

# Shoredump Newsletter

Merewether SLSC

October 2015



## *The President*

Nick Newton

As I'm sure Dave will mention in his report it was a dismal start to the beginning of our patrolling season with rough conditions and ordinary weather over the weekend along with the added difficulties of restricted access to the beach. Although none of these put a damper on the proceedings with patrols 8 & 9 being well attended by very enthusiastic keenmembers who have set the benchmark for the rest of us with our own patrols.

At this month's committee meeting there was some good discussion around training and fitness and what opportunities there are for our members. Nick (Brunette) our new Director of Surf Sports is keen to have more people attend the supervised training sessions along with Bruce (Rummins) now our new Sunday Morning Events Coordinator who also wants to get things happening and Richard Taylor who again would like to see more at his lower level board training. From there we spoke about the away from club and private training people participate in and how these could benefit and possibly be made available to our members. Understanding that people can have difficulties making some of the set training schedules we thought that if we "put it out there" for members to come back to us with what they do, taking into account any required insurance or legal requirements, we could make up a list of training event opportunities and times for advertisement internally and potentially not only boost up the participating numbers but also give people more opportunity to increase their fitness.

So **if you are doing any sort of training let Nick B know** and we can get the list made up so we can all see what is available not only around the club but also the other opportunities. **Nicks email: nicholas\_brunette@yahoo.com.au**



## Events

- Next Bronze Medallion 7<sup>th</sup> October
- Crew person course 7<sup>th</sup> October
- Nippers commence 18<sup>th</sup> October
- Surf Club Open Day – 18<sup>th</sup> October

## 2015/16 REGISTRATIONS OPEN NOW

Seniors - Information can be found here:  
<http://merewetherslsc.com.au/site/index.cfm?display=192010>

Juniors - information can be found here:  
<http://merewetherslsc.com.au/site/index.cfm?display=513314>



**Members over the age of 18 are required to apply for a working with children check. Please submit your WWCC Clearance Certificate that has your check number and expiry date to [merewether.slsc.registrar@gmail.com](mailto:merewether.slsc.registrar@gmail.com)**

If you received your certificate last season could you please forward to our new registrar. Registrations can't be finalised until we have your WWC number, thanks.



1<sup>st</sup> Patrol of the season



A beautiful day on Merewether Beach



Merewether Beach 26<sup>th</sup> September

## Club Captain's Report

By Dave Hoar & Simon Lovell

Hello everyone,

Welcome to the new Patrol season and thanks in advance to all members (and their families who support them) in giving up time to do patrols at the beach.

As you would know the beach has been smashed during winter and a lot of sand has disappeared - so much so that for the start of the season we'll need to access the beach from the ramp near Dixon Park when we are putting gear onto the beach.

As you return to patrols a couple of reminders:

- for morning patrols we need everyone there **by 8.45am** so that the flags can be up by 9
- the Council Lifeguards will continue to put up and take down the flags on Saturdays and Public Holidays
- make sure you **renew your membership by 31 October**
- get your proficiency done early so that we don't have to waste time chasing people up

In addition your Patrol Captain has a list of awards held by Patrol members - check this list with your PC and if any of your awards are missing let us know.

When you are in the Patrol room look out for the Patrol Operations Manual folder - thanks to Simon for putting this together - it contains the updated Patrol checklist, Incident handover forms, as well as our Patrol Ops Manual and Patrol Log book.

And finally a big thank you to Bernie for doing our pre-season Gear and Equipment check, all of our gear has been given the tick for the season - just remember if you

damage some of our equipment (or notice that it has been damaged) tag it out and let your PC know so that it can be noted in the Patrol log book.

See you on the beach,



*"The People's Patrol and Patrol of the year favourites (Patrol 9) welcomed Craig Doyle back to patrols with a cake last weekend.*

*Craig had last year off Patrols after a cycling accident, but is now back better than ever and looking forward to another year of patrolling.*

*On behalf of all the Club welcome back Craig!"*

## **Club's Surfcam**

Watch sand disappear from Merewether Beach.... live stream of Merewether Beach plus local weather available for viewing from the club's website.



## **Education**

By Warren Sterling ([Mslsc.education@gmail.com](mailto:Mslsc.education@gmail.com))

New Education page on club website

We have now posted upcoming lifesaver training and proficiencies information on our web page. There are opportunities for active members to gain additional qualifications in Applied First Aid, Advanced Resuscitation or Spinal Management. Please check details at <http://www.merewetherslsc.com.au/site/index.cfm?display=562212> . Those of us who

already hold these qualifications will need to attend skills maintenance before 31 December 2015. Details for these sessions can be found at <http://www.merewetherslsc.com.au/site/index.cfm?display=562214>

## IRB Captain



By Nathan Wright

1<sup>st</sup> IRB crew course for the season will start on Wednesday 7<sup>th</sup> October.

- **Beach Training - Running**  
Coach - Dennis Pitt  
Monday 5.30pm to 6.30pm at National Park Number 5.
- Wednesday morning 6.30am to 7.30am at Empire Park.
- Wednesday afternoon 4.30pm to 5.30 pm at Newcastle Athletics Track Markettown.
- Thursday afternoon 4.30pm to 5.30pm at Newcastle Athletics Track Markettown.

All these sessions are \$10.00 for the hour

*Proficiency Swim  
U8 and above  
Sunday 11<sup>th</sup> October 9am –  
10am  
Arnolds Swim Centre  
3 Jenner Pde The Junction  
\$4 entry.  
See website for proficiency  
details*

## Nippers

Under 6/7's ONLY: Open Day/Information session Sunday 11<sup>th</sup> October 10am – 2pm

Renewing Members U8 and above do not need to attend the Open Day unless they need to discuss the upcoming season with the Club Members, or purchase swimmers etc from the Club. Renewing Members U7 you are welcome to attend the Open Day and provide names of friends your little Nipper may want to be in a group with.

**NIPPERS COMMENCE 18<sup>TH</sup> OCTOBER 2015**

## Carnivals

For competition information:

Seniors – Nick Brunette at [nicholas.brunette@yaoo.com.au](mailto:nicholas.brunette@yaoo.com.au)

Juniors – Peta Owen at [petao@beroa.com.au](mailto:petao@beroa.com.au)



## October

Saturday 17<sup>th</sup> - U11 to Open Birubi Beach

Saturday 31<sup>st</sup> - Kracka Iron Person Swansea Belmont

## November

Sunday 1<sup>st</sup> - Lake Macquarie Games Swansea Belmont

Sunday 8<sup>th</sup> - Wave Warriors Swansea Belmont

Sunday 8<sup>th</sup> - Street Boat Series round 1 Ocean Beach

Saturday 14<sup>th</sup> - Board, Ski and teams round 1 Swansea Belmont

Sunday 15<sup>th</sup> - Masters Stockton

Saturday 21<sup>st</sup> - Board, Ski and teams round 2 Redhead

Sunday 22<sup>nd</sup> - U8 to U14 Caves Beach teams only

Sunday 22<sup>nd</sup> - Street Boat Series round 2 Swansea Belmont

## **Function Room**

By Susan

You may have noticed on TV on Monday 14th September that during the off season our surfclub was used as the backdrop for the initial weigh in for the Pestell family on this seasons 'The biggest loser'. It was a long day/night of filming and I was privileged to join their family and friends in the audience for the filming of Episode 2. I had a chance to grab a photo with Shannon. I wish the family the very best of good health and hope they gain their health back.



*RSA COURSE 14<sup>th</sup>  
October  
CONTACT NORM FOR  
INFORMATION  
0407 101184  
rodgers0@bigpond.com*



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