



Southern Breaks

December 2018

Message from the Prez

As we rapidly approach Christmas and a New Year, I wanted take this opportunity to thank everyone for their outstanding efforts. Life Savers, Sponsors, competitors, parents, athletes, officials, water cover, trainers, assessors, committee members, team managers, photographers, fundraisers, cleaners, the bar team, the facilities team, age group leaders and for all the other people that do the million jobs that need to be done to keep our club running – THANK YOU.

Our volunteers give the best Christmas gifts to their club their PRESENCE. Over the last few years we have **shifted** our focus to improving our capabilities as a Surf Club first. This has seen us **shape** our activities to **support** development and increased our **shared** purpose to transform our club. What outcomes have we seen? An increase in the number of patrols which has reduced the demands on our volunteers, an increase in the number of nippers on the beach, increase in the number of under 25 year old members within the club and reduced cost as we have no paid staff.

Today the club is full of enthusiastic volunteers and I encourage everyone to take up the mantra shift, shape, support and share which will ensure a bright tomorrow. This will ensure that we create a continuous cycle of goals and achievements for our members.

I wish you a truly Christie's Christmas full of presence, activity, giving and safety.

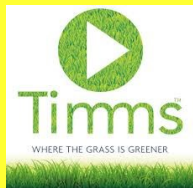
MADS



SUPPORTED BY CITY OF



OPSM
Colonnades



Peter deLeeuw Fabrications



The Christies Beach Surf Lifesaving
Club Inc is a registered Good Sport Club

Promoting Responsible Service and
Consumption of Alcohol

Notice Board

Happy Birthday to
the following Club
members:

Leroy Bang	Grant Brown
Rhy Coventy	Hubert Deroussent
Remy Deroussent	Martin Ellis
Michelle Gray	Mark Gregory
Luke Hobart	Siobhan Nurmi
John Ozzella	Marco Ozzella
Rachael Thompson	Martin Tree
Douglas Tuckey	Rohan Young
Gerrit Zevenboom	

Junior and senior training refer to
Team App.

Come and try day . 3rd November
bring you friend along.

2nd November ADA CBSLSC draw
\$200

2nd November twilight beach Carnival
Seacliff

3rd November club swim starts

4th November senior water carnival
Seacliff

10th November Mid Coast Challenge

15th November Worlds Start

18th November Junior Carnival
Glenelg

8th Dec youth teams water Carnival
(u12-u/15)

9th Dec SPR Seacliff

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1.	2.
3.	4.		6.	7.7pm 100 club	8.youth water carnival Glenelg	9. SPR Sea- cliff
10.	11. Montessori school		13.	14.7pm 100 club, twilight beach event 2	15. first aid state champs Nipper breakup Club xmas dinner	16. Water carnival 3 Middleton
17.	18.		20.	21. 7pm 100 club	22. Nip- perthon westbeach	23.
24.	25. Xmas		27.	28.7pm 100 club	29.	30.
31.						

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1. NEW YEARS SWIM	2.	3.	4. 7pm 100 club	5	6.
7.	8.	9	10.	11. 7pm 100 club	12.	13. youth carnival (14-15yrs) Southport
14.	15.	16.	17.	18. 7pm 100 club Senior twilight beach Seacliff	19.	20. senior water carnival Christies
21.	22.	23.	24. interstate championship Youth pathway cup	25. 7pm 100 club	26.	27.
28.	29.	30	31.			



15th of December 2018

1.00pm to 3.30pm

Fun and Games on the beach

Followed by a...

VERY SPECIAL VISITOR..



the bar will be open from 4pm and food will be served from 6pm.

If you are coming for dinner you need to RSVP & purchase tickets via

TeamApp or over the bar on Friday nights.

<https://christiesslc.teamapp.com/events/7289717>

(Check out Team App for more information)



Stay * Play * Swim



Nippers

Welcome to all of our new families that have recently joined the club. We are really pleased that you enjoyed your Come n' Try sessions so much. And thank you for your positive feedback- it is really appreciated. We look forward to your family having a long association with lifesaving. We have also appreciated the way that all parents (including our new ones) are assisting on the beach or with taking gear up afterwards and helping to pack up. It not only helps the Age Group Managers and coaches, but also supports your children to be responsible for their gear and contribute.

Thank you also to those parents who are undertaking their SRC (Surf Rescue Certificate) in order to support the nippers on the beach by providing water cover, and to begin your pathway as patrolling members. If other people are interested in gaining their SRC, in becoming an **Age Group Manager** or **Official**, please speak to Mandi or Lee.

We are well into the season now, and it has been fantastic to watch the way that our nippers are approaching training. There are excellent numbers at pool training on Thursday nights (Noarlunga pool 7-8pm), excellent numbers on the beach each week and we had 23 competitors at the recent Carnival at Glenelg (more on that later). A majority of the children have already 'patched'- gained either a yellow patch or a red patch- which means swimming a particular distance within a time limit, and all of the children are showing increased confidence on boards and in the beach areas, which is great to see.

Reminders

It is really important that parents are down on the beach each week so that you are available if your child needs assistance. Coaches and Age Group Managers need to be able to locate parents easily- this may be for things like needing to go to the toilet, or because they need to go to another area because they are not confident to participate in the swim rotation, or because they need some support with behaviour.

We have an ENORMOUS collection of Lost Property! Some of this is from last year and some is from this year. We are trying to put this out each week for you to find any missing items so please make sure you check. It would also help if everything could be named or initialled- use a texta inside of club caps, or on the tags inside of rashies etc.

Please remember that each week your child needs a sun hat (no caps please), a hi-viz rashie, a long sleeved top and sunscreen. As we move from November to December the UV Index rating jumps to extreme almost every day.

Christmas Fun day



Please wrap a present to around the value of \$10 dollars with your child's name on it clearly for Santa to distribute.

THIS MESSAGE WILL NOT SELF
DESTRUCT UNLESS OPENED BY
THE SEA

Merry Christmas

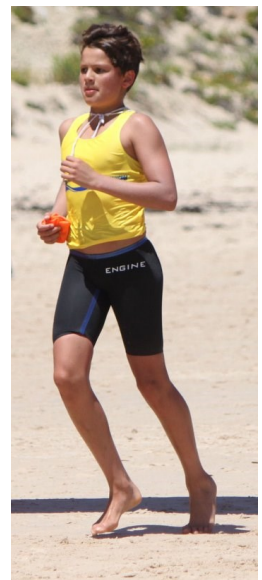
Mid Coast Community Challenge

The Mid Coast Community Challenge took place on Saturday 10th November at Port Noarlunga SLSC. The event was flipped around this year with the 1km open water swim event going first. Opens, Masters, U19, U17's competing the challenge then the nippers followed up by the youth. We saw a much more streamlined program take place with registration occurring 1 hour before designated event and marshalling 15mins before each event. This meant no waiting around for hours by families and competitors. Feedback from this has been positive. All competitors were given a hi vis vest as part of their entry fee as well as a drink bottle and swim cap. Everyone who finished also got a medal. Our clubs competitors for this year were Swim Angus Mackay 2nd

Challenge Results Open Angus Mackay 1st ,U19 Cooper Bristow 1st , U14 Omar Ryan 5th , U13 Angus Miller 7th , U12 Tara Vivar 4th , Ethan Young 8th, U10 Luke Hobart 7th,Liam Young 4th,Eloise Hards 3rd . Well done to our 9 representatives. As a club and part of the Mid Coast we also needed to supply volunteers, so a big shout out to the following who without you all this event couldn't have taken place.

Steven Barns for driving the irb for 7 1/2hrs, legend. Daniel Birch-Smith & Paul Bristow for IRB crew , Madeline Nurmi, Six Trezona & Belinda Rothwell for making all the lunches for the water cover and officials. Yummo.

Caylin Bristow & Josh Rollings for all the running back and forth and making sure the competitors had plenty of water and watermelon. Euan Monaghan for water cover with Angus Mackay & Cooper Bristow also helping out after they competed. Finally Linda Mackay our long standing club photographer who gets the shots of our clubbies in action. Finally Linda Mackay our long standing club photographer who gets the shots of our clubbies in action. Thankyou to all Jane Bristow



Christmas Day Patrol

Hello Everyone, The Christmas season is upon us and many Australians choose to spend it at the beach with their family. As such, we operate a Christmas Day Patrol to ensure that everyone enjoys their holiday safely. We don't roster people for this patrol. Christmas Day is voluntary, but if you're free Christmas or intend on spending it at the beach, consider joining us as we need at least two members to help keep Christmas at Christies a safe and happy time. If your interested in patrolling Christmas Day 2 pm–5pm please let me know on clubcaptain.cbslsc@gmail.com



P.S. Don't forget the New Years Day long swim. Meet 3pm at patrol tent

Board and Ski

Board and ski training is in full swing with a great turn out to training sessions, we have had a boost of new members training on boards on Monday nights and they are all doing really well.

Worlds life saving championships were held at Glenelg, with Christies taking home a silver medal in ski relay, Lachlan Campbell making the semi finals , and high placings in various other events. Also thanks to Vincenzo McMullan for organising the two teams from Germany to come and train with Christies Beach and thanks for everyone helping them out.

Coming up in B&S area is another carnival at Middleton in December and a few members going to Queensland after Christmas for some intensive training. We are also in discussion about a proposed training camp at Beachport or Robe in January. Also we are looking at some club apparel (jammers dickies one piece etc).

So keep attending training sessions, open to all and above all enjoy yourself

B&S Captain

Paul T



Youth Division

It's been great to see our youth dominating the Monday night board session with numbers and enthusiasm . We have seen a rise of youth attending and participating in activities around the club.

We have made an application for a grant, which will go towards a nipper and youth event at the conclusion of the patrolling season. Myself and the coaches are looking at a training camp from youth upwards , to improve and develop skills for all interested in board and ski in the new year.

Surf Life Saving World titles Glenelg Beach

16 Nov-2nd Dec 2018

Christies Beach competitors from Junior though to Masters represented our club in the Lifesaving World Titles held at Glenelg Beach over the last few weeks.

Our nippers kick started the world events by competing in a Junior carnival at Glenelg beach. While this was not a part of the official program, our nippers were able to utilize the completion arenas and watch fellow competitors from the grandstand. Some of our nippers were also involved in the Worlds opening ceremony, getting the opportunity to meet competitors from across the globe.

Our Masters team, Paul Trezona, James Trezona, Vince McMullan, Earl deLeeuw and Sven Molenaar, as well as Grant Brown who returned from QLD to support our club, competed over two days. In the individual events, Earl came 5th in the board, while Sven, Earl and Paul took a silver in the ski relay.



Our board relay team came 4th, just missing out on a bronze medal. Well done Masters.



Lachlan Campbell represented our club in the Youth arena competing in the Oceanman (aka, Ironman), ski and board events. Lachlan paddled well to make it through to the third round, quarter final, of the skis. The highest finishing South Australian in the event. Well done Lachlan.

Our IRB team also performed well. The team was comprised of Caitlin Rothwell, Laura Campbell, Lachlan Campbell, Harrison Hards, Dannion Hards, Patrick Campbell, Lee Heath, and Sally Birch as team manager. The team raced in woman's straight, men's straight, tube and mass rescue. Christies made it through to the second round in the tube race and through to the semi-finals in the men's straight. Great work team.

The Lifesaving World Championships has been a great opportunity for our club members to not only compete with fellow life savers but to meet people from other areas of the world with the same passion for life-saving.

Thank you to all club members who helped to organise teams, craft, take photos and make this a very memorable couple of weeks for our club.



Senior Competition report by Linda Mackay

Senior carnival 2: Seacliff SLSC

Seacliff SLSC held a beach carnival on Friday 2nd November 2018. We did not have any competitors but big thankyou goes out to Richard Nurmi for acting as official.

The water carnival –also at Seacliff was held on Sunday 4th November 2018 where Christies Beach was represented by 11 competitors-

Youth division: Hannah Trezona, Harrison Rothwell, Remy Deroussent and Omar Ryan

U17 division: Angus Mackay, Cooper Bristow, Lachlan Campbell, Jess Trezona and Doug Miller

U19 division: Euan Monaghan

Masters: James Trezona

Our club achieved some great results with James and Euan both finishing 2nd in their age groups for the 2km run. The U 17 boys finished Lachie 1st , Cooper 2nd and Angus 5th overall in the ski races with Cooper finishing overall 1st in U17 boards. Jess finished overall 7th in U17 Skis. We had 2 open Taplin teams who finished 9th and 17th and an open board relay finishing in 8th . Youth male board relay finished in 8th place and 7th place in the Cameron relay and Hannah made up a youth female board relay composite team which finished 7th . Omar and Remy competed in the youth board rescue finishing 4th and 7th in 2 rounds. Thank you to our officials for this carnival –Paul Castle, Jane Bristow and Paul Rothwell, our Team Manager and Photographer- Linda Mackay, our Trailer tower and photographer Six Trezona and our youth Age Managers –Cassie, Huey and Six.

Senior events coming up in December include The Seacliff SPR on the 9th, Twilight beach carnival at Seacliff on the 14th , First aid States at Grange on the 15th , Senior Carnival 3 at Middleton on the 16th . Enter on Team App. Early Bird entries are also now open for Aussies in March/April 2019.

Proficiency 2018/19 season

Greeting all patrolling members, Its that time again for the dreaded proficiency. To do the on line component you will need to log into the SLS Portal (it may ask you to change your password please do so can use same pass word). Click on e learning ,when page loads click on Login to eLearning. once page loads click on My Training. You will need to do SLS Skills Maintenance for Radio 2018/2019, Resuscitation 2018/2019 and Power craft 2018/2019. everyone has to do resuscitation, Bronze and radio certificate Radio and IRB driver and crews the IRB one. click on review button to start .

Note each member needs there own account if your on a family account you will need to create a new account and have a unique email address. Please do as soon as possible. Practical proficiency will probably be on patrol. Times will be advised and I'll advise of and other proficiency time, and dates

Committee Update

Committee Positions Vacant

There are a number of committee positions which are currently vacant. To successfully operate as a club these need to be filled. These roles include Gear Steward, Vice-Captain Patrols, Vice-Captain Competition, Beach Captain, Publicity Officer and WHS Officer. Information will be posted shortly on the clubs Facebook page or for more information please email secretary.christiesbeachslsc@gmail.com

Surf Lifesaving awards Training

IRB driver squad is approaching examination time heading to Goowla for final phase of training. Before exam

1st IRB Crews squads training just about completed

2nd IRB crews is on hold need to find a trainer

Surf Rescue Certificate and Bronze Squad have started training

ARTC has started Wednesday nights from 7pm –8.30pm.

ADA CBSLSC 100Club

Remember every Friday night @7pm the ADA CBSLSC 100 Club draw is held with plenty of numbers still available. So secure your favorite number for your chance to win. This weeks draw is for \$200.00. (07/12/18)

You must be present to major draw prize if not present you get \$50



100 Club

1	2	3	4 CBSLSC	5	6 Trezona's	7 Fen Thompson	8	9	10 Fen Thompson
11	12	13 Frenchie	14 Madeline	15	16 Mandi	17	18	19 Ron Harwood	20
21	22 Gary Hennessy	23	24	25 Madeline	26 Moaties Boaties	27 Peter Hilhurst	28 Katrine Hildyard	29	30
31	32	33 M. Trezona	34	35	36	37	38	39	40 Bristow's
41	42	43 Rothwell's	44	45	46	47	48	49	50
51	52	53	54 Bill Threadgold	55	56	57	58	59	60
61	62	63 Marco	64	65	66	67	68	69 Greg Whittaker	70
71	72 Tash	73	74	75 CBSLSC	76	77	78	79	80
81	82 CBSLSC	83	84	85	86	87	88 Julie Locker	89	90
91	92 CBSLSC	93	94	95	96	97	98	99	100 Hughie

Sponsors / Supporters Required

We are looking for sponsors/supports , so if there's any businesses interested in Supporting/Sponsoring us ,we would like to hear from you. Please drop in or contact Paul Rothwell an email at vicepresident.cbslsc@gmail.com this is a great opportunity to advertise your business and help us support the community.

Special members offer from our Silver Sponsor OPSM Colonnades.
50% off prescription sunglasses from 27/10-26/11/18 conditions apply.
See staff for details show this post at the store to redeem.

OPSM ❤️ 👁️



**OPSM
LOVES
SUMMER
50%
OFF
PRESCRIPTION
SUN LENSES**

**Visit OPSM
Colonnades today**
Ph: 8384 3399

*When purchased as part of a complete pair. Discount is off normal price of the lenses. Excludes Chanel.
Terms and conditions apply. See staff for details. Offer ends 27/11/18.



We all know that the cost of electricity has gone up in recent years, however our power consumption has increased from \$8,000 four years ago to over **\$20,000** last financial year. So far this year we have spent over **\$11,000!** Most of our power consumption/cost is made up of heating hot water for the showers. As a club we need to reduce this bill. So what can you do to help?

Keep your showers to **under 3minutes.**

Do not take chairs into the shower and soak away! You parents don't let you do it at home and neither do we!

If you see people in the showers longer than 3 minutes then ask them to get out. Make sure the taps are fully turned off.

Also, make sure all the air conditioners and lights are turned off before leaving.

If this trend continues we are going to need to sell and additional:

10,000 sausages a year; or

Find another 150 members; or

Sell 12,000 Freddo frogs

There are so many better things to spend our money on than a long shower.



Proudly Supported by



Government of South Australia
Office for Recreation and Sport

Mobil

Westpac



CBSLSC

