



# Stingray News

October 2018

UMINA SLSC – OCTOBER 2018

## Congratulations to Bob Powell

Congratulations to our very own Bob Powell who was awarded Life Membership of Surf Life Saving Central Coast, Bob has devoted decades to Surf Life Saving, in particular the training and education section where he is a current member of the SLSCC Board of Education, a position he has held for over 10 Years. He has contributed a significant amount to Lifesaving at both Club and Branch level and are extremely deserving of the honour bestowed upon them at last week's SLSCC AGM.

Well done Bob on this deserving recognition.



## Forster Carnival

Over the October long weekend we had a group of Nippers & parents head up to Forster for the Weekend of Surf. This is a Fab weekend of fun check out our Facebook page for all the shenanigans. Umina came 4<sup>th</sup> overall.



### Coolangatta Gold

Umina SLSC had 5 athletes competing in the Coolangatta Gold last weekend. Lachlan, Gary and Dean in the short course which ran on Saturday & Mick and Jenni in the long course on the Sunday. Conditions were tough but they all came through with great results.

Well done everyone.

Results can be found on Umina SLSC communication forum Face book page.



### Pool rescue- NZ Champs

Congratulations to the Umina competitors competing for NSW at the NZ pool Rescue Championships. They competed over 2 days & did well in the U18 Champs. Kaylah Holmes was awesome with gold in the 50 Manikin carry & line throw, silver in 100m Rescue Medley and bronze in 200 obstacle, gold in medley relay.

Lachlan Braddish grabbed a bronze in 50m fins (4x top tens) and teamed up with Blake Hessel to win a silver in the medley relay. Blake did a great job with 6 top ten placings. Kirsten Miller did really well in her events with personal bests and just missed a bronze in a relay event. A great experience for them -Richard



**Envirobank**

Our Envirobank cage located near the carpark area, please feel free to bring your empty bottles for recycling, all profits are donated back to the Surf Club. Keep up the good work guys!

We will keep you updated on dates for collection but at the moment collections are the 1st and 3<sup>rd</sup> Sunday of the month. The orange recycling bags are available from the surf club.



**Uniform Shop**

Umina SLSC now have all stock on our website so go and check out our new gear which can be purchased from Julie and her team this Sunday morning at Nippers- we will post season opening times on the website.

**Fundraising-Ocean Beach Hotel**

Our meat raffles are off to a flying start thanks to Stuart Graf, Stay posted Facebook for raffle roster. These raffles will help the club immensely with much needed funds to support our Club. Please let us know if you can help out.



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**Raising of the Flags**



**Raising of the flags with our Umina Rookies at North Avoca Surf lifesaving Club.**

**Important Dates**

2018/19 -General meeting dates-  
 7<sup>th</sup> October  
 17<sup>th</sup> December  
 18<sup>th</sup> March  
 23<sup>rd</sup> June AGM



**October Patrols**

<b>Date</b>	<b>AM</b>	<b>PM</b>
<b>20/10</b>	<b>12</b>	<b>3</b>
<b>21/10</b>	<b>8</b>	<b>7</b>
<b>27/10</b>	<b>2</b>	<b>6</b>
<b>28/10</b>	<b>13</b>	<b>10</b>

**October Kitchen/Sips roster**

<b>Date</b>	<b>Kitchen</b>	<b>Bar</b>
<b>21/10</b>	<b>Patrol 1</b>	<b>Team I</b>
<b>28/10</b>	<b>Patrol 2</b>	<b>Team F</b>



## Umina SLSC Nipper's Training Schedule & Carnival Dates

### TRAINING SCHEDULE

\*\* Please note that this training schedule is in addition to normal nippers on a Sunday morning  
\*\* Training is mainly aimed at those who intend to compete at Carnivals.

**Ironman Sessions:** Monday 5pm-6pm.  
Invitational  
This is targeted at Nippers who compete at specific Ironman Carnivals

**Beach Training:** Monday 5pm-6pm  
All Age groups are invited

**Board Training:** Tuesday & Friday 5-6pm  
Surf swimming skills will be incorporated with the Board training

**Swim Endurance:** Thursday 6-7pm  
(U8 & U9's only)  
Held at the Peninsula Leisure Centre  
*Please note that Umina Surf Club does not provide swim coaching.  
It is the parent's responsibility to arrange private swimming lessons.*

**March Past Coaching:** Sunday from 7.30am

**R&R:** Day to be confirmed

### LOCAL CARNIVAL DATES (including Branch & State Titles)

Date	Location	Carnival Type
Sunday 04 <sup>th</sup> November 2018	Umina Beach	Local Junior Carnival (U8-U15)
Sunday 02 <sup>nd</sup> December 2018	Terrigal Beach	Local Junior Carnival (U8-U15)
Sunday 20 <sup>th</sup> January 2019	Toowoan Bay	Local Junior Carnival (U8-U15)
Sunday 03 <sup>rd</sup> February 2019	Soldiers Beach	CENTRAL COAST BRANCH Junior Carnival (U8-U15)
Friday – Sunday 01 <sup>st</sup> March – 03 <sup>rd</sup> March 2019	Blacksmith's Beach	NSW STATE TITLES Junior Carnival (U9-U15)



## Our Sponsors

Without support from local business and other organisations and individuals, we would not be able to survive. Please support and recognise our sponsors as they support us.

### Platinum Sponsors



**Ocean Beach Hotel**  
HOMEBROOK PTY LTD



Gold Sponsors	Silver Sponsors
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Central Coast Surf Life Saving	Scape Constructions
Deepwater Plaza Ability Links	Stickygreenfrog Graphic Design Everglades Country Club
Blue Steel Lysaght	Jordan Air Services Pty Ltd
6s Physio	Specsavers

We are a level 3 Good Sports Club



## Umina Surf Life Saving Club

Dress & Conduct Code  
Upstairs Function & John Sharpe Area

### Dress

**Neat and Tidy attire to be worn at all times by all.**

Please remove all sand before proceeding upstairs.

Footwear to be worn at all times upstairs

No wet swimwear / clothing to be worn upstairs

### Conduct

No running in the upstairs function area.

No bikes, skateboards, scooter or boards upstairs

No ball games upstairs

**Children under the age of 12 must be under parental control.**

**Directors and Management of Umina SLSC**



## Umina SLSC

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Office Hours – Monday > Wednesday > Friday from 9am – 3pm



