



CLUB NEWS

*Mandurah Surf Life Saving Club Newsletter
March 2020*



FROM THE PRESIDENT

Wow what another couple of huge weeks for our club! Thanks again to all the seen and unseen volunteers of the club that keep the wheels turning – without you all the club does not function!

The last couple of weeks have been quite busy for all our members:

- **Woodside Nippers** has been ticking along nicely with some great attendances. We only have a couple of weeks left so if you have not been down to nippers in a while make sure we see your faces over the next couple of weeks.
- **Surf Sports** is really ramping up with our athletes busily representing our club at Smiths Beach at the Country Carnival and in Denmark at the Country Champs. The team is readying themselves for the State Championships that commenced last week with the little nippers. Well done to our newest State Champion George Ferreira winning State Gold in the U9 Flags!!!
- **Youth** – The inaugural 2020 Surf Lifesaving WA Nipper & Youth Awards will be presented on Sat 4 April 2020. Congratulations and good luck to our four finalists at these awards – you should all be very proud:
 - Niamh Connelly – Nipper of the Year
 - Phoebe Higgins – Youth of the Year
 - Sydnee Gould – U15 Youth Life Saver of the Year
 - Ruby Moogan – Youth Official of the Year
- **Lifesaving** – The season is slowly coming to a close with only a handful of patrols left. Thanks to all that have patrolled regularly this year, your service and commitment has been appreciated. I know it has been a massive year.
- **Social** – What a great morning was had by all at Secret Harbour beach at our first learn to surf class with Salt and Mantra. Whilst not all of us got to our feet there were lots of laughs and smiles the whole morning. Big thanks to Aaron from Salt and Mantra. Keep an eye out for our next one.
- **Skin Check Clinic** – You should have all received an e-mail regarding a free skin check clinic on Thu 19th and Sat 21st March at the club. If you keen don't hesitate and book yourself an appointment using the booking links below. All you need to do is bring in a valid Medicare Card and the whole service will be bulk billed!
[Thursday - 19th of March 2020](#)
[Saturday - 21st of March 2020](#)
- **Training** continues with our newest bronze candidates and IRB crew commencing their courses. Keep an eye out for heaps more coming.

Finally, as I have mentioned a number of times we are always looking for helpers and volunteers. So if you think you can help in any way please come and have a chat – I'll soon have your idle hands very busy!

- Darren Gould - President

SURF SPORTS

2020 SunSmart Country Championships & Master State Championships

17 of our club athletes and their families made their way down to Denmark Surf Life Saving Club for the long weekend to compete over 2 days.

Saturday morning our masters hit the beach, Teagan and Michael both collecting medals in their chosen events.

Saturday afternoon was our Nipper, youth and senior athletes turn. Our nippers completed their state qualification rounds in board rescue, Ironman, board race and sprints with the last 21 weeks of training paying off. Our youth and senior athletes completed their beach events with plenty of smiles all round.

Sunday morning was a cold, windy and wet one in Denmark. With all water events called off our club moved their focus to the beach events. First up the 1km and 2km beach run with our athletes taking out a top 6 place in all age groups. Beach flags was up next. In 5 out of the 6 age groups we had athletes taking out a top 3 place.

Thank you to Ewan Jones and James Benson who travelled to Denmark to provide water safety for our athletes. A massive thank you to our officials Charlotte Moogan, Victoria Higgins, Phoebe Higgins and Natasha Loisel who stepped in over the weekend to help get events moving. Without your support our athletes wouldn't have been able to compete,

Our coaching staff couldn't be prouder of our athletes and their achievements over the weekend.

Upcoming Carnivals/Events:

- Nipper State Championships – 13- 15 March at Scarborough Beach SLSC
- Senior State Championships – 28 - 29 March at Scarborough Beach SLSC

If you would like more information in regards to training, upcoming carnivals, registration for carnivals please download Teamapp and search "Mandurah SLSC Surf Sports Team to become a member.

- Monica Reinhardt, Director of Surf Sports



Master State Championships Medals

Michael Liitiaainen

- 3rd place – 35 to 39 years Beach Sprint
- 3rd place - 35 to 39 years Beach Flags

Teagan Bertoli

- 3rd place – 30 to 34 years Surf Race
- 3rd place - 30 to 34 years 2km Beach Run

Country Championships Medals

Cruz Loisel – U11 Male

- 1st place – Beach Flags
- 2nd place – Board Rescue U12 Male

Julia Liitiaainen – U11 Female

- 1st place – 1km Beach Run
- 1st place – Board Race
- 1st place – Beach Flags

Jack Wicks – U12 Male

- 2nd place – Board Rescue
- 3rd place – 1km Beach Run
- 3rd place – Board race
- 3rd place – Ironman

Milly Reynolds – U12 Female

- 2nd place – Beach Flags

Kaleb Knoetze – U13 Male

- 1st place – Beach Flags
- 1st place – Beach Sprints
- 3rd place – 1km Beach Run

William Liitiaainen – U14 Male

- 2nd place – 2km Beach Run
- 3rd place – Beach Sprints

Ruby Moogan – U14 Female

- 2nd place – Beach Flags

CJ Knoetze – U15 Male

- 3rd place – 2km Beach Run

Dylan Higgins – U19 Male

- 2nd place – 2km Beach Run



SURF SPORTS

SLSWA Sun Smart Little Nipper State Championships

What a great day our little Nippers had at Sorrento SLSC. With close to 500 athletes on the beach our little nippers had some tough competition.

Our kids showed excellence sportsmanship, resilience and dedication to the carnival. Each athlete competed in all 4 events - Sprints, Flags, Surf Race and Board Race.

Jorge Ferriera is the under 9 Male Flag State Champion, congratulations Jorge on your outstanding performance.

This wraps up our Little Nipper Surf Sports program for 2019/2020 Season!

If you are interested in getting involved please contact surfsports@mandurahslsc.asn.au

- Monica Reinhardt, Director of Surf Sports



LIFESAVING

We are now very close to the end of the patrolling season with only 3 weeks to go. It's been a relatively quiet month on the Lifesaving front, with not a lot to report on.

A big thank you to all the patrolling members who volunteered to patrol Town Beach over the Labour Day long weekend and also to Ewan and James who travelled all the way to Denmark to cover our water safety shift for Country Championships.

Please remember we are always after volunteers for water safety for nippers and the Triathlons we cover for the Mandurah Tri Club.

I will finish with some exciting news for our club. Congratulations to Sydnee Gould who has made it as a finalist for U15 Lifesaver of the Year in the upcoming 2020 Surf Lifesaving WA Nipper & Youth Awards. Sydnee has been a very dedicated member of our patrolling team this year in her first year of patrols after completing her Surf Rescue Certificate (SRC) last season. On behalf of our club we wish you the very best of luck Sydnee!

- Russell Price, Director of Lifesaving

Learn to Surf with Salt and Mantra

On Saturday 29 February a group of eager club members got amongst the waves at Secret Harbour for a Learn to Surf session facilitated by Salt and Mantra. All had a great time with most getting to their feet! Looking forward to doing this again later this year.



STARFISH NIPPERS

With only a limited number of weeks left in the season Starfish nippers is still going full force. The development of the participants has again been astounding across the season and we are looking at finishing the season off in style. We have recently purchased some new equipment in the way of body boards and larger $\frac{3}{4}$ rescue boards which will further enhance our participants skills and confidence. On a negative these $\frac{3}{4}$ boards have been delayed slightly due to the Coronavirus but we are anticipating they will turn up before the end of the season.

In addition to the above equipment the Club has also been invited to lodge a grant through the Community Grants Hub to purchase additional $\frac{3}{4}$ boards for the club. This grant has been supported by our Federal Member for Canning, Mr Andrew Hastie, so a big thank you to him in nominating our club for this grant. This valued support is very much appreciated.

In further recognition of our Starfish Nippers program MHSLSA has been invited to take part in the Peel Sport Development 2020 Forum on the 27th March. The club will be presenting our story around our Starfish Nippers initiative and the positive outcomes it has had in the community. Once again this is a great opportunity to influence other sporting clubs within our community to not be scared and to have a go towards being inclusive and running programs like ours.

If you know of someone who is interested in coming down and seeing what we do please ensure you let Tash Gollan know before they turn up. It is awesome having the interest in attending Starfish Nippers, we just need to ensure we have enough people to assist on the day if other interested parties are turning up.

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

- Tash Gollan, Starfish Nipper Coordinator



WOODSIDE NIPPERS

Our Woodside Nippers season is coming to a close with the last day being the 29th March.

Certificates will be handed out at the end of this session so please try and get there so your child receives their certificate.

The following weekend the 5th April we will have our wind up. We're changing it up a little from last season and having it at the same time as Nippers would normally be. We will start at 9am in the gear shed and have the awards, followed by a little bit of fun. I hope I see you all there!

- Fiona Kenyon, Nipper Coordinator



MANDURAH SURF LIFE
SAVING CLUB

CLUB SOCIAL NIGHT

BEACH CARNIVAL

Fri 20 Mar 2020

Registrations from 5:30pm
San Remo

BEACH EVENTS

1 AND 2 KM BEACH RUN, FLAGS & SPRINTS
EVERYONE WELCOME TO JOIN IN - NIPPERS,
YOUTH, SENIORS, PARENTS

SAUSAGE SIZZLE

BAR OPEN



UPCOMING CLUB EVENTS

- Club Social Night with Beach Carnival - Fri 20 March
- Parent Iron Race - Sun 29 March
- Nippers Wind Up - Sun 5 April
- Club Awards Night - Sat 9 May



We need volunteers for the following sausage sizzles:

Club Social Night

Friday 20 March - MHSLS club

Bunnings Sausage Sizzle

Saturday 11 April - Bunnings Mandurah

If you are able to assist for an hour or two, contact
Irene marketing@mandurahslsc.asn.au

Mandurah SLSC Interclub Carnival Friday 20th March 2020 PROGRAM OF EVENTS – Manudrah SLSC

TIME	Carnival Organiser: Monica Reinhardt	
5:15pm	Officials, Age group managers and Arena Coordinators Briefing	
5:30pm	500m, 1km and 2km Beach Run - Marshalling	
5:45pm	Beach Run	
	Flags Arena Referee: TBC	Sprint Arena Referee: TBC
6:00pm	U/6 Flags U/7 Flags U/8 Flags U/9 Flags U/10 Flags U/11 Flags U/12 Flags U/13 Flags Youth Flags Open/Master/Parents Flags	Open/Master/Parents Sprints Youth Sprints U/13 Sprints U/12 Sprints U/6 Sprints U/11 Sprints U/10 Sprints U/7 Sprints U/8 Sprints U/9 Sprints

Follow us on Facebook <https://www.facebook.com/MHSLSC/>

Check out the calendar on our website <https://mandurahslsc.asn.au/calendar/>

FIRST AID TRAINING FOR MEMBERS AND CORPORATIONS



**HLTAID003
PROVIDE
FIRST AID**

28 March 9am - 4pm
at MHSLS Club

Free to club members

Register via this link
<https://www.trybooking.com/609495>

20 spots available
Registration closes
14 March at 5pm

This course is delivered
by Surf Life Saving WA
(RTO: 51104)



MANDURAH SURF LIFE SAVING CLUB

CORPORATE FIRST AID TRAINING

On-site delivery for any organisation's first aid training needs

**ARE YOU INTERESTED? EMAIL
EDUCATION@MANDURAHSLSC.ASN.AU
TO ENQUIRE AND BOOK!**

Courses can be tailored to suit the requirements of the industry & organisation, ensuring participants receive maximum benefit from the training. We come to your venue at a time and date most convenient for your workplace

FIRST AID TRAINING

***On-site delivery to suit your
organisation's first aid training needs!***

Courses on offer:

- HLTAID001 - Provide Cardiopulmonary Resuscitation. 4hr course. \$62/person
- HLTAID001 - Provide Cardiopulmonary Resuscitation - refresher. 2hr course. \$56/person
- HLTAID003 - Provide First Aid. 7hr course. \$150/person.

In addition we offer the following community courses:

- Community Surf Rescue Certificate. 7hr course. \$120/person
- In School Community Surf Rescue Certificate. 7hr course. \$53/person.

*Organisations are charged for a minimum of 8 participants.

Visit www.mandurahslsc.asn.au for more information about our club
Enquiries: education@mandurahslsc.asn.au

