



Stingray News

October 2016

UMINA SLSC – OCTOBER 2016

Congratulations Girls

World Surf & Pool Lifesaving Championships

Eindhoven / Noordwijk - Netherlands 2016

Every two years the International Life Saving Federation organizes the World Lifesaving Championships which involves 14 days of competition attracting between 2,500 and 5,000 competitors and officials from around the world. The Central Coast small club of Umina SLSC had 2 team members Jemma Smith and Rachel Wood both selected to represent Australia at this event.

As well as competing for Australia Jemma Smith and her younger sister Bronte competed for Umina SLSC in the Inter Club Competition. Although Bronte did not medal she gained some top 10 placings and was the youngest ever Umina representative at a world event. Also Kerry Armstrong –Smith and Julie Jowett competed both in the Masters Interclub events with outstanding results as listed below. Due to academic commitments Rachel Wood had to leave directly after the International events. It was a great to see the "Blue Black and White" cap of Umina Surf Club being represented internationally.

Feeling honoured was Garry Mensforth from Umina Surf Club who was chosen to be the Team manager for the Australian Open Team and a support person for the Umina Team.



UMINA MASTERS

NAME	EVENT	PLACING
Kerry Armstrong Smith	Board	1st
Kerry Armstrong Smith	Surf Ski	2nd
Julie Jowett	Beach Flags	2nd

UMINA YOUTH

NAME	EVENT	PLACING
Jemma Smith	Board	1st
Jemma Smith	Surf Ski	1st
Jemma Smith	Ocean Iron Women - Surf	1st
Jemma Smith	Super Lifesaver - Pool	3rd

AUSTRALIAN REPRESENTATIVE

NAME	EVENT	PLACING
Jemma Smith	Surf Ski	1st
Jemma Smith	Ocean Women - Surf	2nd
Jemma Smith	200m Super Lifesaver Pool	3rd
Jemma Smith	Board	3rd
Rachel Wood	Surf Race	1st
Rachel Wood	Board Rescue - Surf	1st
Rachel Wood	200m Obstacle Swim - Pool	2nd
Rachel Wood	100m Rescue Medley - Pool	2nd
Jemma Smith & Rachel Wood	4 x 50m Medley Relay --Pool	1st
Jemma Smith & Rachel Wood	Rescue Tube Rescue - Surf	1st
Jemma Smith & Rachel Wood	Ocean Women Taplin Relay - Surf	1st
Jemma Smith & Rachel Wood	4x 50m Obstacle Race Relay - Pool	2nd
Jemma Smith & Rachel Wood	4x 25m Manikin Relay - Pool	3rd



Australian Reps
Jemma & Rachel
(Left)



Umina
Bronte & Jemma
(Right)



RAISING OF THE FLAGS

We would like to say thank you & congratulations to Killcare SLSC for hosting the 2016 Raising of the Flags last Saturday morning. As promised, they delivered a perfect day both weather wise and with their superb organisation of this great tradition.

A big thank you to all our wonderful Rookie Coordinators, Rookies and their families who attended and made the morning so spectacular.



Club Open Day- 16 October

Want to be a part of Surf Life Saving? Our members don't just patrol the beach, your local surf club has a role for everyone and plays a much bigger part in the local community than you might think.

There are dozens of roles that you can take on in your local Surf Life Saving Club which will see you making a difference to the safety of our beaches and make you feel part of the Surf Life Saving family. See examples of roles below:

- putting on the red and yellow and patrolling the beach;
- helping train up our Nippers into Lifesavers;
- officiating at sport events;
- training up your fellow members;
- supporting the governance of the Club;
- fundraising or running the barbeque;
- jumping onto the radio to aid in communications;
- running social events for members;
- undertaking skilled project work within the club; or
- filling one of the other dozens of roles available within Surf Life Saving.

Participating clubs will host a range of activities, including lifesaving demonstrations, clubhouse tours, barbecues and displays.



COOLANGATTA GOLD

The Coolangatta Gold is one of the most challenging endurance races in surf sports. What began as the central theme for a motion picture 30 years ago, has now commanded a place on Australia's annual sports calendar.

The iconic event will return to the Gold Coast on October 15 and 16, 2016. The multi-disciplinary 32.4km short and 41.8km long courses combines swimming, running, board paddling and surf skiing.

Umina has two teams competing and have put in the hard yards training over the winter months.

Team One		Team Two	
Rick Boylan	Board	Gary Wilson	Board
Dave Bishop	Ski	Shane Lloyd	Ski
Christine Bishop	Run	Dean Tetley	Run
Mick Magurren	Swim	Fiona Lloyd	Swim

Also assisting the teams with water safety are Andrew Boylan and James Bishop. We have also been advised that there is a strong support crew travelling up north to cheer our teams on. Go the Blue Black and White!!!

Auction Night- 29th October

The 2016 Lifesaving World Championships have recently been held in the Netherlands, and we are bursting with pride that two of our Umina SLSC members Jemma Smith & Rachel Wood were selected to represent Australia in the Life Saving Youth Team.

To celebrate this outstanding honour we will be holding a fundraising Auction night to assist the girls and their families with the expense that was associated with competing in this event.

Tickets are selling fast, please contact Nicole McLeod for more details.

Nippers- 2016/17

Nippers commences on the 9th October 2016, please head down to the grassed area of the club and line up near your age flag at 8.45am for a 9.00am start on the beach.

Our first Nippers carnival - Newcastle permanent U8-U14 Venue TBC, check with your Age Manager.



Branch Pool Champs results

Heaps of Fun was had with a very junior team that all stepped up and did themselves and Umina proud.

We placed Third overall which was a great achievement.

In the gear raffle we came away with a new set of patrol rescue fins and a junior pool rescue brick which will be donated to the club for further junior development.

Many thanks to our officials Sue Perry and Diona Kearney, also Tom Magurren for volunteering as a pool setter.

Team Members

Mick Magurren, Matt Kearney, Julia Rologas, Caitlyn Fisher, Jaiden Beard, Lachlan Mcleod, Cooper Jack and Lilly Perry.

Mick Magurren

Branch Calendar

[H:\Course Flyer 2016.2017 FINAL.pdf](#) Branch Course Flyer

[H:\2016-17 SLSCC Calendar v3.pdf](#) Branch Calendar

Important Dates

First day of nippers 9th Oct 8.45 for 9am start.

Bronze Medallion- Info session 9th Oct (upstairs John Sharpe room 8.30am)

Extra Proficiency Requal Dates

Most people will be completing their requals on patrol, but for those that are unable to do so (e.g. not rostered onto a patrol due to long service) there will be two separate days run by club trainers and assessors. These days will consist of dry activities (signals, CPR, radio) and wet activities (run-swim-run, rescue) so come prepared for this. If you have ART qualifications these will be completed on the day as well. Please attend ONE of the following dates;

Dates: Sunday October 23rd OR Sunday November 20th

Time: 10:30am - 12:30am

If anyone is available for water safety on either day your help would be greatly appreciated. Please notify Natasha Swain (0412 504 518 or nswa2802@uni.sydney.edu.au)



Swim Training dates:

Thursday night Nippers swimming - Under 8's and U9's

Dates 20/10/16 – 22/12/16

12/01/17 – 25/02/17

Time 6pm to 7pm

Cost \$6.00

Bar Roster

09-Oct-16	16-Oct-16	23-Oct-16
Team C	Team B	Team A
Nippers Start	Coolangatta Gold	Bennett Craft Carnival
	Weekend	Summer of Surf -
		Sunshine Coast

Bar Teams

Team A	Team B	Team C
Harold Marshall	Murphy, Steve	Cook, Bill
McLeod, Nicole	Funnell, Steve	Glew, Kelly
McLeod, Maddison	Saxby, Peter	Sydall, Syd
	Gaffney, Lisa	Harding, Phil
	Henderson, Scott	Lavers, Christine
	Murphy, Karen	

* Full roster will be on website when complete.

Sips Roster

Please contact Lauren Summerhayes with any queries: 0414 584 412

SIPS Roster	
Date	Patrol / Age Group
9-Oct-16	Under 14's
16-Oct-16	Patrol 1
23-Oct-16	Under 13's
30-Oct-16	Patrol 2 & Patrol 4
6-Nov-16	Under 7's
13-Nov-16	Patrol 3 & Patrol 14
20-Nov-16	Patrol 9
27-Nov-16	Under 6's
4-Dec-16	Patrol 5 & 10
11-Dec-16	Under 12's
18-Dec-16	Under 10's
25-Dec-16	Christmas Day
1-Jan-17	New Years Day
8-Jan-17	Under 8's
15-Jan-17	Patrol 15
22-Jan-17	Patrol 9
29-Jan-17	Under 9's
5-Feb-17	Patrol 6 & 7
12-Feb-17	Patrol 12
19-Feb-17	Under 11's
26-Feb-17	Patrol 11
5-Mar-17	State Age Champs @ Swansea Belmont (Sat & Sun)
12-Mar-17	State Open Champs @ Swansea Belmont (Sat & Sun)
19-Mar-17	
26-Mar-17	Aussies @ Kirra
2-Apr-17	Aussies @ Kirra
9-Apr-17	
16-Apr-17	Easter

Training Schedule 2016/2017 Season Umina Surf Lifesaving Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juniors		5:00pm Board	5:00pm Ironman & Carnival Competition	6:00pm Swim for 8's and 9's @ PLC	5:00pm Board		7:45am March Past 10:45am Junior RnR
Opens		5:45am Group Fitness*	6:00am Teen Fitness* 13 to 16 year olds	5:45am Group Fitness*		6:30am Group Fitness*	
	5:30pm Ironman	5:30pm Board	5:00pm Ski	4:00pm First Aid		TBA based on Carnivals	
	6:45pm Swim fit**	6:45pm Swim fit**	6:45pm Swim fit**	5:30pm Board			
Masters			5:00pm Ski				
Boats	Boats Program TBA						

* Group Fitness is run by Steve De Vivo meeting at the surf club, open to adults of all levels (opens and masters). Teen Fitness open to 13 to 16 year olds starting 12/10/2016

** Swim fit is run by the Peninsula Leisure Centre staff, open to adults of all levels (opens and masters).

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.

Platinum Sponsors



Gold Sponsors

Umina Beach Cafe

Bendigo Bank

Homebrook Pty Ltd

Central Coast Surf Life Saving

Campbell Building Materials

Silver Sponsors

Louvre land

Ocean Beach NRMA Holiday Park

Tonkin Drysdale Solicitors

Freemasons – Morning Star Lodge

IGA Woy Woy

Local Search

Deepwater Plaza

Scape Constructions

Peninsular Office Supplies

Sticky Green Frog Graphic Design

Cassin Services Pty Ltd (HCDB)

Sports Coast Trophies & Embroidery

CoastalCOMS

Coleman Farrell

Local Directories



Umina SLSC Inc.

P. O Box 3028

Tel: 4342 0320

Email: admin@uminaslsc.org.au

Website: uminaslsc.org.au

Office hours: Mon > Wed > Fri 9am till 3pm