https://pnpnet.qvalent.com/OnlinePaymentServlet?cd_community=SLSA&cd_currency=AUD

And I will forgive some of you if you really want to sign up with paper. There are some hardcopies down at the Clubhouse or you can print them off our website www.pmslsc.com.au. You can then stick them (with the Fees) in Locker 36 or send to PO Box 4, PORT MACQUARIE.

Membership fees for 2011/2012:

Nipper	\$45 (children under the age of 14)
Nipper Parent	\$45 (parent who is not an Active Member)
Active/Award member	\$45 (SRC/BM or an award with eligibility age of 15 or over)
Associate Member	\$60 (person not 'active' but has keen interest in the Club)
Family Membership	\$180

The PM SLSC Constitution states that family membership should be set at 4 times the Active Membership amount. If you register 2 children and one parent you will pay \$135. If you register a family of 4 or more, the fee is capped at \$180.

Storage of Personal Gear – Application Process

Thank you to all that have submitted their application forms.

Applications for the storage of your equipment can be made for the upcoming season.

Applications close 8 September and you will be notified by the 15 September 2011.

If you have any enquiries about this policy contact the gear steward (Nev Collins) at equipment@pmslsc.com.au