



PM SLSC Club News

27 October 2011

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

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

FOR PATROLLING MEMBERS

Patrols this weekend

Sat	8:30 – 12:30	Green Crew	Norm Morgan
Sat	12:30 – 4:30	Patrol 3	Kim Rayner
Sun	8:30 – 12:30	Patrol 4	Heath Morgan
Sun	12:30 – 4:30	Patrol 5	Vanessa Scully

Proficiency days coming up

Wauchope Bonny-Hills 9am 30 October 2011

Good Luck to the Bronze Squad this weekend for their Assessment!!!

May the Ocean be nice and calm for you!

FOR NIPPER PARENTS

Our next Nippers event is a twilight training session with Tacking Point SLSC Nippers at Lighthouse Beach from 2.30 pm this Saturday, 29 October 2011.

SOS – Inflatable Rescue Boat Required ASAP!

National Boardies Day – Friday 25 November 2011

Have you spoken to your business yet? Juice Boost is now on board and Port Central has said that we can have a stand on the Saturday.

National Boardies Day is a day where we can promote the work of our volunteer surf life savers, the training we conduct and the active lifestyle and surf safety we promote to the kids.

Our Target: \$16 000 for a new IRB and motor.

Email Mel Cockshutt (secretary@pmslsc.com.au) if you want more info or if you want some 'stuff' for your workplace. Let us know so we can let others know who is participating!!!

If you can assist on Saturday 26 November at our Stand at Port Central, please let Mel know! Just an hour of your time would be great!

COOLANGATTA GOLD ON TV THIS SUNDAY

Channel 10: 12-2pm

2 of our Club members Paula Stone and Melinda Cockshutt competed in the Coolangatta Gold Ironman earlier this year (15km Ski, 4.5km Board Paddle, 2.5km Swim, 7.5km Beach Run).

If you want to see what it is all about, tune into Channel 10 this Sunday. Mel will make an appearance on the TV (and possibly have an embarrassing moment (or 2) on National TV!!!)

COMPETITION MANAGERS REPORT

Despite cold water and chilly north east winds we had our best turn up for the Sunday swim and it was great to have many parents of nippers having a swim.

Club Championships – the dates set for these are, 18 December, 22 January, 12 February.
Sunday Events 23/10/11 – 30 members contested the events despite the cold conditions. Handicaps kept the results tight with little between first and last. Had Hugh Mackay and Gail Martin swam to their potential and came out of the water sooner they would not have missed the board race. The A grade swim was won by Sally Hurkett and Trevor Franklin proving last weeks B grade win was no fluke. Joe Wright won the board race and Tony Donegan the beach run.

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

The branch selection trials are on at Camden Haven, 6th November and Jeff Polverino (branch coach) reminds all members interested to nominate. If you can't attend advise Branch of your selection intention.

The next open/masters carnival is Macksville Scotts Head on November 19 & 20.

Club Volunteer of the Year Award – Sponsored by Petstock. No clear indication of a leader at this stage has emerged but Hugh Hurkett and Trevor Franklin would be up there with two wins in the club swims. For all your pet supplies and that special gift remember to support PETSTOCK.

In General – I hope to get Sunday events started by 10.30am and working in with the juniors as they complete their events so try to report before 10.30am for handicaps. Some find the start too late but it is the best we can do with our beach conditions.

Mal Storey – Competition Manager contact : mobile 0419 942 797, email mals0107@hotmail.com

TRAINING SESSIONS

Club Swim, Board and Run – 10.30am Sunday – ALL MEMBERS WELCOME (PATROLLING MEMBERS & NIPPER PARENTS)!

It is handicap as well so don't worry about being 'last'.

Training Sessions (Educational)

There are a number of courses coming up. Please contact Kim Rayer if you would like more details (phone 65838287, 0419 760 808 kimrayn@bigpond.net.au).

- Applied First Aid (Senior)
- Silver Medallion Advanced Emergency Care 7 and 14 November 6-9pm (pre-requisites: Spinal Management, Advanced Resus, Applied First Aid) \$10 @ Branch Office. Need to get back to Kim by the 4 November to ensure minimum numbers for course to go ahead.
- Bronze Course starting end of November. Pass it around to friends and family.

The Training Calendar for the season is up at the Clubhouse.

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Training Sessions (Physical)

Tuesday 5pm RUN	Core Strength Training and Run Training on Tuesday and Thursday. Email/ring Mal. Venues do vary.
Wednesday 6am-6.50 BOARD	Flynn's Beach Nippers and Patrolling members welcome. Appreciate any watersafety assistance. Bronze Squad also practices Wednesday Morning.
Thursday 5pm RUN	Core Strength Training and Run Training on Tuesday and Thursday. Email/ring Mal. Venues do vary.
Saturday 7am BOARD	Marine River Shed. Board training (primarily Nippers u9s and above). Members (Patrolling and Nippers Parents that have signed up to the Club) are welcome.
Saturday 10am SWIM	Flynn's Beach. Cadets and Active Members (any ability of swimmer)
Sunday 10.30am SWIM, BOARD & RUN	Flynn's Beach Club Swim, Board, Swim (ALL MEMBERS – any ability but must have a good sense of humor!)
Most Days 6.45-8am SWIM	Town Pool Swim Squad just for Nippers with Cheryl (Town Pool Coach). Must be able to swim 200m strongly. Ring the pool for more details. Kids can have breakfast at the pool before going to school. Cost \$10 per session.

COMPETITIONS OUTSIDE OUR BORDERS THAT COULD BE INTERESTING

For the Swimmers

<http://www.oceanswims.com>

For the u11-u17s

Hugo Smyth memorial carnival - Coffs Harbour 27 Nov 2011

http://www.coffsharbourslsc.asn.au/index.php?option=com_content&view=article&id=42&Itemid=35

For the u9-u15s

Kracka Carnival u9-u15s Ironperson Challenge Sat 12 Nov 9am start Blacksmith's beach near Newcastle.

Entries need to be in before day. If in before 28th October competitor receives a t-shirt.

Accommodation - Comfort Inn, Lake Macquarie ph:4945 8622 \$140 family room / sleeps 4

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Stuff happening around the Clubhouse

Earlier this year we got a grant to install Solar Hot Water, to upgrade our Kitchen upstairs and to install a disabled access ramp. All projects are progressing well. Solar Hot Water will be installed this week. If you want to know anymore information about these projects please email president@pmslsc.com.au. The Council has also just given the Club \$10,000 to perform maintenance work around the Clubhouse. We will be working on a list of priorities for this. If you believe a particular maintenance task is required, please email Tone president@pmslsc.com.au.

Join us on FACEBOOK

More and more Club members are joining up. Great informal network/chat space for Port Macquarie SLSC Members.

Beach Safe Website

www.beachsafe.org.au (great website with lots of useful information)

Attention CADETS - Join a Real Social Network – Join a Surf Club

www.realsocialnetwork.com.au – CHECK IT OUT and GET YOUR FRIENDS TO CHECK IT OUT

IF YOU HAVE ANY STORIES ABOUT MEMBERS EITHER ON PATROL OR COMPETING, PLEASE EMAIL Secretary@pmslsc.com.au. THE CLUB WOULD LOVE TO CONGRATULATE YOU!