



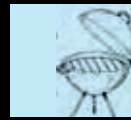
► Considering an Upgrade?

PAGES 2 & 8



► Congratulations

PAGE 3



► Sawtell SLSC Members Social

PAGE 4



► Nippers

PAGE 5

SEPTEMBER - OCTOBER | 2022

SAWTELL

s/lsc



Sawtell SLSC is located on the lands of the Gumbaynggirr Aboriginal people, who are the Traditional Custodians of the lands and waters from which the Club operates. Sawtell SLSC pays our respects to the Traditional Custodians and their Elders past and present.



Message from the President

Welcome to the beginning of the 22/23 season. I'd like to start with thanking our sponsors, without the ongoing support of those listed around this newsletter we would not be able to provide the service that we do. I also want to thank those that continue training and preparation during the "off season", so that that we are in a position to continue the great service and reputation that comes with the title "Lifesaver".

I find it to be a privilege to serve as a member of the Surf lifesaving community, and to know that each of our contributions keeps millions of Australians, and visitors safe each year. A few years ago, I turned up for my first patrol of the season. Arriving at the tent I noticed a swimmer doing "body board wrestling" as they call it on "Bondi Rescue".

Whilst putting on the patrol cap I noticed the swimmer get separated from the body board and get into difficulty. I took a rescue board and went to assist. It made me reflect on my fitness and preparation prior to the season. I ask myself "Am I fit and prepared for the season?". And that's my challenge to you all, are you ready for the role you provide? I encourage all of the members

to "dive" into the knowledge and resources that are available to ensure that we are match fit and prepared.

Thank you to the members for hosting a BBQ and the Rowathon. It really is great to see the community that we are all a part of. I hope that you all take time to share your experiences

with family and friends so that we all will be encouraged and grow as one of the best clubs I've ever been a part of.

Stay healthy, stay safe.

**Pete Dawson
0409 003 650**



11 DATES

○ | NIPPERS POOL PROFICIENCY

18 September 2022
Coffs Aquatic Centre

○ | PATROLS COMMENCE

24 September 2022
Sawtell

○ | MANLY CAMP

28 – 30 September 2022
Sawtell

○ | BRONZE INFORMATION SESSION

2 October 2022
Sawtell

○ | WOS FORSTER

1 – 2 October 2022
Forster

○ | MEMBERS BBQ

2 October 2022
Sawtell

○ | COOLANGATTA GOLD

15 – 16 October 2022
Coolangatta Beach QLD

○ | FIRST DAY OF NIPPERS

24 October 2022
Sawtell

○ | COUNTRY TITLES

27 – 29 January 2023
Cape Hawke

○ | STATE CHAMPIONSHIPS

23 February – 5 March 2023
Queenscliff

○ | AUSTRALIAN TITLES

25 March – 2 April 2023
Western Australia

Message from the Club Captain

The 2022/23 patrol season kicks off on Saturday 24th September with patrol 9 captained by Barry Walker being the first patrol to welcome in the new season. The patrolling hours for this season remains unchanged from previous seasons with patrols commencing at 9am and finishing at 4pm each Saturday, Sunday and public holiday with the exclusion of the Summer school holiday period which sees patrols finish at 5pm. We will continue to have two patrols cover each day. Patrolling members are reminded to arrive prior to 9am when rostered to ensure the patrol is set up and ready to go with flags up on the beach at 9am. Same for the end of the day, if members can please stay back to help the patrol with wash-down and putting everything away so it is ready for the next patrol. Patrol season finishes this year on Anzac Day, Tues 25th April, 2023.

This season, Sawtell is feeling the pinch of having lost patrolling members with essential qualifications over the years. Unfortunately this has now impacted our ability for some patrols to be operational. The hard, but necessary, decision had to be made to reduce the patrolling numbers from 12 Patrols to 10 patrols. The good news is most patrols are now quite healthy in numbers...the downside is patrolling members have slightly more patrols this season than they had in the past.

Moving forward > we need to get back to 12 patrols. This will ensure our patrolling members are not required to patrol so frequently.

What can you do to help???

This season – can you please consider upgrading your qualifications? Ideally the award in Patrol Captain, ART, IRB driver or Crew.

Anyone wishing to be a patrol captain – we have support and you will be mentored for as long as you wish. We have many members with years of experience and knowledge and they are all willing to assist anyone wishing to step up so you won't be alone in decision making and they will support and mentor you as you are learning. Please let me or your patrol captain know if this is something you want to discuss further.

If anyone is interested in Advanced Resuscitation and First Aid to **gain the ART** – please speak with Chief Training Officer, Andrew Martin via email: training@sawtellsurfclub.com.au or phone / text him on 0419 485 401.

The IRB Crew course is run each year commencing the first weekend after patrols cease, with the IRB Drivers course run after

an operational patrol

We are required to cover the following qualifications: *

Silver Medallion Beach Management soon to be known as Silver Medallion Patrol Captain
ARTC soon to be known as ART
IRB Driver
IRB Crew
Bronze Medallion

* With a minimum of 3 patrolling members as long as all the above essential criteria are covered

that. Both are fun courses. You need to hold a bronze medallion to gain the IRB crew, and for the Driver, you must hold a current IRB Crew, plus current bronze medallion and be at least 17 years of age as at the date of the exam.

I will be hold a **patrol captains / vice captains meeting at 3pm Sunday 18 September** in the Club's auditorium. Really important that Patrol Captains / Vice captains attend, and the invite is also extended to any other patrolling member that would like to come along.

SLSNSW has also updated its COVID Vaccination policy with State now confirming it does NOT require its patrolling members to be vaccinated against COVID. If you know of anyone who stepped down due to this previous requirement, you may wish to contact them to see if they are interested in re-joining.

Sincere thank you to Neil Robertson who organised and delivered the Club's gear inspection requirements and ensured all information was updated in the Surfguard system as required. Also thank you to Dennis

Meagher, Tony Ensbey and others who assisted Neil with this process. It is very time consuming – your time in doing this is very much appreciated.

And lastly, please spread the word in regards to new members joining Sawtell Surfclub and becoming a member. The benefits of gaining a bronze medallion is of huge benefit not only to yourself but also to the Club and the Community. Additionally, if you have kids in nippers, you can be in the water with them as water safety.

We are also seeking Nippers parents to become an official. Officials are required at all Club and branch carnivals with each Club being

allocated a quota of officials they must supply for the carnival to run. No officials, no carnival. A great way to be with your child's age group on the beach and see them compete first hand and up close. This is also a pressing need for the Club and for those wanting further information please also contact Andrew Martin, Chief Training Officer.

. I am really excited to see the season kick off – and will see you all on the beach.

Shelley Lantry
0438 518 103

clubcaptain@sawtellsurfclub.com.au



Congratulations to the following members who recently obtained awards.

GOLD MEDALLION

Rhys Mulholland

IRB CREW

*Tiffany Easman
Matt Herbert
Nicole Morgan
Amelia Moore
Matt Ryan
Angus Waugh
Kirsty West*

IRB DRIVERS

*Tiffany Easman
Nicole Morgan
Carney Peters
Matt Ryan*

NATIONAL MEDAL

Sarah Tisdell

OFFICIALS/ WATER SAFETY

If Sawtell Club is to meet the mandatory requirements set down by SLSNSW it is imperative that more members become qualified to either assist in the water as water safety or assist on the beach by becoming an official. Failure to meet the requirements set down by SLSNSW can result in a fine payable by the Club or at worst suspension from competition.

For more information please contact **Andrew Martin 0419 485 401** or **Tiffany Easman 0437 000 030**.

CLUB KEYS

An audit of Club keys is currently being undertaken. If you have no further need of your key could you please return to the Kiosk in an envelope marked **attn Bruce Macphail**. If you also include your bank details the Club will refund your key deposit. Should you need a key to access the showers/gym please let the Secretary know by email on secretary@sawtellsurfclub.com.au so arrangements can be made for a key to be handed over. Please note there is a \$25 refundable deposit on these keys.

COMPETITION MANAGER'S REPORT

Congratulations to all the award winners at the Seniors Presentation evening.

Our Seniors/Open/Master competitors are enjoying some time off.

Upcoming Carnival Dates:

- > 2022 Weekend of Surf sports Forster
1-2 October
- > 2022 NSW Board Riding Championships
postponed until 8-9 October
- > 2022 Coolangatta Gold
15-16 October
- > First Branch Carnival, Woolgoolga –
23 October
- > Summer of Surf, Woolgoolga –
27 to 30 October

Please sign up to Team App to see what is happening with Carnivals for Seniors/Opens/Masters.

Joanne O'Leary
Senior Competition Manager

MEMBER RENEWALS

Membership renewals are now open on the SLS NSW members portal. Please make your membership payment at the time of renewing.

If paying for more than one family member please itemise your payments to detail who they are for.

Message from Chief Training Officer

SKILLS MAINTENANCE

Members are required to complete the annual skills maintenance online component prior to attending any practical session. To access the online component, there are two options available.

Mobile Device:

- > Download from the apple store or google store, the app 'SLS learning' (etrainingu).
- > Use your members portal user name and password.
- > Click on "My Training".
- > Click on Skills Maintenance 2022/23 Bronze Medallion Theory'.
- > Complete all sections - takes about 1 hour.

Desktop:


- > Access your members portal account.
- > Click on 'elearning'.
- > Click on 'Login to elearning'.
- > Click on 'My Training'.
- > Click on 'Skills Maintenance 2022/23 Bronze Medallion Theory'.
- > Complete all sections - takes about 1 hour.





Sunday Members Social event



Bring a plate to
share with your
mates! BYO drinks

 1st Sunday of every
month

 Members Room Balcony
Sawtell SLSC

 4pm onwards



Nippers News

The first day of the Nippers season is only weeks away!! The 2022/2023 Nippers season will officially commence on **Sunday 10 October**. We look forward to seeing all our regular families and welcoming new families too.

COMMUNICATION

Communication to members throughout the season will be used:

WhatsApp- Chats within each Age Group. You will be added to the chats by your child's Age Manager

TeamApp- Join our page, Sawtell Surf Club- Nippers. Here you will see calendars including club activities, competitions, and training sessions.

Facebook- Updates about Nippers will be posted on Facebook.

REGISTRATIONS

Our Registration Day was held on 11 September, where we helped with registrations and ran Pool Proficiencies. We also have another pool proficiency day organised for **18 September, between 10.30 and 12.00pm**. This will be held at the Coffs Harbour Aquatic Centre.

Registrations will remain open, leading up to the season start date. Families who are re-registering can do this online through their SLS Member Portal at <https://members.sls.com.au/> New members can head to <https://members.sls.com.au/SLSAOnline/modules/register/index.php>

MANLY CAMP

Manly Nippers will hold their annual pre-season training camp at Sawtell during the first week of the next school holidays, from **28 - 30 September 2022**. This is a combined camp for both Manly and Sawtell Nippers, with this year the camp being open to all Nippers from all Nipper clubs from U9 to U15. If you are interested in booking in for this camp, please head to our TeamApp page for the link to register.

UPCOMING COMPETITIONS

Information will come out soon regarding upcoming Branch Competitions.

VOLUNTEERS

We always welcome new volunteers. Whether it is on the beach or more an admin/organising role, please see our President, Registrar or myself to discuss how you can help. You will be fully supported.

Looking forward to a great season with all our Nippers and their families.

Anita Williams, Secretary JASC

UNIFORMS AND MERCH

9 October 2022, 8.30 to 9.00

16 October 2022, 8.30 to 9.00

30 October 2022, 8.30 to 9.00

27 November 2022, 9.30 to 9.00

Our uniform shop is open on set days this season



VALE JOHN WAKE

The Club is sad to advise of the passing of John Wake – a friend of many at Sawtell.

John was a Life Member of Coffs Harbour SLSC, North Coast Branch and SLSNSW and has assessed many of our members undertaking awards. That John was prepared to come to Sawtell at 6am on the mornings when TAS was assessed for their Bronze Medallion was always appreciated by our Club.

John was at ways full of praise for our training of both TAS students and our IRB training. His support will be greatly missed.

SUPPORTERS

Thank you to Jamie Howton, Alan and Maureen Mattinson for their donations to the club.

Thank you to Mick McGavigan, who continues to look after the gardens and lawn around the clubhouse. Thank you to Kennard Hire for providing Mick with the use of a corer/ Turf roller to help with the maintaining of the lawn and adding top-soil.

COFFS COAST OCEAN SWIMS

Members are asked to note that the above event will be held on **Sunday 26 March 2023** and the Club will need all support possible to ensure a great event.

24hour row for mental health

On September 10/11, Sawtell SLSC joined 55 other surf clubs/other organisations from around Australia, on a 24 hour indoor rowing marathon to raise awareness and money to help provide mental health programs. This year we had at least 1 rowing machine going for the whole 24 hours. We are very proud of the 43 people who got out of their comfort zone and gave it a go to row 300 km over the 24 hours.

Gerard de Carle started us off at 12noon Saturday with a great effort of 10017m in an hour. This year we had some more members taking on the challenge for 1 hour straight. Huge individual efforts were made by Murray Vine with 13737m, Pete Singleton with 12743m, Pete Dawson with 11517m, Brandon Connor with 11351m. Cheryl Lane with 10525m and Kellie Reinhard with 8500m who each rowed for 1 hour straight for the 3rd year in a row.

Special mentions to Barry Walker who contributed with 10461 over 3 x 15min blocks and Zoe Mosti who contributed 12614m over 4 stints over both days. Lewis Belling with 6085m took us to the finish on Sunday at midday. It was a mild night for our BBQ and it was great to see a fantastic vibe to support the rowers who enjoyed a glorious rising full moon display.

Thank you to Promised Land Produce, Woolworths Toormina, Woolworths Park Beach Plaza, Cheryl Lane and Good Price Pharmacy Warehouse for their donations to support the event. Thank you also to CrossFit Tenet for supplying an additional machine to complement our new rower courtesy of Sawtell Nippers and Rebel Sports.

All we can say is THANK YOU - the support given by all to make this event the success that it was, is nothing short of incredible! We raised \$1043 which will be used to run some much needed programs by Gotcha4life in the next few months.

We've had so much positive feedback, we'll be doing it again next year

Fiona, Cheryl and Alistair Lane





CONTACT

Sawtell Life Saving Club
Fourth Ave
Sawtell NSW 2452
www.sawtellsurfclub.com.au



COMMITTEE & CLUB EMAILS

info@sawtellsurfclub.com.au
president@sawtellsurfclub.com.au
secretary@sawtellsurfclub.com.au
treasurer@sawtellsurfclub.com.au
competition@sawtellsurfclub.com.au
clubcaptain@sawtellsurfclub.com.au
training@sawtellsurfclub.com.au
website@sawtellsurfclub.com.au
jasc.secretary@sawtellsurfclub.com.au



COMMUNITY | PLANNING | PROFICIENCY

Our Club, a place to Belong, Grow and be Safe

www.sawtellsurfclub.com.au

SPONSORS MANY THANKS

WE'RE THERE READY TO SAVE LIVES. COME JOIN US.

JOIN OUR
COMMUNITY
FAMILY
TODAY

October Bronze Medallion - Information morning session

We Need you!

Sawtell will be running a Bronze Medallion course and SRC course. both commencing on 2nd of Oct.

if you or someone you know might like to join one of these course could you email Andrew at training@sawtellsurfclub.com.au.

Gain your Bronze Medallion with us today! help saves lives within your community whilst learning new skills, making new friends and having fun in the sun this summer

Come along and see how Sawtell SLSC can help you and how you can help the community.

Contact us for more information.

 Sunday 2nd Oct, 2022

 09:00 - 10:00

 Sawtell Surf Club



Training@sawtellsurfclub.com.au

[Sawtell_SLSC](#)

[@Sawtellsurflifesavingclub](#)

