



► Please Commit

PAGE 2



► Are You Free?

PAGE 4



► Nippers Country Championships & AGM

PAGE 5



► Manly Freshwater Carnivals Report

PAGE 6

○ MARCH-APRIL

○ 2020

SAWTELL

s/lsc



Message from the President



March is always an exciting time of year for the club - Nippers are coming to the end of their season but there's still Club Championships and then State and Aussie titles.

One of the highlights of the competition calendar for me is the Country Championships. Sawtell fielded a team of 70 plus competitors across all age groups - Nippers, Seniors/Opens and Masters - both in the water and on the beach. The event was hosted for the second year running by Cudgen/Kingscliff Surf Lifesaving club who did an outstanding job - not only were they super organised and nailed most things on the logistics front, they were also extremely welcoming and hospitable. Once again Sawtell put in a great performance and managed to hold our fifth place record which is a great effort against the other high scoring clubs who had teams double the size of Sawtell. Conditions were once again challenging and all our competitors, in particular our nippers, put in gutsy efforts to get around their respective courses, with some spectacular race viewing in some of the craft events. It was very exciting to see our Junior March Past team take the gold medal and I was proud to be part of our wonderful club. Country has been a great hit out and preparation for those competitors who are attending State and National Titles in the coming months.

It was also great to see so many Sawtell caps on the beach at the recent Branch Championships held at Coffs Surf Club. I particularly want to congratulate Breah Fisher and Jensen O'Leary who represented Sawtell so well as Junior Lifesavers of the Year.

Meanwhile back at the Club, we are now settling into our new routines and systems having moved into the new patrol room. There are still a number of tasks that need to be completed and before long we will be calling on members to assist at a working bee to complete some of the landscaping and external works. We are also continuing to submit applications for grants to attract funding to complete further repairs and renovations to the clubhouse.

I also want to take the opportunity to congratulate one of our younger members - Zac Tominelli who recently gained his CPR certificate. Zac is slowly building his repertoire of SLS skills with the wonderful assistance of Neil Robertson and I know is making a big contribution to the patrol he is part of. Well done Zac - it is great to have you as part of our club. ▶

10 UPCOMING DATES

STATE CHAMPIONSHIPS

28 February – 8 March
Swansea Belmont

TAS – 2 DAY VISIT

12 – 13 March

Sawtell

WORKING BEE

13 March 4pm

Sawtell

SENIOR CLUB CHAMPIONSHIPS

29 March

Sawtell

COFFS OCEAN SWIM 2020

5 April

Jetty Beach

ANZAC DAY TENTS

24 April

Sawtell

AUSSIES

18 – 26 April

North Burleigh/Broadbeach

PRESENTATION EVENING

18 May

Sawtell RSL

NORTH COAST BRANCH AWARDS EVENING

27 June

Sawtell RSL

CHILLI FESTIVAL

4 July

Sawtell

CLUB CHAMPIONSHIPS

It is proposed to hold the Club Championships on **Sunday March 29** with **Easter Sunday** as back-up if needed.

▶ Now is also an opportune time to mention that there is an opportunity to get involved in the committee or assisting your club in any way. Managing the club is a big job for our committee and we are always looking for people who are willing to take on roles. If you are considering getting involved in some way - please don't hesitate to come and speak to one of our friendly committee. The AGM is coming up in June and we will be actively looking for

people to step into roles that will be vacated by people who have been in them for many years.

Your contribution is valued and very much needed.

Hope to see you on the beach soon!



Sheena McTackett
0477 771 481

COFFS OCEAN SWIMS

NOW WE SEEK YOUR SUPPORT WHICH IS ESSENTIAL FOR THE SMOOTH RUNNING OF THIS EVENT.

Check out the Club webpage www.sawtellsurfclub.com.au to find out more.



Ways you can assist include:

- ▶ Water safety – board/ski paddlers, IRB personnel, jetty watchers in contact with IRBs
- ▶ Event preparation – putting up of tents, barricades etc and the subsequent dismantling of such
- ▶ Consider aT patrol swap with a Patrol 8 member rostered on that morning, with many of that patrol either prepared to participate or assist.
- ▶ Participate in the event
- ▶ Assist AND participate in the event!

The Club is now in the process of preparing a listing of those willing to be involved. This needs to be done to ensure all bases are covered as soon as possible.

PLEASE ADVISE IN PERSON/EMAIL THE CLUB SECRETARY BRUCE MACPHAIL NOW at secretary@sawtellsurfclub.com.au AS TO HOW YOU WILL ASSIST THE CLUB. THIS IS ONE EVENT THAT CANNOT GO AHEAD WITH JUST THE SUPPORT FROM THE USUAL FEW PEOPLE.

WE NEED EVERYONE TO COME ON BOARD.

Thank you to Andy Manning and Ruth Phillipou from Willaid Healthcare Solutions for supplying our new first aid room with this 'Comfort Chair' for providing first aid. Willaid provide high quality healthcare equipment and daily living aids to assist people of all abilities to perform tasks they may otherwise have been unable to. Empowering people is the Willaid motto. **Thank you Willaid for empowering us.**



Message from Club Captain

Can you believe it but the current patrol season is about 75% of the way through with each patrol only having 3 more patrols to do before the season finishes on Sunday 26 April? It seems like only a short while ago that we were getting ready for the first patrol of the season. I'm pleased with the way that the big influx of new Bronze members following the last course led by Kel Pearce have settled into their patrols. This group of 14 new patrol members has really made a difference to the strength of some patrols. I also look forward to welcoming the current bronze group when they complete their bronzes.

The Bronze medallion is just the start of the qualification pathway for fully functioning patrols with each patrol also required to have the Silver Medallion Beach Management (held by the patrol captain and at least one or 2 other patrol members) IRB Driver and Crew and Advanced Resuscitation Techniques. Most of these courses will be run after the patrol season finishes with the IRB Crewperson course commencing in early May. I would encourage all new members and current IRB crewpeople to undertake the IRB courses this winter and for experienced patrol members to undertake the Silver Medallion Beach Management when it is run by branch.

Apart from patrols and the forthcoming carnivals we have 2 other significant commitments before the season ends. The first of this is the annual bronze program for The Armidale School (TAS). This year 25 TAS year 11 students will undertake their Bronze with us with the first 2 days being **Thursday and Friday 12 and 13 March**. As has been

the case in previous years we will need as many water safety people as possible on the mornings of those days. Depending on the surf conditions one or both of those mornings may be at the Jetty. If they are at Sawtell an IRB will be required.

The second commitment is much bigger and significant. On **Sunday April 5** Sawtell will be the lead organizer and manager of the **Coffs Ocean Swims 2020** under the leadership of Race Director Kerry Bayliss from our club. We will have a very significant commitment for set up and pack up, water safety, first aid and a myriad of other duties on the day. It will be absolutely essential that we have the assistance of as many people as possible to help on the day including to undertake the patrol at Sawtell Beach so that Scott, I and others can assist with the Ocean Swims.



Steve Rayson
0429 025 845

Message from Chief Training Officer

IRB CREWPERSONS COURSE: This course will be starting immediately after the patrolling season finishes. Please let Steve or Scott Rayson know if interested. Could patrol captains please drum up interest as every patrol **MUST** have qualified IRB people.

FINAL REMINDER: As mistakes can happen members are advised to check their own proficiencies in their Member Area on the SLSA Members Portal. This also applies to Trainers, Assessors and Facilitators to re endorse their awards.

As you know, CTOs have an amount of paperwork to complete each end of season and some members may be overlooked.

Could you please check as soon as possible if not already done so.



Andrew Martin
0419 485 401



Congratulations to those members who have recently gained awards. As a guide names are only listed in the Newsletter on receipt by the Club of the awards. Alas there is a time lag between completion of award and receipt of award.

○ BRONZE MEDALLION CERTIFICATE 11 IN PUBLIC SAFETY (AQUATIC RESCUE)

Kieran Ayshford
Nate Begley
Aaron Boatfield
Amber Carle
Rosie Foster
Gerard Groth
Mitchell Hickey
Ellen Kennedy
Kate Killen
Jessica Maynard Oakes
Troy Pinder
Taren Preston
Jane Ryan

○ BRONZE MEDALLION CERTIFICATE 11 IN PUBLIC SAFETY (AQUATIC RESCUE) MEMBERS FROM THE ARMIDALE SCHOOL

Lucinda Ball
Angus Bell
Edward Bell
Ben Carter
Lucas Cotterell
Stuart Epworth
Ellie de Gunst
Harry Deshon
Yann Garrivett
Sam Jones
Oliver Kearney
Charles Kerr
John Moore
Toby Newcombe
James O'Brien
Clancy Roberts
Megan Schmitt
Jack Sewell
Remy Tay



► Congratulations to the following members on recently obtained Awards:

○ | **RESCUE WATER CRAFT OPERATOR CERTIFICATE**

*Warwick Fischer
Shelley Lantry
Shannon Wilson*

○ | **RESUSCITATION (AID)**

Zachary Tumminello

○ | **SURF RESCUE CERTIFICATE (CPR ENDORSED)**

*Patrick Carey
David Howard
Kieran Lantry
Tylani Moss
Braydan Paunovic
Sylas Phillips
Toi Wordsworth*

Building Development Update

The Building work is now complete save for a few rectification issues to be finalised. The Club thanks Joel and his team from Level Projects for their efforts with this job and keeping disruption to a minimum.

It is proposed to have a general clean up on **Thursday 12 March at 4pm** so that the Club can remove unsightly rubbish and have both sides of the driveway ready for landscaping. As was the key words in "Are You Being Served", **Are you free??**

Your Club will keep applying for Grants, as and when they become available, to ensure our facility continues to meet expectations both of members and the local community.

Garry Murray
0428 517 665



ANZAC DAY TENTS

Your Club has once again committed to erecting tents to provide shade at the Anzac Day ceremony. Your assistance on **Friday 24 April** will be appreciated.



COMMUNICATION MATTERS

Club Minutes

Your Committee has agreed that in future minutes of all monthly meetings will be placed in the members only area of the Club webpage

Communication Protocols

Please be aware that within the SLS structure there is a protocol that requires members issues/concerns be firstly directed to their Club who if necessary will convey the message to Branch who may refer it to SLSNSW who may in turn refer the matter to SLSA.

LEUKAEMIA FOUNDATION – WORLD'S GREATEST SHAVE

Club Member Emily Meacham currently in Year 12 at BDC is having her hair shaved off on March 25th to raise funds to help beat blood cancer as part of the Leukaemia Foundations World's Greatest Shave. You can support Emily in her quest to raise \$1000 for a wonderful cause by going to: <http://my.leukaemiafoundation.org.au/emilymeacham>

Nipper News

The new year is well underway now as our Nippers have returned to school and many parents are back at work; however, it is still a busy time for our Nippers. Training sessions are still being held for Nippers on Wednesday afternoons at 4pm, and Saturday mornings at 8.30am at Sawtell. All Nippers from U8 upwards are encouraged to attend to improve and learn new skills.

The annual Country Championships were held over the first weekend in February at Cudgen Headland in Kingscliff. Over 60 competitors from travelled to compete with excellent results. Sawtell placed 5th which is an impressive achievement and congratulations must be given to all involved. Highlights of the junior results included:

Junior March Past 1st

U9 Male board 6th Joshua

U10 Male swim 3rd Saul

U10 Male board 3rd Saul

U11 Female 1km beach run 4th Brooke

U11 Male 1km beach run 5th Noah-Leon

U11 Male 1km beach run 6th Eric

U13 Male board riding 1st Dane

U13 Male 1km beach run 2nd Gus

U13 Female 1km beach run 4th Ella

U13 Mixed board relay 6th Fyn, Ella, Amelia

U14 Female board riding 2nd Brea

All Age Beach Relay 6th Oliver Carlo David Jody, Ella, Gus, Noah-Leon, Issac

The U12 Nippers recently completed their CPR awards. Congratulations are given to Amber, Amy, Duke, Lachlan, Maddi and Marley.

Our AGM will be held after Nippers on Sunday 15 March at 11am, with a general meeting to be held straight afterwards. All Nipper parents and carers are encouraged to attend to find out how Nippers is run and what they can do to help.

Finally, I would like to make a special mention to William Fargher, aged 8, who recently put the knowledge and skills he has learnt at Nippers to help a lady in a rip at Sawtell. The JASC would like to thank and acknowledge William's brave efforts. **Well done William!**

Nippers AGM Sunday 15 March 11am

Notice Of Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Junior Activities Sub- Committee of Sawtell Surf Lifesaving Club Incorporated will be held in the clubhouse multi-purpose room on **Sunday 15 March 2020** at 11am.

BUSINESS OF THE MEETING

- > Clarification of voting eligibility.
- > Confirmation of minutes of the 2019 Annual General Meeting
- > Receipt of the Sub-Committee's report upon the activities of the Junior Activities in the last financial year.
- > Receipt and consideration of a statement from the Sub-Committee for the last financial year of the Club's income and expenditure,
- > Election and appointment of Office Bearers of the Sub-Committee and holders of other Junior Activities support positions.

Tiffany Easman
0437 000 030



Sawtell Surf Club Competitors Excel in Tough Sydney Competition

This season has seen two of our U15 competitors increase their competition attendance achieving excellent results.

After five weeks of intensive mid-season training, two of Sawtell's U15 competitors travelled to compete at the Manly and Freshwater Carnivals over the Australia Day long weekend. Rhys Mulholland and Maggie McConnachie made their trip worthwhile with excellent results from both competitors over the two days of racing. These two carnivals are attended by top ranked competitors from around Australia and are regarded as a good indicator of form going into the State and Australian championships.

The Manly carnival saw both competitors enter all three individual events – swim, board and iron. With an unpredictable swell and anyone's guess as to which alley was best, they raced with skill and determination, both paddling first in their board heats. Finals saw Rhys make the podium finishing third, and Maggie also standing up for Sawtell with a second. Swim events had the Sawtell crew finishing 4th for Maggie and 8th for Rhys.

The iron events are always inspirational to watch! The order for Manly was swim then board with a decent swell but little help for an easy ride back to the beach. Rhys completed the swim leg in a very respectable 7th place, then put in a strong board leg to finish the race in 9th. Maggie's race saw her come in in third place from



the swim, gaining a place in the transition, and then paddling a perfect board leg to win comfortably.

Both competitors, still on a high from their excellent individual achievements, then teamed up with other clubs to race in composite teams for the board relays and Cameron events. The day finished with their coach brandishing a grin you couldn't remove, and both competitors keen for day two.

Freshwater carnival was also strongly attended by interstate competitors, giving the Sawtell competitors a good indication of their competitiveness and fitness levels at this point in the season. Maggie achieved a very strong 3rd in the swim race with Rhys coming home in 12th place.

Board heats saw Maggie and Rhys finish 1st and 2nd respectively, with both showing excellent form and determination. The board final was the highlight of the day for Rhys, paddling a textbook perfect race to take out 1st position. Maggie paddled strongly in 3rd to be caught by a party wave and finish the race in 7th place.

The iron events again drew the crowds in to watch the athletes put through their paces. Order was again swim then board, with both male and female races featuring many strong competitors. Rhys completed a solid swim leg and then improved his position significantly on board to finish 4th. Maggie swam in first followed by a battle in the board leg, to take out 2nd place after a run finish.

Both Rhys and Maggie are taking away a wealth of knowledge from their two consecutive days of racing, setting them up for a positive carnival approach leading into this week's Country Championships to be held at Kingscliff Beach.

As two of the senior members of Greg Russell's training group, both Rhys and Maggie have been setting an example for the younger competitors in both training attitude and competitive approach. They may be the younger members of the senior club, but they are certainly inspiration for our junior competitors.

Greg and Kathy Russell



Coffs Coast Kia



The Power to Surprise

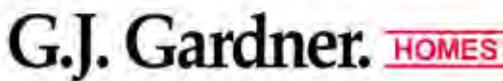
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