

## Shellharbour Surf Life Saving Club August 2009

Welcome one and all to the 2009-10 season.

### AGM and Club Committee

The Club Annual General Meeting was held on the 21<sup>st</sup> June 2009. The elected Club Management Committee is headed by President Dene Herbert, Terry Barton Vice-President, Dana Richards Secretary, Bruce Kejda Treasurer, Sandy Rose Club Captain, Wayne Cavanagh JAC Chairman, and Paul Schloeffel Chief Training Officer. Dene thanked everyone for their support over the year, with a special mention to Chris Troutman who has stood down after 13 years as Treasurer.

### Club Presentation Night

A successful and enjoyable Presentation Night was held in May at Warilla Bowling & Recreation Club. Thanks to Sharon Rose, Dana Richards and Sandy Rose for their organisation for this event. The highlight of the night was Wayne Cavanagh winning the Club person of the year. A list of all the award winners appears at the end of this newsletter.

### Branch Presentation Night

The South Coast Branch Presentation Night was held at Berry also in May. Shellharbour had many members nominated for the awards and were successful in most cases. The highlight of the night was Wayne Cavanagh winning the Branch Lifesaver of the Year and Rhys Burton winning the Under 19 Lifesaver of the Year. A list of all the award winners appears at the end of this newsletter.

### Bendigo Bank Sponsorship

The club recently approached Bendigo Bank with a proposal to assist with the funding of the clubhouse extensions. As a result Bendigo Bank has agreed to a large donation to the building costs with a further funding

by the way of interest free loan. The club committee and members are very thankful for this generosity.

### Extension and Renovations

The Club Committee has agreed that we are now in a position to start with the extensions and renovation to the club house. The quotes from the building companies were well over the funds that the club had acquired and saved. Now that the Seaspray lease for the next 3 years and a further sponsorship from Bendigo Bank have been secured we are ready to go. A working bee was held recently to relocate all gear and equipment into containers. Thanks to all who helped out.

### Patrols

The club will now be patrolling North Beach at Shellharbour each Saturday, Sunday and public holiday from 9am to 5pm in the coming season. To do this we have increased the number of patrolling teams from 10 to 13. All patrol members will continue to have 44 hours each to patrol over the season. There will be no patrols at South Shellharbour this season. A patrol roster will be on the website soon. Patrols start on Saturday 3<sup>rd</sup> October.

### Upcoming events

22-23 Aug Club Presidents Conference  
29 Aug Surfguard Training Day, Nowra  
30 Aug Club Captains/ Patrol Captains day at Shoalhaven Heads  
19 Sept RSA training day 9am – 4pm  
19 Sept SLSNSW Endurance Champs  
20 Sept Registrations – see below  
20 Sept Gear Inspection  
21 Sept Branch AGM  
26 Sept Officials course  
27 Sept Registrations – see below  
3 October Patrols start

### Registrations

Patrolling members are reminded that they need to pay their fees and complete the club

membership forms during September at the beach. Registrations for juniors will be held on the September 20<sup>th</sup> at Leonie's Swim School and on 27<sup>th</sup> September at the beach. Registration, child protection forms and other forms are available on the club website.

### **Lifesaving Awards - Bronze Medallion & Surf Rescue Certificate Courses**

Training for these and other courses will commence at the beach once the season gets underway in early October. Contact Chief training officer, Paul Schloeffel if you wish to do your SRC, Bronze Medallion or any other award. If you have one or both of these awards then ask Paul about other awards that can help you become a better surf life saver. Other awards include, Advanced Resuscitation, Senior First Aid, Beach Management, IRB Driver, IRB Crew etc, etc.

### **Coolangatta Gold**

Once again the team of veterans, Paul Schloeffel, Ray Hobson, Dean Boyton and Greg Robinson will be competing in the team event at the Coolangatta Gold on the 18<sup>th</sup> October. Good luck guys.

### **World Masters Games**

A number of senior competitors have been training for the World Masters Games at Manly in October.

### **John Swinton - Osteopath**

John will come to the club championship Sundays throughout the season. He is able to assess and treat children and adults with musculoskeletal problems. Because he essentially uses gentle techniques age is not a barrier, although, if a member needs a robust/active approach he can usually accommodate. On those Sundays he will be available from 9am until 11.30am. John's practice locations are Monday at Barrack Heights Medical Centre- Captain Cook Dr; Ph 42959950, or Tuesday, Wednesday, Thursday and every second Saturday at 58A Terralong Street, Kiama

(above the barber shop in Shoalhaven Street),  
Phone 42322814 or mobile 0413 804 526.

### **Mathew Bourke**

By now I guess most of you have heard about the tragic death of one of our club members, Mathew Bourke. Mathew was on motor cycle with his dad and fell off suffering fatal head injuries. Mathew was only 18 years of age.

There was a strong representation from Shellharbour SLSC at his funeral proudly wearing our Patrol shirts.

Mathew was quiet and unassuming. He was very polite and he just got on with what had to be done when on patrol or competing for/at our club.

His patrol uniform, patrol cap and club cap were on top of his coffin. This is a true indication of how much he enjoyed being at the surf club and on patrol.

### **Official's course**

Dene Herbert is running a course on Saturday 26<sup>th</sup> September for anyone who is interested in being an official. The course will take about four hours and is easy to do. At carnivals such as Sydney Water and the Country Championships we need one official for every 10 competitors. Officiating is not hard and you get to see the competition up close. So let Dene know if you are interested.

### **Foreshore Upgrade**

Shellharbour City Council has sent plans of an upgrade of the foreshore around the clubhouse. At this stage we do not know when this will be done.

**If possible we would like our members to support those that support us.** Oak Flats Community (Bendigo) Bank, Shellharbour Workers Club, Warilla Bowls & Recreation Club, Notts Smash Repairs, Transfield Services, Telstra, Kel Campbell P/L, Ray White – Shellharbour City, BJ Love Financial Services.

2008-2009 South Coast Branch SLS Award  
Nominees

Junior Nipper Competitor Male – Jai Field \*  
Female – Keeleigh McCauley \*

U/15 Competitor Female – Zoe Elketon  
U/17 Competitor Male– Luke McKay

Senior Competitor female– Kate McKinley

Masters Competitor male– Steve Ballard #  
Female – Jo Helson \*

Team of the Year  
U/15 Female Cameron Relay  
U/15 Female Beach Relay

Coach of the Year Wayne Cavanagh \*

Club Event of the Year - Australian IRB  
Championships at Shellharbour SLSC\*

Competition Official Dick Plummer \*

Assessor of the Year Trina Jensen

Training Officers, Dana Richards, Trina  
Jensen, Paul Schloeffel, Wayne Cavanagh,  
Lincoln Jackson, Ros Lucas, Lauren Helmer,  
Laura Elkerton.

U/19 Lifesaver Rhys Burton \*

Surf Lifesaver Wayne Cavanagh \*

Club Administrator Carol Tyne \*

Junior Age Manager Daniel Tiyce \*

Juniors Volunteer Wayne  
Cavanagh

\* **Winner** # **high  
commendation**

Shellharbour SLSC 2008-09 Annual Awards

Club Championships  
Under 15 Female 1<sup>st</sup> Karri Ryan 2<sup>nd</sup> Chelsea  
Flood 3<sup>rd</sup> Alex Westlake  
Under 15 Male 1<sup>st</sup> Nathan Watts 2<sup>nd</sup> Jayden  
Gaston 3<sup>rd</sup> Kyle Miller-Duncan  
Under 17 Female 1<sup>st</sup> Sasha Ryan 2<sup>nd</sup> Jessica  
Guthrie 3<sup>rd</sup> Rachel Hobson  
Under 17 Male 1<sup>st</sup> Luke McKay 2<sup>nd</sup> Ryan  
Gaetani 3<sup>rd</sup> Matt Coltman  
Under 19 Female 1<sup>st</sup> Courtney Greathead  
Under 19 Male 1<sup>st</sup> Rhys Burton 2<sup>nd</sup> Troy  
Oldroyd  
Veteran Female 1<sup>st</sup> Dana Richards 2<sup>nd</sup>  
Joanne Helson 3<sup>rd</sup> Karen Keeling  
Veteran Male 1<sup>st</sup> Darren Lee 2<sup>nd</sup> Paul  
Condron 3<sup>rd</sup> Steven Ballard  
Open Female 1<sup>st</sup> Lauren Helmer 2<sup>nd</sup> Sasha  
Ryan 3<sup>rd</sup> Rachel Hobson  
Open Male 1<sup>st</sup> Darren Lee 2<sup>nd</sup> Paul Condron  
3<sup>rd</sup> Steven Ballard

Perpetual Trophies  
Warilla RSL Sub Branch Trophy – Junior  
U15-U17 Incentive Award – Chelsea Flood  
& Jayden Gaston

Frank Masterioni Memorial Trophy  
Most Improved Junior (U15-U17) – Alex  
Westlake & Kyle Miller-Duncan

Club President's Trophy  
Competitor of the Year – Joanne Helson

Club Champion (Competitor) of the Year –  
Sasha Ryan

Colin Hollis Trophy  
Patrol Captain of the Year – Chris Kimber &  
Wayne Cavanagh

2009 Club Person of the Year –  
Wayne Cavanagh