



Southern Breaks

February 2019

Message from the Prez

I can think of over 2000 reasons why Christies Beach Surf Life Club is the place to be. Our patrolling members have spent more than 2000 hours on the beach keeping our community safe. With the top 10 members completing over 700 hours between them.

If you're not a Lifesaver I know that you are one of the myriad of member volunteers around the club supporting someone that is a lifesaver or will be in the future. Every time we have water babies, Little Nippers or Nippers we are preparing the next generations to be safe and healthy in what is the best playground in the world. Surf Life Saving is serious fun and from the smiles on the kids' faces it is hard to believe that they are out there learning.

But it's not just about the kids having fun in this amazing place we call home. There are more under 25s around the club having serious fun and learning some equally awesome skills. Training, learning and competing, there is a wave of energy around the club and the roar is growing.

As we approach the busiest part of the season you will notice we are combining the old and new, tradition and innovation to bring you our clubbies the best. The new flags were out for the first week in February, they celebrated our Saturday nipper sessions and also the history of our founding members and our major partner ADA.

In coming weeks we will train new IRB crew, driver, bronzies and SRC and these will join our existing members in patrol, training and competition. Our Masters will head to Lorne to compete and in the later part of February we will prepare for the beginning of State Titles.

It is YOU that makes all this possible and we know that you our volunteers are motivated and determined (MAD). If you have any friends that are equally MAD why not bring them down and introduce them to serious fun.

See you at the beach

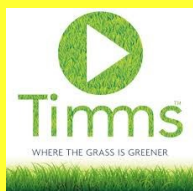
Mads



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

Happy Birthday to
the following Club
members:

Kieran Nurmi	Fen Thompson
Harrison Rothwell	Maxine Conroy
Amanda Miller	Bess Simper-Brown
Bev Salzone	Keri -Lee Foale
Lachlan Campbell	Paul Castle
Kye Weetra	Trevor Whittaker
Garth O'Neil	Stephen Hards
Thomas Gray	Teliya Hetaraka
Zeeshan Khan	Kath Lessue

Notice Board

100 club draw 7pm every Friday

Nippers every Saturday from 1.30pm

Club Swim every Saturday

3.45pm Short Course

4pm Long course

Junior carnival #3 Port Elliott

Champion patrol/Lifesaver 13th Feb
Surf Central

R&R state championship Grange 16th
Feb

Champion lifesaver/patrol 17th Feb
Grange SLSC

Senior beach Event #4 Seacliff
SLSC 22nd Feb

Master surf Boats 23rd Feb Aldinga
SLSC

Junior States Day 1 Somerton SLSC
24th Feb

Masters State championship 2nd & 3rd
March Port Elliott SLSC

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1.7pm 100 club	2.	3. Brighton Jetty classic
4.	5.	6.	7.	8.7pm 100 club	9. Surf Boat event #3 twilight grange	10. Junior Carnival #3 Port Elliott
11	12.	13.Champion patrol / lifesaver (theroy / Resus)	14.	15.7pm 100 club	16. R&R states	17.Champion patrol / lifesaver
18.	19.	20.	21.	22. 7pm 100 club Senior twilight beach#4 Sea-cliff	23. Masters Boats Aldinga	24. junior states day 1 Somerton
25.	26.	27.SLSSA craft Scrutineering	28.			

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1.7pm 100 club	2.Masters state champs Pt Elliott	3. msouth port surf boat classic
4.	5.	6.	7.	8.7pm100 club senior states Beach Seacliff 5pm	9.	10. senior states day 1Port Noar- lunga
11.	12.	13.	14.	15.7pm 100 club	16.senior states day 2 Moana	17.senior states day 3 Moana
18.	19.	2.	21.	22. 7pm 100 club	23. Junior states day 2 Port Noarlunga	24. Junior states day 3 Port No- arlunga
25.	26.	27.	28.	29. 7pm 100 club	30. aussies Start	31.

From the Nipper Crew

Welcome back to 2019 everyone!

Although we have only been back a couple of weeks it feels like the Christmas break is already a distant memory. We hope that everyone enjoyed the break and time with your families– it was great to see so many of our families enjoying our beautiful beach together over the holidays.

We want to start by saying thankyou to all of the parents who have helped over the past few weeks when we have had several Age group Managers and/or coaches away. Flexibility and adaptability are certainly key words when it comes to surf lifesaving. We have had lots of parents volunteer with water cover, supporting Age group Managers, and asking how to help. (We are getting off the beach and packed up quicker than we have for years thanks to all of that help). Thanks also to all of the cadet members of the club who have also been offering their time and support, and their skills over recent weeks. All of this is a great demonstration of the type of culture that we are continually trying to develop and maintain within our club, and an indication of how small actions by many different people contribute to this.

Training

We have been blessed with near perfect conditions every Saturday (despite the heatwaves during the week) and these conditions have been perfect for supporting the increased confidence of the nippers. There has been a nice blend of calm conditions for building swimming confidence, and some fantastic waves which test our board skills on the way out and give us so much fun on the way in! At times this can be scary and the children can feel nervous but that's okay. You only have to look at how many of them are keen to get into the water during free time at the end of training, the smiles on their faces and the ways that they are actually challenging themselves during this time. Play is often the way that children learn best and the times when they try things that out that they might think are too hard at other times. Ultimately this is what we are all about at Nippers- increasing children's confidence in and around the water!

We are also seeing fabulous increases in fitness, confidence & skill development in all the nippers who have been able to attend some of the other weeknight training opportunities- Board training on Tuesdays, pool training on Thursdays or Iron person training on Fridays (combined with the seniors). It is not necessary to attend all of these sessions, or even to attend each week to feel the benefits. Even if you can only get out once every few weeks, every little bit helps.

TeamApp and Facebook

One of the easiest ways to keep up with what events and training are available to you and when they are on is to make sure you sign up to our member pages on TeamApp and Facebook. We cannot encourage you enough to sign up to either or both of these as they have become the cornerstones of the club's communication. They are particularly effective to notify of changes due to weather conditions or other events which may require quick and effective contact with our member base.

The links to our member sites are:

TeamApp

<https://christiesslsc.teamapp.com>

TeamApp is a great resource for scheduling events, training sessions, social occasions and fundraisers as well as allowing members to order/purchase club items such as caps, bucket hats and hi-viz vests. In addition, it has been a very effective and efficient way to pay for carnival entry or attendance at other competitions or club run events.

When you submit your request:

Select the appropriate "Access Groups" to ensure you receive relevant notifications

"All Members", "All Juniors" and each of the age groups for your children are recommended as initial groups to add access to.

Add a quick description to say why you need access e.g. "My children, <insert name & age group> are Nippers". This makes it easy, especially if there are differences in family name etc. The 'app' will ask you to provide a reason and it is a free form field.

Facebook

https://www.facebook.com/groups/27460369497/?ref=group_browse_new

As with TeamApp you will need to ask to join the members group and one of the Admins will approve as soon as we verify you are a member. Our registrar has set up some questions which helps with the process.

It's actually pretty easy to get both TeamApp and Facebook up and running even if you aren't super tech savvy! Feel free to ask Mandi or Lee if you have any questions. We are available via old fashioned email on juniors.cbslsc@gmail.com We are also still big fans of conversations, so you can always catch us at the end of a training session or pop down a little earlier on a Saturday before we're flat out organising or running Nipper activities.

Weekly Club swim

Every week there is a club swim at 4pm after nippers which is open to **all** club members. We have more and more nippers wanting to have a go each week and we encourage every parent to try too. So, set yourself a challenge ... It's a good thing to do for several reasons-

You get to swim with your child, encourage them and understand first hand how amazing they are each week to swim and board the distances that they do.

great for your fitness

lots of fun

If you swim you have the chance of winning money -don't worry it's not first across the line but a random draw! The current jackpot is up to \$280...but of course this is not why we all swim!

Start by trying to get around 1 can the first week and build up from there.

Important News about the next Carnival

February 10th is the 3rd Junior Carnival at Port Elliott. This is the last carnival before State Titles and the last opportunity this season for any nippers who are interested in having a go at their first carnival. You can register for the Carnival via Team App. We also have a number of families who are camping at the Port Elliott Caravan Park that weekend and there are still a couple of spots left, but you need to book soon either by phone or via their website. Some families have booked for Friday & Saturday night and are going to train with Port Elliot nippers; some families have booked Saturday night only, and some have booked for Saturday & Sunday nights. It definitely promises to be a fun weekend at "Camp Christies"!

Junior Carnival 2 wrap-up

Southport hosted the January carnival. It was brilliant not only to have a carnival at one of the mid coast beaches, but even better to have it at a beach with some waves. We certainly saw the surf skills of our nippers on show.

We had several of regular carnival competitors away on holidays (including most of our Under 9's) but we still had over 20 competitors which was really encouraging. There were another group having a go at their first carnival and they did so well. It was (mostly) a team event day which meant that in some of our age groups we had to form composite teams with other clubs, giving the opportunity to meet more people and to step out of our comfort zones.

One of the day's highlights was our 7th place in March past. What makes this such a great achievement is that we were missing many of our experienced March past team members and we only started training in earnest 2 weeks beforehand. Although we didn't have enough members for a 2nd team, we did field a colour party who marched, giving some great experience to our younger members. Check out some photos below.

Lost Wetsuit

We have had a “springy” (short arm, short leg) wetsuit go missing for one of our Nippers and wonder if we may have put it in with the Lost Property in error. As many are aware we have frequently offered items that have not been claimed to try to clear out the overflowing Lost Property buckets.

The wetsuit is black, it has purple trim and is size 10-12 girls, there is currently a similar wetsuit in the lost property which may have been swapped accidentally.

If you happen to have the wetsuit could we would be happy to have it returned/exchanged any Saturday Nippers and apologise to all concerned for the mix up!





Senior Competition Report

January has seen some of our senior competitors train and compete in Queensland, an 8 at 8 board and ski event at Middleton, a senior carnival and boat carnival at our own Christies Beach and one of our Competitors take on teams from all over Australia as a state team member at Interstates in Newport.

Senior Carnival 4 at Christies Beach saw 11 competitors line up for events and 1 competitor rowing boats with a Moana crew. We had the usual carnival requirements; 3 officials –Paul Castle, Jane Bristow and Stephen Hards, Team Manager and photographer – Linda Mackay, shallow water rescue –Angus Mackay as well as a large number of club members behind the scenes helping with setup, pack up, BBQ, Patrol, IRB, feeding officials and running the bar and canteen during the event. Fabulous representation from our competitors as always.

Team results: U17's Cooper, Angus and Lachie Campbell finished 3rd in the open board relay and 7th in the open Taplin, Dannion, Euan and Lachie Rothwell finished 7th in the open board relay and Dannion, Euan and Doug finished 19th in the open Taplin. Cooper and Lachie C finished 9th in open double ski. Omar, Harrison and Axel (South Port) finished 6th in the youth board relay and Omar and Harrison finished 2nd in their heat of the youth board rescue.

Individual Results-youth

Omar Ryan; Boards Round 1 race 2 -9th, youth Ironperson 10th

Harrison Rothwell; Boards Round 1 race 1-13th, Rd 2 race 2-1st, Rd 3 race 1 8th, Youth ironperson 5th

Hannah Trezona; Boards Round 1 race 2-5th, Rd 2 race 1 -13th, Rd 3 race 2 – 2nd

Individual Results –open

Angus Mackay; Boards Rd 1 race 2- 7th, Rd 2 race 2 5th, Ski Rd2 race 3 - 1st, Rd 3 Race 2- 8th

Lachlan Rothwell; Boards Rd 1 race 3 -5th, Rd 2 race 2- 18th, ski Rd 1 race 2 -15th, Rd 2 race 3 -8th, Rd 3 race 3 – 6th

Doug Miller U17 ironperson – 12th

Euan Monaghan; Open 2km run – 1st, Boards Rd 1 race 2 -10th, Rd 2 race 2 – 13th, Rd 3 race 2 10th, Ski Rd 1 race 2 – 10th, Rd 2 race 2 - 16th, Rd 2 race 3 – 2nd

Cooper Bristow; open ironperson 7th, Board Rd 1 race1 – 3rd, Rd 2 race 1 -4th, Rd 3 race 1 – 1st, Ski Rd 1 race 1 – 15th, Rd 2 race 2 - 6th, Rd 3 race 2 – 2nd

Lachlan Campbell; Board Rd1 race2 -5th, Rd 2 race 1 – 10th, Rd 2 race 1 – 13th, Ski Rd 1 race 2 – 5th, Rd 2 race 1 – 14th, Rd 3 race 2 – 6th

Laura Campbell; Board Rd 1 race 3 -9th, Ski Rd 1 race 3 -5th, Rd 2 race 2 – 8th

Dannion Hards; open 2km run – 2nd, Open ironperson 14th, Boards Rd 1 race 2 – 4th, Rd 2

Race 1 -17th, Rd 3 race 2 -7th, Ski Rd 1 race 2 -7th Rd 2 race 2 18th, Rd 3 race 3 – 1st

Caitlin Rothwell; competing with Moana in womens surf boat rowing (Misfits) 7th reserve womens

Brighton Jetty Classic .[Angus](#) Mackay finished 3rd in 16/17yrs 1500m and 6th overall in 19.01minutes

Phil Lean first in 50 to 59 age group 1500m in 24mins

Club Member Profile



Dannion Hards

Dannion Hards officially joined Christies Beach SLSC in season 2009/10



Dannion started coming down to the club as a newborn, coming on patrol with his mother. He has always loved the water, but was not always keen on the sand. Tina joking say he competed in his first state titles while in utro while she was pregnant at Christies in 1997. When Dannion was 4 his family moved to Mount Gambier but still popped back for the occasional holiday. In 2009, the family came back to Adelaide and he was old enough to start doing nippers, when he was U11. Dannion has the best surf birthday being born 1st October, so he was always the oldest in his age group. Dannion achieved his surf rescue certificate in 2011 and Bronze Medallion in 2012. Dannion prior to the start of this season has completed 465 hrs. on patrol. Although Dannion is more known as a board paddler/ski, he loved flags, but unfortunately is not able to compete in it anymore due to repeatedly dislocating his shoulder. Dannion's first state medal was in the pool competition. Dannion has enjoyed training for the rescue medley which involved holding your breathe underwater for 25 m and picking up a manikin off of the bottom of the pool. It's a hard race and Dannion has placed in it 3 times as well as line throw and relay teams. You can regularly find Dannion after a swim training session underwater doing laps of the pool. He can hold his breathe for a really long time. Dannion has also been successful in the IRB area over the last few years, winning including 5 medals with his team last season 3 gold, 1 silver and 1 bronze. Although Dannion has not been able grab a medal in the ocean races for board and ski, he has come close being in the top 6 over all seasons in the U15, U17 & U19 boards at state titles. Dannion has held a committee position over the last few seasons, Motorized services officer . Dannion has a total of

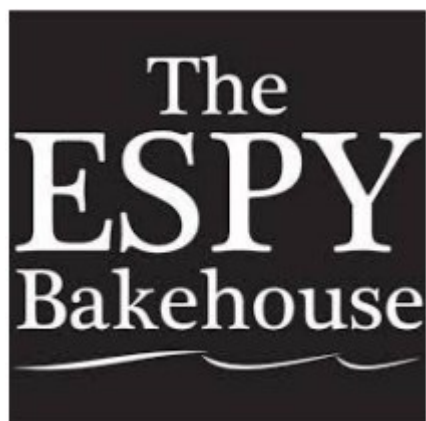


49 Surf lifesaving awards. In his spare time Dannion loves his photography and to run. He is currently training for his first full marathon to complete this year. He loves anything that involves the ocean. He also loves polar bears .Dannion is currently studying Mechanical and Aerospace Engineering at Adelaide Uni and working as a photographer.



Blue's Corner



We had a welcomed break over the Xmas period which lead into a couple of busy weeks with a function, SMAR's course, followed by the SLSSA Senior Carnival on the 20th of January & then sore the Blue's Corner pop-up Bar on Australia Day and it was great to see so many of our fantastic member as well as passing public take advantage of our pop-up, thank you so much for supporting your club. With positive feedback from so many I plan on opening the pop-up again so keep an eye out on Facebook for our next date. Blue's Corner Bar was an idea, that without the support from the committee and some local businesses would not have been possible for both the Senior Carnival or the Australia Day celebration and it is with that I would like to extend my thanks to the following businesses: Espresso Mobile Café, The Espy Bake house, IGA Christies Beach, Swell Brewing Co. for the lend of their Miracle box which allowed us to have tapped beer in the downstairs bar & Woolworths Seaford for their donation of all the fruit for the officials and water cover at the Senior Carnival



♥️ 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. (08/02/19)

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

100 Club

1	2	3	4 CBSLSC	5 Rollings	6 Trezona's	7 Fen Thompson	8	9	10 Fen Thompson
11 Rollings	12	13 Frenchie	14 Madeline	15	16 Mandi	17 Huee	18	19 Ron Harwood	20
21	22 Gary Hennessy	23	24	25 Madeline	26 Caitlin & Blue	27 Peter Hillhurst	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 Phil Lean	65	66	67	68	69 Greg Whittaker	70
71 John Hall	72 Tash	73	74	75 CBSLSC	76	77	78 Jones	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 Huee

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.



QIGONG CLASS

Christies Beach Surf Life Saving Club

Enter using the RAMP

Starts again on 07/01/19 at 5.00pm

Mondays 5.pm to 6.pm \$10 a class



Join for one class or a few and you may get hooked on this TAOIST challenge of letting go to be able to move fluidly for better health and wellness.

Awareness of Breathing, Alignment, Coordination, Strengthening & Balance.

Activate self-healing, Shift energy blocks and Strengthen your immune system which comes with ***Persistent, Patient Practice.***

Call or SMS for info to Julie 0409059794



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



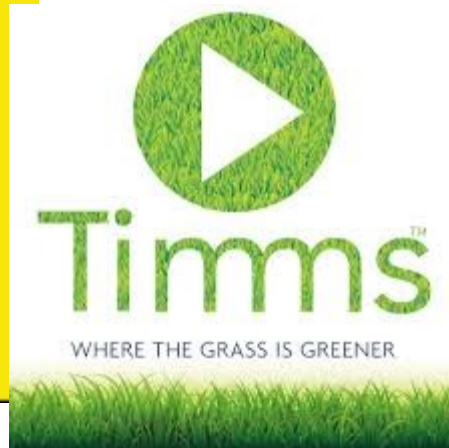
Government of South Australia
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CBSLSC





The Boardriders Beer



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