

Dear Members,

The following is the Noosa Heads SLSC newsletter for this week, 15/10/09:

## **PRESIDENT'S FOREWORD**

Congratulations to our spectacularly successful team at the World Masters Games last weekend. Watch out for the media interest that is sure to follow over the coming days (and if it doesn't, I'm sure Alison will put out a press release). Seriously, Alison, Gina, Julie and Peter achieved remarkable results which I am sure will be documented in the Surf Sports Newsletter. Well done to all.

This weekend the competitive interest turns to the Coolangatta Gold event at the Gold Coast. We have the largest contingent in our history competing, with, by my count, 30 Noosa competitors (across individual and teams and including 7 U14's contesting the Junior Gold event). This is a great credit to the coaching staff just to get this many on the starting line – hopefully the same number will finish.

As a reminder, the Club will be looking for a part-time handyman/maintenance man to undertake the many jobs that need to be regularly attended to around our expanded facilities. This role is probably best suited to an older/retired builder/tradesman who is looking for a modest income with flexible working hours. If there are any members who are interested and fit this bill or if any members know of anyone who may be right for the role, please let us know as we would like to start looking at the options over the coming weeks.

Finally, a specific message to all Nipper parents: Noosa Heads SLSC has enjoyed a particularly strong competitive position and reputation in the Masters area (over 35 years of age) over the last decade and more. A good source of talent for the Masters team has always been the Nipper parents who have come into the Club in support of their children, done their SRC (got conned into upgrading this to a bronze medallion), and then discovered the marvels of Surf Sports in their own right. We have found that within our Nipper parent group that there has been a wealth of latent Surfing/Swimming/Running talent just waiting to be re-awoken. Unfortunately, over the last few years our competitive Masters numbers have stagnated somewhat and we believe that, in part, this is due to not actively canvassing the Nipper parent group and encouraging participation in the full scope of Club activities. To compete for the Senior Club (at any level) you must have a bronze medallion (which all of us will attest is relatively easy as long as you can swim half-decently) and you must complete your patrol obligations – it's that easy. Becoming an active member entitles you to access all of the Club's facilities including the Gym and Locker Room as well as the extensive training programs that are available in all Surf Sports disciplines: Ski, Board, Swim, Ironman, Sprints, Flags, Surf Boats, Patrol Competition, March Past, etc. I will ask Scott to try to pull together a list over the next few Nipper Sundays of Nipper parents who may be interested in finding out more about the opportunities within Surf Sports, with a view to our Surf Sports Director, Noel Jamieson and our Senior Coach, Adam McKane conducting an information/try-out session at a convenient time for all. Masters Carnivals are very friendly events and competitors of all skill levels participate in a positive team environment (with suitable celebration of individual achievement afterwards). The Club always warmly welcomes new competitors and we look forward to boosting our numbers and ensuring that the Club remains at the top of the Masters perch into the future.

Gerard

**FROM THE SUPPORTERS CLUB** With Laney

This week crowds were still big and everything is moving nicely. But sad to say this week we said farewell to the man himself Marino, or to be formal Marino Maioli, our man in the Restaurant. Marino, who was with us for several years, had the impossible task of trying to please everyone in the world of food, and as all honest men will tell you, this is virtually impossible. However it is interesting to note the number of people who told Moggy they were sorry to see him go. One opinion that was expressed to Moggy several times was that he was always smiling. Let's never forget the magnificent job he did for our annual dinner. Hundreds to cater for and not one complaint. I think Supporters Club Chairman Ian Young spoke for us all when he said, "After being with us for all these years Marino has decided to call it quits. On behalf of the committee and all our supporters and clubbies, we wish him and his family all the very best." To the new man in the restaurant, Peter Thynne, we say a very big and warm "Welcome to the Surf Club, and all the best in the seasons ahead". Peter is busy getting settled in, so next week we will have a bit of a fireside chat.

Next Wednesday night from 6.30-8.30 there will be another Assault Awareness Course held at the Aussie Rules Football Club. This is run by the Police and Moggy is helping them organise the evening. The last one, held three weeks ago, was very successful but unfortunately none of our juniors were in attendance. It is this age group that we are concerned about. There were young ones from all football codes and the local boxing clubs but none of ours. So let's help and get our youth to the Wednesday Night Meeting. I was at the last one and believe me it made me sit up and take notice. See you there.

## **SOCIAL COMMITTEE**

# Patrolies BBQ

## HALLOWEEN REVISITED 🎃

An invitation is extended to all patrolling members and their families to join the Surf Club family for a BBQ and some screams.

Due to the Noosa Tri, we are unable to hold our function on 31st October, but instead we are reliving the fun of the night on the following **FRIDAY**...

Date: Friday 6th November, 2009  
Time: 6pm - 8pm  
Place: Downstairs at Surf Club  
Theme: **Halloween** - anything goes..... ( and usually does )

To be in the draw for Lucky Door prizes you **MUST RSVP to the office by 31st October- First and surnames.**

There will be prizes for the best costumes, so frock up folks.....

# See you there.. ... IF YOU DARE.... 🤩

**Social Committee**

## **LIFESAVING**

**NOTE: The swim sessions at the Good Shepherd Lutheran Pool will change the starting time from 5.30pm to 6.00pm, effective Monday 12 October.**

**Proficiency Dates** – Please contact office to register name

Sat 7th Nov 8.00am – 12.00pm **BOOKED OUT**

Sun 6th Dec 8.00am – 12.00pm

**2009 Training Courses** – Please register interest with office.

**SRC** (Water Safety – 6 weeks)

20th October      Tues 5.30pm – 9.00pm  
                             Sun 7.30am – 11.30am

**ARC**

3rd December      Thurs 5.30pm – 9.00pm

**Defib**

10th Dec              Thurs 5.30pm – 9.00pm

**OFA**

5th Dec              Sat 8.00am – 4.00pm      Assessment      17th Dec      Thurs 5.30pm – 9.00pm

## **JUNIOR ACTIVITIES**

Please see attached [Nipper Newsletter 15-10-09](#)

**Under 14's**

Hi all,

Just wanted to say Congratulations to all that passed their SRC on the weekend. You did really well and have now joined the ranks of Noosa Patrolling Members in which you should be very proud of yourselves. It was fun to relax over a BBQ on Sunday afternoon with you and your parents and we even managed to watch the end of Bathurst too!!

Thank you to Gerard and Scott for attending and presenting uniforms. Thanks also to Jake and Felicity for assessing. Not to mention a big thank you to Lurch who I did say on Sunday and will say it again, he does an enormous amount of work with these kids that goes unheralded, and we do appreciate him.

See you at Rainbow on Saturday for those of you competing, and a reminder no nippers this Sunday.

Please put on your calendar..October 25th Nipper Sunday, bring your goggles, snorkel and flippers as Jim Kneale is taking you snorkelling.

Cheers  
Frecko



## **YOUTH DEVELOPMENT NEWS**

**Next Cadet meeting : Saturday 24<sup>th</sup> October 2009 @ 1.00pm**  
**All cadets come along for a BBQ and a game of table tennis or shoot some hoops. We will discuss the proposed program for the season.**

Items to be discussed are:

- Door Knock appeal
- Boardies Day
- North Shore and Rainbow weekend trips
- Raffles roster

- End of year trip

## **Surf Rescue Appeal - Saturday 28 November**

**Why we collect:** The Appeal's main focus is to raise funds to ensure appropriate equipment and resources are available to maintain core lifesaving services. All funds raised at the house to house and street stall collection go directly to Lifesaving and assist us in providing a vital community service by patrolling the beach at Noosa. Many years of participating in the collection has shown it to be the simplest form of fund raising.

Please do your bit to raise much needed money for your Club.

Members wishing to make a donation to the Surf Rescue Appeal can do so via the office. All donations over \$2 are tax deductible.

If you are unable to attend the House to House, why not promote the appeal at your work during Surf Rescue Week (21 to 29 Nov). You must get permission from your employer to do this. Pick up your collection tins from the office.

## **Boardies Day**

Register your School or Business with the Club for Boardies Day on Friday 27 November 2009 to help us raise much needed funds and support the Life of the Beach.

Boardies Day is an easy, fun way to support our volunteer surf lifesavers. Simply organise with your school or work mates to wear board shorts or beachwear on 27 November 2009 and you can help us raise desperately needed funds for Surf Life Saving. Funds raised will help provide our lifesavers with the equipment and training to do what they do best – save lives!

For further information or to register contact the Club office on 07 5474 5688 (opt2). Boardies Day is an annual fundraising event run by Surf Life Saving Foundation to raise money for Surf Life Saving Clubs throughout Australia.

## **Pelerman Youth Excellence Program**

To ensure that our members continue to grow into our future leaders, SLSQ will deliver development programs tailored for specific age groups to educate and foster leadership development, personal growth, goal setting, and team work whilst encouraging positive self esteem.

SLSQ will conduct two Pelerman Excellence Programs throughout the 2009/2010 Surf Life Saving season. The program dates will be as follows so make sure that you save them in your calendars:

22–24 January 2010

Pelerman Youth Excellence Program (15-17 yrs)

9–11 April 2010

Pelerman Leadership Excellence Program (18-25 yrs)

## **SURF SPORTS NEWS**

Please see attached **15 October 09 Surf Sports newsletter**.

## **STOP PRESS STOP PRESS**

### **LATE BREAKING NEWS FROM DOLPHIN OCEAN CLASSIC**

**Gerard O'Brien - 3rd Male Board Race**  
**Gina Lynch - 2nd Female Board Race**

#### **BOARD RIDERS NEWS**

In the Info centre in Hastings St - immediately behind the SLSC, you will find a very nice high quality print on an easel.

We are raffling this at \$2/ticket - or 3 tickets for \$5. Proceeds go to the Board Riders coaching funds....and will be registered as income thru club accounts.

Do not miss out on this opportunity to own this great piece of art.

#### **Learn to Surf**

Training will meet at the SURF CLUB on Sun @ 6.40am.

Thanks, Alex.

#### **Gym News**

To all those that are using the Gym, well done! It is great facility supplied by the club to those active members who give up their time to patrol our beaches or who help those who keep our beaches safe. The club has invested over \$60,000 in the gym and we need to look after the gear and ourselves. Unfortunately there are still some who think they are special. There is nothing worse than more signs and rules but as I can't be there all the time it is often the only means of communication.

#### **Why do we have to wear covered shoes/ runners? 3 reasons**

- Wearing runners means that is one way that the sand is kept out of the gym. A lot of the equipment runs on pulleys and slides and sand will only damage them.
- Health and safety- dropping a weight on a bare foot will not be good.
- Plus we know you are seriously using the gym, have taken the time to be prepared, not just on a whim clogging it up for other users.

#### **Why wear a shirt and use a towel?**

- Hygiene. when we are in the gym we sweat. If you have a cut or skin condition this is transferred to the benches which transfers to the next user. Not nice.

#### **Why do I have to replace your weights?**

If you're big enough and tough enough to lift the weight, you can replace the weight. This then saves the next person from having to unload and possible injure themselves.

## How old do I have to be?

**15 yrs.** If you are training hard outside the gym in surf sports (5-7 times per week) and myself or Adam feel you are mature enough to do strength training then you can be 13 or over. You must be assessed and programmed by me or Adam (both qualified Level 1 strength and conditioning coaches with experience) and you must be personally supervised by me or Adam or someone that we have approved.

So as the signs says **NO SHIRT, NO SHOES, NO TOWEL, NO GYM and NO EXCEPTION- NO ENTRY!** Don't come into the gym to stretch wearing your sluggos. Stretch in the boat/ski shed.

These rules for the surf club gym are the same for any gym in town for all the above. The rules are in place so that everyone can enjoy the gym safely. Breaking the rules will incur the same penalty as all other breaches within the club. Lets all enjoy it together and think of your fellow club member. Improvements are coming but we need to convince management that we can look after what we have before we spend anything more.

Not happy Jan or need help or advice, ask me or Adam any time.

Phil Bowden

## Raffle Roster

Date	Day/time	Names
<b>OCTOBER ROSTER</b> <b>NOTE: <u>Saturday now 1.00pm &amp; 6.00pm</u></b>		
17.10.09	Sat 1.00	Emma Johnson, Michaela Stacey, Georgina Taylor
17.10.09	Sat 6.00	3 x March Past Team
18.10.09	Sun 1.30	Peter Fiddler, Kathryn Dodd, Scott Jamieson
24.10.09	Sat 1.00	Paul Matters, Grant Morrill, Luke Grice
24.10.09	Sat 6.00	Peter French, Lemo, Phoebe
25.10.09	Sun 1.30	Rowan Simpson, Oscar and Zack
31.10.09	Sat 1.00	The Widdo's Team
31.10.09	Sat 6.00	Jenny, Julie Trembath and Brendan Wenke
1.11.09	Sun 1.30	Gina, The Hayes boys
3.11.09 Melbourne Cup Day	Tues 1.00 & 5.00pm	Ian Widdicombe ??.....?Alison Fisk???..... Other Names to be advised subject to who is available
7.11.09	Sat 1.00	3 x march past members
7.11.09	Sat 6.00	Luke Grice, Bree Fielding, Lara Bromfield
8.11.09	Sun 1.30	Rowan Cunningham, Tom and Keith Strajnar
14.11.09	Sat 1.00	John Jenkins Jnr, Steve Hatton, Marjan Strajnar

14.11.09	Sat 6.00	Rowan Simpson, Oscar and Zack, Tony Wetherell
15.11.09	Sun 1.30	Mick Curwen, Matt Coolican, Corey Dietrich
21.11.09	Sat 1.00	3 x march past team members
21.11.09	Sat 6.00	Sean, Al and Joe
22.11.09	Sun 1.30	3 x march past members
28.11.09	Sat 1.00	3 x march past members
28.11.09	Sat 6.00	Jim and Tom Kneale, Sean Farrell
29.11.09	Sun 1.30	Phil Bowden, Scott Jamieson, Brendan Wenke

PART

DECEMBER

5.12.09	Sat 1.00	3 x march past members
5.12.09	Sat 6.00	Craig Brockbank, Rosco, Frecko
6.12.09	Sun 1.30	The Barts Team,
12.12.09	Sat 1.00	Mason Powell, Richard and Nick Wagner
12.12.09	Sat 6.00	Rosco, Bruce, Shane Adamson
13.12.09	Sun 1.30	Graham Orr, Alison Fisk, Jenny Hales

Please remember it is your responsibility to arrange a substitute if unable to make your raffle ... 1 was missed completely in September

A Club shirt must be worn [and visually seen] and Aussies book filled out before leaving [check with Duty Manager]