



# UMINA STINGRAY NEWS

JANUARY 2015



## NEWS SPLASH!!!!

### **“MOVIE NIGHT FUNDRAISER – 19<sup>th</sup> JANUARY!” “CLUB MEMBER SURVEY”**

#### Upcoming Events

- U8-U14 Junior Carnival @ North Entrance – 18 January
- Rookie Challenge @ Terrigal – 17 January
- Surf Camp U11-U13 – 23 Jan / U8-U10 – 24 Jan
- Nipper Club Championships Day 1 – 1 February



Umina Surf Life Saving Club - Like us on Facebook

Happy New Year to all of our members. Welcome back to the second half of the season. Our Club Christmas Party was another successful event with Christmas Carol Karaoke and dancing into the evening.

Our competitors are training hard for upcoming carnivals which all lead to the State Champs in March. Make sure you see your age managers regarding your entries for Branch, State and Aussies. We will need your support once again for the State Champs on our beach. If you are available to help with beach setup or carpark control please put your name on the sheet at Nippers and Sips or contact Rob Langford on [roblangford55@hotmail.com](mailto:roblangford55@hotmail.com).

Keep an eye out for an email regarding a survey from our recently appointed Treasurer, Tim Leggett, being conducted on behalf of the Executive Team in an effort to make this great club even better. Your valuable feedback is important to us and we hope that you will take the time to fill out this very short survey. Tim will also be conducting interviews with a similar aim, he is completing a Masters Degree and has chosen to do his final project on the club. So if you want to give some in depth feedback on how you think we can improve the club, either grab him at the beach or get in touch [himself@timleggett.com](mailto:himself@timleggett.com).

We will use the information to prioritise initiatives and member resource enhancements. Watch this space for results coming out of the survey.

On behalf of the Executive Committee, see you on the beach.

Paul Sharpe – President

Rob McLeod – Vice President

Felicity Nott – Secretary

Nick Shepherd – Club Captain

Tim Leggett - Treasurer

## EDUCATION & TRAINING UPDATE

### NEW COURSES

To book into any of the following courses please contact the office on [admin@uminaslsc.org.au](mailto:admin@uminaslsc.org.au).  
If you require any further information please contact Jarryd Edmonds (CTO)- [jarryd437@hotmail.com](mailto:jarryd437@hotmail.com)

What	When	Pre-Requisites
Bronze Medallion Course	1 <sup>st</sup> February 2015	Information session
ARTC Course	Coming Up	Please forward names to the office on <a href="mailto:admin@uminaslsc.org.au">admin@uminaslsc.org.au</a>
Assessors Course	21-22 March 2015	Min 18 yrs. Have obtained the award they wish to assess
SM Aquatic Rescue	28-29 March 2015	Min 16 yrs. Proficient Bronze/Cert II Public Safety. 400m pool swim in 8 minutes or less (pool no shorter than 25m)

See Course Calendar on our website for more course information – [www.uminaslsc.org.au](http://www.uminaslsc.org.au)

### NIPPER NEWS

For those that have registered the annual Surf Camp for U11-U13 will be on Friday 23<sup>rd</sup> January and the U8-U10 group will be on Saturday 24<sup>th</sup> January.

The first of our Club Championship days will be coming up on 1st February and the second day will be a twilight nippers from 2:30pm on 8<sup>th</sup> February. This is a change from our previous seasons of four point score days throughout the season.

Good luck to those competing at the Junior Carnival at North Entrance this Sunday.

Reminder: Carnival money will be collected for Branch \$20 and State \$25 from this Sunday 18<sup>th</sup> January at sips from 5-7pm. Then each Sunday morning at nippers and sips.

If you have any feedback or questions, please contact Harold on [haroldandskye@bigpond.com](mailto:haroldandskye@bigpond.com).

### MEMBERSHIP

For membership enquiries please contact the office on 4342 0320 or [admin@uminaslsc.org.au](mailto:admin@uminaslsc.org.au) or Junior Registrar – Larissa Dixon 0416 246 516 and Senior Registrar – Donna Waining.

Office hours are Monday and Wednesday from 9am – 3pm.

**REMINDER: EVERY MEMBER PLEASE GO TO [www.lifesavingonline.com.au](http://www.lifesavingonline.com.au) AND CREATE AN ACCOUNT TO CHECK ALL OF YOUR MEMBERSHIP DETAILS, PATROL HOURS, PATROL ROSTER, AWARDS, UPDATE DETAILS, PRINT CERTIFICATES, ETC.**

## COMPETITION AND TRAINING

### GARDNER IRONPERSON RESULTS

The carnival was held on 3<sup>rd</sup> January at Wamberal, the conditions were ideal. Umina SLSC had 12 competitors all achieving some fantastic results. Thanks to Richard Braddish for providing the Club tent as it was a very hot day.

U9 Davara Marshall 3<sup>rd</sup>  
U13 Lachlan Braddish 1<sup>st</sup>  
U13 Leilani Healey 2<sup>nd</sup>  
U15 Mimi Henderson 3<sup>rd</sup>

### MASTERS CARNIVAL @ KILLCARE 10.1.15

Umina Masters take 3<sup>rd</sup> place at the Killcare carnival.

Great day had by all and some awesome individual efforts, well done Team.



### NUTRIGRAIN IRON PERSON

Thank you to Jess Thomas for organising a trip to Newcastle for our cadets and senior members to watch this awesome event.

### EARLY BIRD ENTRIES FOR AUSSIES

*11-12 April 2015 at North Kirra Beach, Gold Coast, Queensland.*

Entries are now open for Aussies 2015 - \$85 (this is the early bird price and will increase to \$100 from 30<sup>th</sup> January. Opens see Kerry Armstrong-Smith and Masters see Christine Bishop.

### NSW Surf Life Saving Championships

[www.surflifesaving.com.au/event/2015-nsw-surf-life-saving-championships](http://www.surflifesaving.com.au/event/2015-nsw-surf-life-saving-championships)

- Age Championships 6-8 March (U9-U14. No Under 8's)
- Masters Championships 11-12 March
- Open Championships 13-15 March

Entry fees will begin to be collected from this Sunday at Sips from 5-7pm then each morning at Nippers 8:30-10:30am and Sips 5-7pm.

JUNIOR STATE FEES - \$25  
OPEN STATE FEES - \$35  
MASTERS STATE FEES \$35 (Combined Open/Masters - \$55)  
MARCH PAST ONLY - \$18

## CAPTAINS CORNER

Patrol Roster – 9am – 1pm morning shift 1pm-5pm afternoon shift. \*Reminder: 9am-1:30pm and 1:30pm - 6pm shifts commence on 20<sup>th</sup> December 2014 through to 26<sup>th</sup> January 2015.

Saturday	17/1/15	5	3
Sunday	18/1/15	7	6
Saturday	24/1/15	8	9
Sunday	25/1/15	10	11
Monday	26/1/15	16	12
Saturday	31/1/15	15	14
Sunday	1/2/15	1	2
Saturday	7/2/15	3	5
Sunday	8/2/15	6	7

*Congratulations to our new patrolling members who completed their Bronze Medallion in December 2014.*

All patrol information is available on our website. Any concerns or enquiries please contact Club Captain – Nick Shepherd [nick.shepherd203@gmail.com](mailto:nick.shepherd203@gmail.com).

## SOCIAL NEWS

Bar Roster – This is available on our website. If you have any queries please see Marty Smith.

**SIPS IS ON EVERY SUNDAY FROM 5PM UPSTAIRS IN THE SURF CLUB. DRINKS AT CLUB PRICES AND LIGHT MEALS AVAILABLE FROM 5:30PM - ALL WELCOME. SEE SIPS ROSTER BELOW FOR YOUR AGE GROUP/PATROL DATES TO HELP IN THE KITCHEN.**

### SIPS ROSTER 2014/2015

DATE	AGE GROUP/PATROL
18-Jan	Patrol 10
25-Jan	Patrol 8
1-Feb	Patrol 16
8-Feb	Patrol 12
15-Feb	Under 6/7
22-Feb	Patrol 14

### **UPCOMING SOCIAL EVENTS – Further info on Club Website and Calendar**

**Umina SLSC Golf Day – 16 January** to be held at Gosford Golf Club

**Movie Night Fundraiser – 19 January** to be held at Umina SLSC

The U14's will be holding a Movie Fundraiser Night. Open to all members and their guests. You can leave your children in a fully supervised environment or stay and enjoy the movie on the BIG SCREEN with us. Bring a cushion, bean bag and blanket.

Entry is \$5 per person or \$10 per family (including Bag of Popcorn). Drinks \$1

First session 5:30pm "How to train your dragon 2" – Under 6's to Under 11's.

Second Session 7:45pm "Hunger Games Catching Fire" – Under 12's to open.

Enquiries contact Harold 0409073297

Thanks for your support and see you there!

Alec Radford

Junior Club Captain

## **DUKE OF EDINBURGH**

### **Silver Award**

On the 6-8 January three of our Silver Award participants undertook their 3 day/2 night trek. They included Jack Dixon, Mollie Murphy and Savannah Paterson. They were courageously supervised by Karen Murphy.

Starting from Umina SLSC they walked to Kariong Via Woy Woy, up the hill and along fire trails and camping overnight. They then walked from Kariong along the Great North Walk to Patonga.

After camping overnight they finally finished their journey by walking back to Umina SLSC via Pearl Beach.

The temperature on the 3 days was extremely hot and humid. This made walking very difficult and strength draining. Sore shoulders and many blisters were the norm, as each person had to cart all their food and water for the 3 days.

Jack and Savannah have now completed their Silver Award with Mollie to finish up when she has completed her other disciplines. Savannah now moves onto the Gold Award.

A huge thank you to all who helped organise the walk but especially to Karen who endured her own blisters to keep the guys safe.

### **Bronze Award**

On the 14-15 January the Bronze group undertook their practice trip. They are doing orienteering and rogaine for their trips.

Participants include; Jasmine Darwin, Sydney Healey, Michael Paterson, Harrison Whitney, James Bishop and Mimi Henderson.

On their first day they did an orienteering course all around the Peninsula, including Umina, Woy Woy, Ettalong and Booker Bay. 12 objects were hidden around and they had to find them in numbered order.

On the second day they were taken to the top of Maitland Bay. After walking down the steps they picked up the Coastal trail and followed it to MacMasters Beach. Objects were again hidden along the trail for them to locate.

A huge thank you to Jack Dixon, Mollie Murphy and Savannah Paterson for helping me to set up the course and also to Robyn and Savannah Paterson for walking with them to ensure their safety.

*Tom Magurren*

*Duke of Ed Co-ordinator*

## MEGAN'S HEALEY BUCKET LIST

As one of our members we would like to help Megan with her Big Bucket List. Megan has MS and would like to challenge herself to do some fun things and also promote MS to make it better for others. The way to achieve her bucket list is through your support, so check out Megan's facebook page for further information - [www.facebook.com/megansbigbucketlist](http://www.facebook.com/megansbigbucketlist)

Megan has recently completed a practice swim for the "Big Swim" which will be held on 25<sup>th</sup> January. This was the first time she had been in the surf for 3 years. The swim challenge is from Palm Beach to Whale Beach, a distance of 2.5km. There is also a "Little Big Swim" for the kids which is a distance of 1km.

Megan will be supported by a team of Umina members who will be either on boards, IRB's or in the water with her doing a swim tow.

Megan has a "Bucket List" to help raise funds for MS – particularly to help families whose parents have been afflicted with this illness.

Anyone can donate on the website - [www.kissgoodbyetoms.org/fundraisers/individuals/megan-healey](http://www.kissgoodbyetoms.org/fundraisers/individuals/megan-healey)

Thank you to all who have helped Megan to complete a couple of her wishes. Also if you feel like getting into training for the City to Surf, we will be sending out more information for club members to get involved.



If you have anything to add to our newsletters please contact the office on 43420320 or [admin@uminaslsc.org.au](mailto:admin@uminaslsc.org.au). Office hours are Monday and Wednesday each week from 9am – 3pm. All Circulars are available on our club website.

**Reminder** – Club Management Meetings are held every third Monday of the month upstairs in the surf club from 7pm. All welcome.





New Bronze Recruits



Lachlan Braddish U13 – 1<sup>st</sup> place Gardner



## Our Sponsors

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



### Gold Sponsors

Umina Beach Cafe  
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Homebrook Pty Ltd  
Central Coast Surf Life Saving  
Campbell Building Materials

### Silver Sponsors

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