



CLUB NEWS

*Mandurah Surf Life Saving Club Newsletter
February 2020*



FROM THE PRESIDENT

Welcome back to all! So much has been going on over the Christmas Period and we have a lot coming up.

- **Christmas Patrols** - We had a fantastic volunteer representation patrolling on Christmas Day right through to Australia Day – thank you all for this.
- **Lifeguard Service** - The new Lifeguard Service started over the last couple of weeks. This service does not replace our Lifesaving Services but augments it with patrols being provide over Saturdays until April 2020. You will see the Lifeguards at Town Beach, San Remo, Falcon and Port Bouvard.
- **Team Challenge Day** - On a fun note it was exciting to see all the teams this year participating in the club's annual team challenge. A big thanks to Victoria Higgins, Natasha Price and Monica Reinhardt for organising. Fantastic effort with costumes and competition by all! I still protest that Team Turtle were unjustly penalised 😊! Well done to all who participated and to the Bravehearts that took out the overall win after protest.
- **Ipod Shuffle Night** - Can I please encourage everyone to come along and purchase a song for the Ipod Shuffle night on the 14 February. Last year this was a very popular event with a heap of fun had by all. The bar will be open, Tides cafe will serve dinner and there will be activities for the kids.
- **Surf Sports** - A big well done to all our Surf Sport participants for their big efforts down at Smiths Beach. From all reports you represented yourselves with great effort and sportsmanship with some great results! Well done all.
- **Youth Camps** - We also had 4 of our youth head off on the annual Surf Life Saving Youth camps over the December/January period. Michael Kluzniak and Freya Blockley represented the club at Rise Up in Pemberton and William Liitiaainen and Sydnee Gould attended the TOAD camp at Rottnest Island. My understanding is that they all had an amazing time and learnt some awesome new skills.
- **Skin Checks** - We have signed an agreement with Redimed to provide free skin checks at the club in March. A link will be made available on club website in the near future where you will be able to book your appointment. All you need is a Medicare card and some time to attend – there is no cost involved. Given our activity often involves extended periods in the sun I highly recommend everyone to get their skin checked.
- **Polo Shirts** - The new club polo shirts have arrived. These will be available for sale when we have Nippers at San Remo and cost \$38 for short sleeve and \$40 for the long sleeve. Get in quick as they will sell out.
- **Education** - I would like to wish good luck to our first cohort of clubbies who have commenced their Certificate IV in Leadership through the club. A big commitment from this awesome group of people.
- **Volunteering** - We are always on the lookout for people who want to help around the club. You don't have to be a lifesaver or trained in first aid to help. Every hand makes life just that little bit easier. If you are keen to help out around the club, please come and speak to me as there is always something to help with!
- **Club Awards Night** - I know it's early but lock in 9 May in your calendar and start thinking about who you think deserves to be nominated for an award.

- Darren Gould - President

SURF SPORTS

Country Carnival at Smiths Beach SLSC, Australia Day Long Weekend. What a fantastic couple of days on the beach for our surf sports team!

Saturday was our Woodside Nippers and Little Nippers turn on the sand/water at Smiths Beach. These kids showed great sportsmanship, gave everything a go and most importantly had fun. We had some awesome results across the day with the focus now switched to country championships.

Sunday was our youth and open athletes turn on the beach. What an outstanding effort all these members put into each event. They worked hard to put their skills into practice and showed fantastic sportsmanship throughout the carnival. Bring on Country Championships in Denmark!

Thank you to

- David McCarron, Jacob McCarron, Ruby Moogan, Phoebe Higgins and Louise Collins for being officials.
- Ewan Jones, James Benson and Jamie Hesketh who provided water safety at the carnival.
- Dylan Higgins and Chelsea McCarron for being our photographers.

Our Surf Sports team will now switch their focus to the remainder of the carnivals with training open to all members.

- Little Nipper Carnival Round 2 - 9/2/2020 at Fremantle SLSC
- Senior Carnival Round 3 - 9/2/2020 at Scarborough SLSC
- Master State Championships - 29/2/2020 at Denmark SLSC
- Country Championships - 1/3/2020 at Denmark SLSC

If you would like more information about training and upcoming carnivals please download Teamapp and join Mandurah SLSC Surf Sports Team.

- Monica Reinhardt, Director of Surf Sports



WOODSIDE NIPPERS

I hope you have all enjoyed your Christmas and Australia Day weekend and are ready to jump back into Nippers.

We have had a few new members join up lately and I welcome you all and hope you enjoy the remainder of the season.

Every weekend I see our young nippers pushing themselves further than they knew they could go and I see the improvements every week in skills and confidence.

I am so immensely proud of each and every one of them and don't envy the Age Group Managers task of choosing their champion boy and girl at the end of the season.

Don't forget our Intra Club Carnival on 16 February.

- Fiona Kenyon, Nipper Coordinator

STARFISH NIPPERS

Starfish Nippers continues to be a great success both for the participants and the club. With an influx of new nippers this year to the program it has been very rewarding to see the development of these new nippers and the continued development of existing participants.

A big thank you for the drivers and crew of the IRB and Jet Ski for recently allowing our champions to have a look and experience these types of equipment. These kids get a great boost from these types of activities plus the parents can't believe they are having a go. This just shows how far we have come already in one and a half seasons.

As always, we are always looking for volunteers to assist on the beach. Don't be shy in getting involved, seeing the participants grow in confidence and water skills is rewarding and amazing.

We are only half way through the season but I must thank all the volunteers we have had so far this year. Without your continued support we wouldn't be providing such a rewarding program just not to the participants but Mandurah as a whole. The program is still gaining a lot of interest from the public and we get enquiries quite frequently regarding joining. This is something we should be very proud of in conjunction with our Woodside Nippers Program.

Moving forward we have some new initiatives planned so keep an eye out on the beach to see what happens.

- Tash Gollan, Starfish Nipper Coordinator



YOUTH

On Saturday 1 February a group of our club youth members went to Flip Out.

It was a great experience for the youth members of the club. We were able to have a lot of fun be it through our teamwork when we played trampoline dodge ball or when we all had slushies together.

Everyone who attended bonded and became closer as friends. We all enjoyed spending time together as a youth group. The experience has given everyone great memories and it will bring our youth group even closer together.

- Elise Gollan



LIFESAVING

Happy 2020 everyone. Just like that another Christmas has been and gone and we are only looking at another 8 weekends of patrol to go!

Thank you to everyone who volunteered over the Christmas/New Year period. We had an unseasonable wave on Christmas Day which was a nice Christmas present for anyone who managed to get on one!!

The rostered patrols are back on after the volunteer period with most teams only having two or three patrols left. Please check your members area to confirm these and if you are unable to attend please let your patrol captain know and try to arrange a substitute.

On Monday 20th January we started a new exciting chapter in regards to Lifesaving services in Mandurah with the start of a new Lifeguarding service contracted to Surf Lifesaving WA from the City of Mandurah. This now gives all our patrolling members the opportunity to become professional lifeguards on our local beaches if they wish to follow this path. It also creates another income stream for our club to work with SLSWA to supply our equipment and infrastructure for hire to carry this out. If you would like any further information on this please let me know.

Annual Team Challenge

On the 18th January 2020, 8 teams took on the MHSWSC Team Challenge. The challenge saw our members dress up in costumes to run around Madora Bay. It was a great afternoon with all teams completing the activity.

Overall Winners - Brave Hearts
Treasure Chest Winners - Blue Jellyfish
Encouragement Award - Ninja Turtles

This event will be back next season and is open to all members from U12 through to Nipper parents.

Finally, most of you should have seen the call go out for water safety members for country championships. We are expected to support the roster for the country championships in Denmark on the March long weekend. If you have the free time and can get down there, this is a great opportunity to expand your lifesaving experience on a different beach.....especially if it turns it on like last year!!! If you are interested in helping out either myself or our Director of Surf Sport, Monica, will be able to give you more details.

- Russell Price, Director of Lifesaving



GET TO KNOW YOUR FELLOW CLUB MEMBERS

NATASHA PRICE

I started at Mandurah Surf Lifesaving Club for one reason only. To get my Bronze Medallion. I stayed because I loved the atmosphere and the people I had gotten to know during the course. I had no idea that being a part of a club like this would lead me to so many experiences and provide so many opportunities.

Being a qualified lifesaver was a bonus when I applied to be a camp leader in a Canadian summer camp. I was hired as head lifeguard due to my qualifications I had gained through the Mandurah Surf Lifesaving Club.



Being young and not long out of high school, I didn't have much other experience to draw on to help me. But the responsibility I had experienced by leading an age group at nippers had prepared me enough to take on such a position in another country. It was the most amazing experience and I travelled to Canada two years in a row to do this job.

After having two years running a beach in Canada and three age groups during nippers, I realized what I wanted to do as a career. I started studying to be a teacher at Uni and became a swim teacher in the meantime. The surf club definitely helped me on my path, and I have enjoyed every minute of it.



UPCOMING CLUB EVENTS

Mandurah Surf Life Saving Club
Valentine's Day
Club Social Night
Friday 14 Feb from 6pm

WITH IPOD SHUFFLE

Come and dance the night away to the tunes of a playlist built by club members. Songs are \$5 ea and can be purchased from Victoria.

Tide's Cafe open 6-7:30pm for food
Bar open | Prizes to be won
Activities for the kids in gear shed



TIDES CAFÉ

VALENTINES AT THE CLUB

Fish of the Day Please see our menu board for tonight's selection	23.50
Chicken Parmigiana Served with a Garden Salad and chips	23.50
Thai Chicken Salad Marinated Chicken served over Salad Greens & Cashew Nut, Drizzled with Chili Lime Dressing	22.50
Steak Sandwich Toasted Turkish bread with tomato, lettuce, caramelized onion, beetroot, BBQ sauce and chips	21.50
Salt and Pepper Squid Served with chips, garden salad, tartare sauce and lemon	21.50
Vegetarian Delight Please see our menu board for tonight's selection	18.50
Kids Battered Fish & Chips	10.50
Kids Chicken Schnitzel & chips	10.50
Bowl Chips with tomato sauce	9.50

Tonight's Dessert Selection
Please See Our Menu Board

MANDURAH SURF LIFE SAVING CLUB

BRONZE MEDALLION COURSE



The bronze medallion course provides participants with the skills and knowledge of patrolling and surf awareness in order to be able to participate in lifesaving operations.

MEET & GREET 13 FEB 2020 | 6PM
MANDURAH SURF LIFE SAVING CLUB

Register here:
<https://www.trybooking.com/582767>

MANDURAH SURF LIFE SAVING CLUB



Expressions of Interest

IRB RACING

DO YOU WANT TO IMPROVE YOUR IRB SKILLS, MEET NEW PEOPLE AND HAVE SOME FUN?

INFORMATION SESSION
13 FEBRUARY, 2020 | 6:30 PM
MANDURAH SLSC

- Must hold IRB Crew or IRB Driver qualification to compete
- 15 years old to be a patient, 16 years old to crew, 17 years old to drive
- Must complete 20hrs of training under a coach
- Minimum 16 competition hours (1 Jan 19 to 31 Dec 19)

Express your interest via this link:
<https://www.trybooking.com/BIDTF>

MANDURAH SURF LIFE SAVING CLUB

EXPRESSIONS OF INTEREST

POOL RESCUE



WANT TO IMPROVE YOUR SWIMMING, TRY A NEW SPORT AND HAVE SOME FUN?

OPEN TO NIPPERS THROUGH TO MASTERS

COMPETITIONS HELD IN PERTH

EXPRESSIONS OF INTEREST VIA THIS LINK:
[HTTPS://WWW.TRYBOOKING.COM/BIDTG](https://www.trybooking.com/BIDTG)

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