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27th February 2015

NEWSLETTER



2014-15 Newcastle Permanent Junior Lifesaver of the Year ...

Surf Life Saving Central Coast were immensely proud to announce **Bronte Smith** from **Umina** and **Matthew Douglass** from **MacMasters Beach** as winners of the **2014-15 Newcastle Permanent Junior Lifesaver of the Year**.



The announcement was made at Terrigal Beach on Sunday 15th February 2015 in conjunction with the SLSCC Junior Branch Championships. SLSCC Member Services Director, Aaron Camp, said "the Newcastle Permanent Junior Lifesaver of the Year is a prestigious program that greatly contributes to the development of youth members within our surf clubs." "Newcastle Permanent is to be congratulated on their support to this program as it contributes directly to ensuring the future of our 15 clubs and hence ensures the safety of the bathing public in the future." Bronte and Matthew will now represent SLSCC at the SLSNSW Junior Lifesaver of the Year camp to be held in Narrabeen from 7-10 April 2015. We wish them both the very best of luck and know they will represent their clubs and the branch with great pride!

Congratulations...



Once again a number of SLSCC talented athletes have hit the headlines recently with the latest being **Brad Woodward** from **Shelly Beach** who has just been named the **Central Coast Express Sports Star of the Year**. Brad emerged victorious on top of an

exceptionally talented field of nominees and due to his success in Pool events, Open Water Swimming and Surf Life Saving. Brad certainly has a bright future ahead of him and we wish him all the best. Well Done Brad!

Welcome new Director - Jane Davis...



SLSCC would like to warmly welcome **Jane Davis** from **Ocean Beach** who has successfully taken on the role of **SLSCC Director of Education**. Jane is well qualified for this position and will certainly add great value to SLSCC. Jane has been a member of the Ocean Beach SLSC since gaining her bronze medallion in 1997 and has spent a total of 5 years as the Director of Education for Ocean

Beach SLSC. She has been awarded the SLSCC Trainer of the Year for the past two seasons and in 2000 was named the SLSCC Lifesaver of the Year. Jane has also recently completed her Masters of Education – Primary School Teacher, which will no doubt also assist her in her volunteer role for SLSCC. Jane is extremely enthusiastic about the role and working closely with the SLSCC Board of Education. We wish her the best of luck and look forward to working closely with her over the next 2 seasons and hopefully beyond.

Wyong Shire Council Cheque presentation...

Wyong Shire's Surf Life Saving Clubs have received their annual funding from Council during a presentation held at The Entrance SLSC last night, Thursday 26 February 2015. Mayor Doug Eaton



said he is pleased to be able to present each club with a cheque for \$11,000 – the annual contribution from Council towards the maintenance of surf club buildings and supporting the clubs in purchasing vital lifesaving equipment required to provide volunteer lifesaving services on weekends and public holidays. "The funding is a \$2,000 increase on last year's donation and will help our local surf clubs continue to provide this essential service for our community," Mayor Eaton said. At the ceremony Council will also give \$16,000 to Surf Life Saving Central Coast. "This funding enables SLSCC to work closely with Council's lifeguard service to improve work and rescue standards as well as purchase new equipment to complement the service our local clubs provide and deliver surf education programs to the community," Mayor Eaton said.

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2015 Newcastle Permanent Ducks for Bucks...

Surf Life Saving Central Coasts annual major fundraising event the **Newcastle Permanent Ducks for Bucks** race was held at The Entrance Channel on Australia Day and despite the miserable conditions, a great number of onlookers turned out to witness the great race. A huge thank you must go to the extremely dedicated members, Rookies and their families who braved the conditions to assist with the selling of tickets throughout the day and also assisted in the water for the race.



Newcastle Permanent's Jon Harkness (pictured left) presented the winners with their fantastic prizes:

1st Place - \$2,500 - Gordon Crocker from Avoca

2nd Place - \$1,500 - Harry Keay-Pascoe from Ocean Beach

3rd Place - \$1,000 - Jackie Grimes from Copacabana



2015 State Champs...



SLSCC athletes will be giving it their all over the next three weeks at the 2015 SLSNSW State Championships which are to be held at Ocean Beach & Umina SLSC's and judging by the achievements from SLSCC competitors throughout the season, they are certainly going to be a force to be reckoned with. We wish all our coasties the very best and can't wait to see the great results and photos - Good Luck Everyone ☺

SLSCC Clubbies help out in the west ...

A number of SLSCC clubbies from **Shelly Beach, Ocean Beach** and **Umina** have been kept active over recent months not only assisting with nippers at their own clubs, but also volunteering to assist **Sydney Nippers** at **Wet 'n' Wild**. It's great to see our members sharing their expertise to assist in developing water safety and surf awareness skills to the kids in Sydney's west who don't have regular access to beaches. Keep up the great work everyone! Pictured below are the latest group to help out from Umina.



Thank you RWC Operators...



On behalf of everyone at SLSCC, we would like to extend a huge thank you to our super dedicated and passionate Rescue Water Craft (RWC) operators. These awesome members volunteer to provide water

safety at SLSCC carnivals, conduct RWC patrols along our coastline each weekend throughout the season, including the constant monitoring of known black spots such as the notorious Entrance Channel and responding to the various search & rescue jobs tasked by the NSW Police. All of these duties are in addition to completing their own club patrols. SLSCC are truly privileged to have such a dedicated group of people in our branch. Thank you and keep up the great work people..! Please note SLSCC are now calling for new RWC operators for the 2015-16 season - check out Circular 1257 at www.slsc.com.au.

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Denise Lees - OAM...



Surf Life Saving Central Coast and Surf Life Saving New South Wales were ecstatic with the news long time member **Denise Lees** was awarded the very prestigious **Order of Australia (OAM)** medal during the recent Australia Day Awards. For

over 30 years, Denise has provided an enormous amount of expertise and assistance through her role as Surf Sports Administration Officer for SLSNSW in addition to the enormous voluntary hours Denise has provided at the various carnivals over many years.

Also acknowledged for her sensational efforts in volunteering was long time SLSCC Official and **Soldiers Beach** member **Gail Rixom** who received a **High Commendation** in the WSC Australia Day Awards.

SLSCC Election Meeting...

The 2014-15 SLSCC Election Meeting will be held on **Thursday 16th April 2015** at the Branch Office commencing at 6.15pm. There are a number of exciting and important positions available and interested members are encouraged to consider taking on one of these fulfilling roles:

Director of Lifesaving – 2 year term

- Manager of Support Services
- Manager of RWC Operations
- Manager of Equipment (Lifesaving)

Director of Member Services – 2 year term

- Manager of Development & Accreditation
- Manager of Membership & Recognition
- Manager of Nippers
- Manager of Diversity

Director of Special Projects – 2 year term

Surf Sports – Manager of Special Events

Interbranch Rep Team Management – (8 positions)

Selection Committee (5 positions)

Constitution Committee (5 positions)

Judiciary Committee (5 positions)

Further information is available in SLSCC Circular 1258 at www.slsc.com.au.



Rescue of the Month...



On Saturday 14 January at 6:30pm, **Andrew Goodall** an active member of **The Lakes SLSC** rescued a father and daughter who were struggling to stay afloat due to a strong rip. Andrew was walking along Lakes Beach when he identified two swimmers in trouble. The

father was attempting to keep his daughter above water while calling for Andrew's assistance. Without any hesitation, Andrew entered the water with no rescue equipment to help the swimmers out of the strong rip. The 14 year old girl was supported by Andrew and the father was being reassured that everything was okay. Due to Andrew not having any rescue equipment, he required the assistance of a nearby surfer who provided his board. The daughter laid on the board and was helped to shore by the surfer while both Andrew and the father swam beside them holding onto the board. Once they reached the shore, the teenager was showing signs of shock and started vomiting small amounts of water. Andrew immediately had a member of the public call triple zero while he took the patient to the first aid room and administered oxygen therapy. The girl was transported to Wyong Hospital due to low oxygen levels in her system and was showing signs of shock. This is a great example of Andrew using the lifesaving skills he has been taught to save a life. Andrew's quick thinking and courage to enter the surf with no rescue equipment just shows that lifesavers are always ready to make a rescue when in need. Great work Andrew..!



Welcome Karyn...



It is with great pleasure we introduce our newest face in the SLSCC office - **Karyn Douglass** who looks after all things financial for SLSCC every **Wednesday**. Karyn comes from a large & diverse accounting background including running her own accounting business with husband John since 1996. Karyn is on the Community Advisory Committee at

Mingara and has been a Max Potential Coach for the past 7 years. Karyn's grandkids think she's a "cool Granny" because she drives a sports car. Interesting Fun Fact - Karyn's favourite food is Chinese! Welcome to the SLSCC team Karyn ☺

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Community Education...

The SLSCC Community Education team have been hard at it again this year delivering vital surf safety education to over 2,500 primary school students and Surf Survival Certificates to 172 High School students. The awesome team of 22 SLSCC Community Ed instructors, under the guidance of SLSCC Community Education Coordinator Lyn Waters, provided fun and purposeful sessions to students encompassing, sun safety, surf safety and awareness, rescue techniques and hazard identification at



MINGARA
Life's Great!



Terrigal, Toowoyn Bay and Umina beaches. The Central Coast is a beach loving community so it is vital that our children are educated in beach safety and surf awareness so that they can enjoy our beaches in safety. In addition to

learning vital safety tips such as how to recognise and escape a rip current, beach and wave types and rescue and survival techniques, the young participants are also taught important surf skills giving them confidence in the surf for life. Essential to this program is the integral support **Mingara** have contributed to the SLSCC Community Education Program for over 13 years, by providing much needed equipment, sun protection vests and surf safety brochures. As a result of this ongoing vital support, the program has made huge difference towards beach safety on the Central Coast and indeed saved many lives – **Thank you Mingara!**



Upcoming Meetings...

Board of Lifesaving with clubs	26 Feb
Directors Meeting	10 Mar
Board of Education with clubs	23 Mar
Board of Member Services – Board Only	24 Mar
Board of Surf Sports – Board only	25 Mar
Board of Lifesaving with clubs	26 Mar
Directors Meeting	14 Apr
SLSCC Election Meeting	16 Apr

Upcoming Events...

SLSNSW Lifesaving Champs @ OB/Umina	28 Feb
SLSNSW Lifesaving Champs @ OB/Umina	1 Mar
SLSNSW Age Champs @ OB/Umina	6-8 Mar
SLSNSW Masters Champs @ OB/Umina	11-12 Mar
SLSNSW Open Champs @ OB/Umina	13-15 Mar
SLSNSW BEKO Best of the Best Surf Boat Challenge @ Narrabeen	28 Mar
Streets Surf Boats R#6 + Final @ Umina	29 Mar
Easter Weekend	3-6 Apr
SLSA Aussies Youth Champs @ Kirra	11-12 Apr
SLSA Aussies Masters Champs @ Kirra	13-14 Apr
SLSA Aussies Open Champs @ Kirra	15-19 Apr

Course Calendar...

Apply First Aid @ SLSCCHQ	13 Mar
Assessors Course @ SLSCCHQ	21-22 Mar
SMAR Course @ Avoca	28-29 Mar
Apply First Aid @ SLSCCHQ	11 Apr
Apply First Aid @ SLSCCHQ	22 Apr
For additional information on these courses or to apply please visit www.slsc.com.au	



For the latest Circulars, Course Registrations, Carnival Results and updates, please ensure you regularly log onto www.slsc.com.au for the most up to date information on what's happening at SLSCC. Don't forget to

check out the [SLSCC Facebook page](https://www.facebook.com/slsc) too!

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