

# Shellharbour Surf Club Oct/Nov 2009

## Back on Beach and raring to go!

Welcome everyone, both old and new participants, to the 2009-2010 surf season.

We are a committed family friendly club with our main goal of keeping your children safe and having fun in the surf. This year we have approximately 600 club members, some of these being associate and active patrol and competition members. We have been going from strength to strength in membership and competition in both sectors of our club.

For those newer to the club, there are many aspects where you can assist your own children to become surf safe.

1. Get to know your age manager.

These are very committed members who volunteer their time and skill to your children. Please help them to help you by offering to learn how to set up and run the different events, there are



U11 kids and their Age Manager Martin Wells getting ready for boards . (WK 2)

ways senior club people around to ask for help You can then help your child get slightly better each week.

2 Beach set up

If you are able to, arrive early or stay a little later to set up the beach activities. This takes the pressure off other committee members.

are held prior to Christmas.

They have all the same disciplines trained for on club days, swimming, boards, flags, sprints, wades, iron-man, swims and relays.

Here the children get to compete at a higher level against Sydney and Illawarra Clubs. It is still a lot of fun and a very well run day. Anyone is able

3. Help in the water

Be ready to join your child in the water, or running on the beach. You will have a new appreciation of how hard it is to swim or board in if you do it yourself . I know I did !They also feel more capable if you are nearby and are ready to support them no matter where they come. Celebrate the baby steps,

## Sydney Water—competition starts.

Every year Sydney Water sponsors a surf lifesaving competition around the Illawarra.

For the uninitiated this is an inter club competition held on Saturdays. Any child U8 up is able to enter, but they must be able to participate in 3/4 days to make the fees worthwhile. All of these carnivals

to compete in one or more events if they choose to.

So if your child is looking for an extra challenge talk to your age manager about them competing next year. Be prepared—the circuit starts in OCTOBER.

GOODLUCK TO ALL THOSE INVOLVED THIS SEASON , SENIORS AND JUNIORS.



Issue 1—2009.

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## Leader of the pack .....Club President

We are very lucky to have a dynamic Club Management Committee and Junior Activities Committee to keep our club running smoothly.

It is our aim for you to get to know the key people so if you have questions, ideas or just want to join our merry band you feel comfortable to approach anyone of us about anything club related.

Our Club President is

**DENE HERBERT** an excellent leader who has ( with many others) pushed for our clubhouse to be renovated and re-

built. Hence our demolition site at the moment. We hope to have our new club house , complete with second storey ocean views by late January, February.

Dene also runs **Officials courses**, another one of the many important roles in our club. This enables us to compete in carnivals for all our nippers and senior members. The course runs for about 4hrs and is extremely worthwhile, as you learn a lot about how events are run and how each section is judged. Without enough officials we cannot compete as a CLUB. For more info email Dene on .....



**Dene Herbert - cutting the farewell cake prior to demolition day.**

## Cool Cavo revves up the Kiddies

Meet the heart and soul of our Nippers club. If you have anything to do with nippers you should know this man. He is a legend at Shellharbour with his unwavering passion and support of all things nipper related. He inspires all of us to "Do it for Cavo".

**Wayne "Cavo" Cavanagh** is our fearless **Junior Club Chairperson, and Branch Representative.** This man has more qualifications than Woolworths has stores. Most recently he has been training for his jet boat qualifications.

He is often found rounding up the kids on boards and in swim areas keenly giving any age group pointers on how to ride

the waves and have fun. He makes time to give your young'in a high five or how you going' mate whether it's their first or five hundredth time in the water. Proud of every little achievement, the kids beam when they see him pass. Parents if you listen you learn a lot too !

Cavo is often at the microphone imparting messages on a Sunday morning about up and coming events, and letting parents and kids "know the drill" of the morning.

If your child is a **little hesitant on boards** we have a keen group of dads and senior clubbies to teach them on **Saturdays (9am)** at the beach.



**Cavo ready and raring to go at any opportunity.**

Or for those more daring and proficient come to **Wed arvo 4:30 at the beach with Cavo** but be prepared to work hard !!

## Keeping the club moving .....

**As everyone knows, a club is only as good as the team of behind the scenes organisers.**

For our club these include the Secretaries, Treasurer's, Registrars, Gear stewards ( people that look after boards and clothes), and behind the scenes coaches. We are gifted to have many great people in these positions..... But some of these people have been doing this for a LOOOONG time ... so if you have some time and talent we would love to ..... Mentor you into some of these roles and keep our club strong and fun.

So get to know who is who .....

**Secretary ( Senior)—Dana Richards ( junior ) -Tracey Freeman.** Both of these ladies are amazing, they patrol, compete, organise, teach. You name it these ladies have probably done it.

**Dana** is a highly accomplished ocean swimmer, with family all involved in nippers as she has been all her life. You will find her in an orange water safety vest or giving tips to our swimmers. She is also the club trainer for our senior first aid course.

**Tracey** is wearing three hats this year Junior Secretary, Senior Publicity Officer, Age Manager U12's ( red and white



**Left Dana Richards Club Secretary Right Marie Guthrie Junior Treasurer**

caps). With a family all involved in nippers and her normal family/work/ volunteer commitments, we find her swimming/ running/boarding with her group or raising funds for our club to be rebuilt or organising fundraising drives so we can buy boards, buoys and equipment for your kids.

So jump on board and help our club anyway you can. Fundraising ideas are always welcome.

**Treasurer** what an unsung job ... but a crucial part of any organization. **Maree Guthrie** is our current junior treasurer she has been in this role for several years and her kids are nearly finished nippers and so we are looking for a fresh face, to be mentored by this amazing person.

Maree can be found counting coins behind the scenes at any event or taking registrations with her trusty sidekicks the registrars of our club in the boat shed.

**Bruce Kejda is our Club Treasurer**, taking over the reins this year from our long serving Life Member Chris Troutman, who did the job for 11 years and has done an enormous amount keeping our club balanced, particularly with the building project. Our ready for anything **Registrars** are always up for a challenge.

This important job means we can all be safe, insured, and competing on the beach in all carnivals. This job is really big at the beginning of the season when



**Above -Michael Flood—Gear Steward, Below—Carol Tyne—Club registrar.**

we all sign up for membership and then whenever a carnival is on these ladies are in full swing ensuring everyone is eligible for competition.

Most if not all of

regularly. Carol often helps with age groups when managers are away & can be found answering questions about competitions, taking names, or giving invaluable advice.

This year we welcome **Cate Crowe** into the registrar fold learning the junior ropes from Carol. She has big shoes to fill but with a beaming smile and a never say die attitude she will capably learn this role and keep everyone rolling along.

The **Gear stewards** are the people in our club who organise craft and clothing, for all our seniors and juniors. **Michael Flood** is our junior gear steward. If you need a board, or want to know about our subsidy program for buying your own board, please head to Michael. Our ever popular board hire for U9's and U10's, is available this season for \$200 ( \$100 back at end of season) Michael will be available this Sunday at nippers. (1/11/09).

We welcome **Kerry McEwan** to the soft gear job. Any clothing that you may want/need to purchase is from this lovely lady. She is generally found at the boat shed BEFORE nippers each Sunday morning.

us would know this familiar face .. **Carol Tyne** has been senior, junior and all round club registrar for a number of yrs. She has her bronze medalion and patrols



## Age managers in focus



**U/6 -Terry Wells**

Terry is a parent in this group and has volunteered to work with these youngsters. Wild and crazy they will have a lot of fun with him in the purple people eater caps based on the Southern side of the beach.

people eater caps based on the Southern side of the beach.



**U/7—Shane Grenfell and Jason Pendlebury**

Our two brilliant managers here have a lot of fun on the sand ..

Who ever imagined that the kids could learn so much. The Lime green larrikins will have you and your kids in stitches each week enjoy being stationed on near the rocks and get in and have fun.



**U/8 Andrew Freeman**



Well they gave this group the red caps for a reason. When Andrew rolled into surf club to be with his youngest anyone could be forgiven for thinking he is the biggest kid of all. The raging reds will be learning all about competition this season and having a hoot doing it.



**U9 Peter Stacey**

Pete is new to this role but super enthusiastic and equally wacky. Louise and Kelly, last year's talented leaders are still on the sidelines help-

ing out. But Pete who joined our Club last year, who has his Bronze and is patrolling, is all inspired to rock on the boards with U9's. They have a big leap this season with boards and the big swim .. So it's a bit daunting. We are all sure with the great parents in tow the U9 light blue caps will WOW all of us.

**U10 Dean and Michelle Boyton.**



These married marvels have the U10 moving like a well oiled machine. Both Dean and Michelle have their Bronze

and Patrol every month. Dean is one of our senior competition stars, so look out U10's. With the magic maroons consolidation in all the water areas is a priority. We look forward to seeing you paddle with the dolphins later in the season.

**U11's Martin Wells**



Martin has been with this group from day one and has led a large group from the start. He holds his bronze, IRB driver and patrols regularly. A keen manager, this group are often off the beach last because

they are so eager to learn they wont let him go !!! Lime and black caps.-This year they graduate to fiberglass boards, board rescue and the .... IRONMAN. We can see lots of long paddles ahead.

## Age managers in focus



Kerry McEwan—Soft Gear Steward



**U12 Tracey Freeman and David Bunt**

These two talents have guided their group from

day one. These red and white dragons of the surf move onwards with their skills and many competing in the R and R competition. This group defy common practice and seem to grow instead of shrink when it comes to groups as they get older. Must be the phenomenal teaching and encouragement, as both swim and board with the newbies. These 2 are always laughing and having fun Go U12's.



**U13s Daniel Tyne and Bernadette Miller-Duncan**

This tall, lanky leader and his delightful offside have the amazing task of teaching the under 13's. But for Daniel, this is a piece of cake, after having competed in these disciplines himself. With a smaller group but lots to learn you can see the green caps cruising out the back ... paddling from Cowries and back with infinite ease .... Some can do their Surf Rescue Certificate this year and are great role models for our juniors.



**U14's Ray Hobson**

Ray has been with his youngest in this group from the start. He is ever the encourager to young and old. A committee member as well as group leader he has

a big task leading the U14s through their SRC which then leads to the Bronze and patrolling and becoming a competing member of the senior club. A big year for this small band of older nippers, it is their last year and we should be getting all our kids to look up to these fine young athletes whether they are there for service and/or competition. These are great role models for our young nippers.



Freelite Aluminium & Glass  
Illawarra Line Dancers

## "Go Harbour" at the World Masters, Coolangatta Gold & Fiji

NEVER TOO OLD ... could be our club catch cry when you see and hear about the Senior section of our club.

Many of our patrolling members also compete in their own club championships, Senior Sydney Water competition, Country, State, National and International competitions.

Very recently ... 2 weeks ago. Several of these exceptionally talented adrenaline junkies, went to Sydney with a couple of Warilla lads to compete in the International .... World Masters Competition.

Each of them competed alone and paired with others in a range of Surf Disciplines such as Flags, swim, Iron Man, 2km beach run, sprints, board rescue, relays,

As with anything these competitors do they put in 110% and reaped the awards of a swag of medals in all different colours. But even more incredibly at least one for each person.

We would like to congratulate Peter Stacey, Rob Ryan, Dana Richards Jo Helson, Steve Ballard, Darrin James, Darren Shaw and Sharon Rose.

Just two weeks later a small contingent of Shellharbour vets made their way to the Gold Coast for the Coolangatta Gold teams event. The "3 Men and a Dugong" team did Shellharbour proud—improving their times from last year (and we understand there was no vomiting at the end this time! Congrats to Ray Hobson, Dean Boynton, Greg Robbo & Paul Schloeffel—just for doing it!!!!

Well done to Dana Richards for waving the Shellharbour flag in the Fiji 10km Ocean Swim!



Surf Rider Caravan Park



## Saving Lives ... in more than one way.

Each year the Surf Life Saving movement has a raising of the flag at the beginning of the year. This is an important milestone to mark the beginning of the up and coming Surf Lifesaving season.

This year at our club we had a new event to also mark the beginning of the club season.

A small but committed group braved the early morning and grey cloudy sky's to meet on the beach and dedicate the season to God. Peter Stacey led us in a beautiful service praising and recalling the strong links between both the church and life saving. Both are there to help you when you least expect it, but might really

need it.

We all enjoyed some lovely prayers, whale watching, singing, sand creations and then stayed for friendship and pancakes for breakfast on the beach.

Pete and crew will be holding another beach service just before Christmas if you are interested in coming along

He can also be found walking/running on the beach, Hanging with his Girls ( wife Judy and 4 daughters) or leading the U9 nippers.

**Peter Stacey leading the dedication service.**



## Super Special Coaches

We have a number of amazing other extra-curricular coaches at our club. **Dick Plummer** has been guiding the **March past** teams for as long as anyone can remember. He is also in charge of the **R and R** ( what's that I hear you cry) **Rescue and Resuscitation, a team of 2 ( age U10-13)** participate in this essential life saving event. As the name suggests they imitate the CPR procedure. Last year we had young teams medal in this event. If your children are interested, find a partner and email Dick. He is available for individual coaching.



**Sprint training** is for all members of any fitness level. Based at Kings way MON, WED, FRI. and ran by Darrin James. 4pm most days. See the website for details.

**A fitness training group** meets Tues and Thurs at the clubhouse. All are welcome

5:30 start.

**Senior Cyclists** Brave an early start to ride around the Illawarra before nippers ... a 7 am start . These leery larrikins in flouro ( for safety ) look fabulous all decked out ready to ride to Kiama, round the lake, Albion Park and many more adventures.

If you feel like joining this band of fun fitness fanatics, catch them at the club car park at **6:45am most Sunday mornings**, you can't miss them !!!

## Celebrations at end of year.

At the end of each season, as all clubs do, we have a presentations day. Last Season we enjoyed the sunshine in front of the club house to celebrate each child's personal and collective achievement.

Some, like Zoe Elkerton needed a truck to carry home her well deserved swag of awards and recognitions and others re-

ceived their first ever medal to remind them of how far they have come in a season.

Be that their first swim, conquering the cans, braving and battling the boards in all conditions, or just never giving up whatever they do. Here are a selection of images from this wonderful day .. Stick with us and we'll be celebrating with you too !



### Lost Property

Anything that is left on beach, after nippers or even at other training times is collected and left in the Boat Shed.

**Please label everything**, or check in the boat shed in the new lost property tub.

### Exchange/ Sell/ Wanted to buy.

If you would like to sell, buy or exchange surf club equipment ... perhaps post it in this space. Email me at

sharonhayman@hotmail.net.au

### Nippers Notes

Sunscreen fundraiser

**Over due NOW !!!**

Hand in to Tracey or your age manager ASAP.



### Club Championships

Coming soon ...

**Sippers**—a chance to have a meet and greet with all club members and kids—after senior champs.. All welcome.



### BBQ—Coffee Van

The coffee van will be available each week.

Most weeks there will be a BBQ run by some of our dedicated parents as a fundraiser.



### Bronze Course

This is run about 3 times a year ... **Nov, Jan then March.** Each take **4-5 wks** and is a fantastic way for you to assist your children. Once you have your Bronze you can patrol, compete and be involved in water safety on a regular beach day.

We have a number of club trainers. Keep an ear out for sign ups if you are interested or see Paul Schloeffel.

**FIND US ON THE WEB**

[www.shellharboursurfclub.com](http://www.shellharboursurfclub.com)



## The BIGGEST fundraiser .....Appeals Day

As always, non-profit organizations, like our club, look for innovative and interesting ways to advertise and raise funds for themselves.

Our **first fundraiser** is the sunscreen promotion—very appropriate. This is where we get \$2 of the \$6 per item towards the club. Leading this initiative is Tracey Freeman, so if you would like roll-on, tubes or after-sun lotion ... a must when you forget to re-apply (oops)... please order ASAP either from the website or the leaflets handed out on rego day.

Our **second** and probably most crucial is **APPEALS DAY**. This event has been a stalwart of the club over the years raising an enormous amount of money for our

growing club.

We hope to raise even more money this year with **YOUR** valuable help. Appeals day is on **SATURDAY 7th NOVEMBER**. We have many different locations requiring a pair of hands, rattling tins in a door knock or at stations in/near local Shopping centres. We welcome an hour, half a day or bring the family and rotate the whole day. This is a great social event as well as an opportunity to teach by example the value of a social conscience or supporting the community.

If you are a patrolling member or one that has any club attire (hat, shirt etc) please don it or perhaps dress in our club colours (& cute kids in caps always brings more funds!)



**Attention!** all SSLSC Members...Please help raise vital funds for our club on Appeals Day, Saturday November 7<sup>th</sup>.

Wear patrol or club colours and turn up at the club boat shed at 8.00am to be assigned a bucket and a local zone to cover.

We also need members to cover the usual donation points during the day.

Please contact Cavo on 0412052675 or 42969794 for enquiries

This newsletter courtesy of your Club Publicity Officers—Junior—Sharon Hayman; Club—Tracey Freeman

[www.shellharboursurfclub.com](http://www.shellharboursurfclub.com)